Los Angeles Valley College Community Services Department

# WINTER / SPRING 2021

# WE HAVE A CLASS FOR **YOU**

Register At Iavalley.augusoft.net Starting On December 21, 2020

KEEP CATALOG UNTIL MAY 31st, 2021

# VIRTUAL GUIDE

Acting & Performing Arts Arts & Crafts / Hobbies	. Pg. 6 - 10
Business & Career Classes For Kids	
Cooking	Pg. 16
Fitness Health & Wellness	•
Foreign Languages	
Music & Enrichment Addional Online Classes	•

On-Line Winter / Spring 2021 Class Registration begins 12/21/20

> Register prior to January 16th and save \$5.00 per class!

### **REFUND POLICY**

KEEP 6 FEET APART

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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.

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.

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



### **GENERAL & REGISTRATION INFORMATION**

#### LOS ANGELES COMMUNITY COLLEGE

#### BOARD OF TRUSTEES

Andra Hoffman, President Steven F. Veres, Vice President Gabriel Buelna, 2<sup>nd</sup> Vice President, Ph. D. Mike Fong Ernest H. Moreno Nichelle M. Henderson David Vela Elias Geronimo, Student Trustee

#### **DISTRICT ADMINISTRATION**

Francisco C. Rodriguez, Ph.D., Chancellor Melinda A. Nish, Ed.D., Interim Deputy Chancellor Ryan M. Cornner, Ed.D., Vice Chancellor of Educational Programs and Institutional Effectiveness Mercedes C. Gutierrez, Ed.D., Acting Vice Chancellor of Human Resources Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer Jeanette L. Gordon, Chief Financial Officer/Treasurer Jeffrey M. Prieto, J.D., General Counsel Rueben C. Smith, D.C.Sc., Chief Facilities Executive

#### 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 ZIP City\_\_\_ Phone: Cell ( )\_\_\_\_\_ Home ( )\_\_\_\_\_ 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 fax 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.

### **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.

### **REGISTRATION INFORMATION**





The easiest and quickest way to register. 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.



Complete the registration form on page 4 (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.





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. Please note that our office is telecommuting during the Covid-19 Pandemic. If you receive a voice mail greeting when calling, please leave us a message with your best phone number and best time to return your call. Calls will be returned within 1 business day.



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 SATURDAY, JANUARY 16TH, AND SAVE \$5.00 PER CLASS!

(Early registration discount not valid on on-line classes through Ed2go)

### COVID-19 isn't done yet...

Although we aren't able to be together at this time, we are still very much together and committed to providing our customers with quality online programming from Instructors you know and love as well as introducing you to new online Instructors and great new programming opportunities. This isn't forever, and we are looking forward to being together again soon. Stay healthy.

### **ACTING/PERFORMING ARTS**

### INTRODUCTION TO VOICEOVERS



### (Personalized One-on-One Video Conference Class)

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and tools you'll need to find success. Your

instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at http://www.voicesforall.com/ooo. 18 and over.

Voices for All # 20773 Fee: \$49

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

### **ARTS & CRAFTS/HOBBIES**

#### HOW TO MAKE BODY BUTTER (CREAM / LOTION)



Don't you agree that the hurried, stressful pace of your daily life often makes it difficult to find ways to relax? In this online virtual presentation, you will find a way to create a restful retreat in your home – one in which you can relax and rejuvenate your mind, body and soul. Making your own body butter lotion is not at all difficult. It is really a very simple process using the same tools you already have in your kitchen. Most body butter recipes include just

a handful of ingredients – you can make them with whatever scent and therapeutic qualities you desire to add to make your unique product. Body butter is awesome in any form. It is so rich and luxurious that you just can't help but love it. Each participant will receive zoom link and ingredient list via email a week before class start date.

 Quayum Abdul
 2:00 PM - 5:00 PM

 # 20779
 1 Saturday

Fee: \$39 May 8

### SOAP MAKING FOR BEGINNERS

Your bath can become your at-home getaway when you add beautiful and fragrant handmade glycerin soaps. Making these beautiful soaps is easy and enjoyable and expressing your creativity is part of the fun. In this online course, students will create different types of soaps while learning how to

use colors, molds, fragrances, essential oil, extract, herbs, and, also, novelties. There will be a virtual discussion on how to make organic, natural or therapeutic soap. Each participant will receive zoom link and ingredient list via email a week before class start date.

Quayum Abdul			Fee: \$39
# 20775	1 Saturday	2:00 PM - 5:00 PM	February 20

### COLD PROCESS SOAP MAKING FROM SCRATCH

Want to know how to use the Cold process soap making method to create soap completely from scratch? Well, this online virtual presentation session will explain to you A to Z 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 advance. 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. Each participant will receive zoom link and ingredient list via email a week before class start date.

6

Quayum Abdul			Fee: \$3
# 20776	1 Saturday	9:00 AM - 12:00 PM	March 20



\$39

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

Why purchase expensive commercial bath products when you can delight in making your own - reasonably? In this fun, online virtual presentation participants will discover simple techniques for making one-of-a-kind bath products (shampoo, shower gel, bubble bath, bath salt & exfoliate). Topics include: • Ingredients and equipment • Where to obtain supplies • Tips for making bath gels • Adding herbs, glycerin, extracts. • Aroma therapeutic effects of oils. Each participant will receive zoom link and ingredient list via email a week before class start date.

Quayum Abdul # 20777

1 Saturday

2:00 PM - 5:00 PM

Fee: \$39 March 20

### **BUY ONE - GET ONE HALF OFF**

Register for any two classes taught by Quayum Abdul and get the second class for 1/2 off! You must register for classes at the same time to get the discount. If you call to register we will give you the discount at the time of registration. If you register online we will contact you to see if you would like a refund or a credit voucher once we verify your registration.

### CANDLE MAKING FOR BEGINNERS

Have you ever wondered how beautiful candles are made? Have you ever wanted to make fragrant, multicolored candles for yourself or friends? In this dynamic online workshop, students will learn virtually how to create unique candles to admire and share for far less than what they cost in stores. Students may be able to complete several candles and learn skills enabling them to continue on their own through Zoom. Topics include: • Getting started • Types of candles • Candle

molds • Adding fragrance and color • Materials and supply sources. Each participant will receive zoom link and ingredient list via email a week before class start date.

Quayum Abdul # 20774

1 Saturday

9:00 AM - 12:00 PM

Fee: \$39 February 20

### HOW TO MAKE FIZZY BATH BOMBS



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

ing, and a few minutes of molding. Though, it is online virtual presentation session but 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. Each participant will receive zoom link and ingredient list via email a week before class start date.

Quavum Abdul # 20778

1 Saturday

9:00 AM - 12:00 PM

Fee: \$39 May 8

### **AIRBRUSH SPECIAL EFFECTS I**

Expand you special effects makeup skills by learning free hand airbrush techniques. This class will cover basic airbrush techniques to create texture, shading, highlighting and using stencils to design special effects (creatures, Zombies) and much more. Please see online class description or contact the office for a list of materials to be purchases prior to class.

Carmen MacDonald # 20786 4 Fridays

6:00 PM - 9:00 PM 7

Fee: \$120 March 5 - 26

### ZENTANGLE<sup>®</sup>



Zentangle<sup>®</sup> is an easy to learn relaxing and fun way to create beautiful images by drawing structured patterns. This class promises entertainment, focus, relaxation and promotes mindfulness. It encourages problem solving, aids in hand-eye coordination and, increases confidence and allows for creativity and personal expression. Best of all, no artistic talent is needed! You only need to be able to draw 5 elemental and simple strokes. Class registration closes a

week before class date to allow sufficient time for materials to be mailed out.

Cynthia Ganne	on		Fee: \$25
Level I			
# 20798	1 Tuesday	12:00 PM - 2:00 PM	January 19
# 20799	1 Tuesday	12:00 PM - 2:00 PM	March 9
# 20800	1 Tuesday	12:00 PM - 2:00 PM	April 6
Level II (pre-i	requisite is Level I)		
# 20801	1 Thursday	12:00 PM - 2:00 PM	January 21
# 20802	1 Thursday	6:00 PM - 8:00 PM	March 25
# 20803	1 Thursday	6:00 PM - 8:00 PM	April 22
Supply fee: \$1	5		•

### 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 have handouts at each class meeting. No use of personal cameras, cell phones, or any other like device to record the lectures provided in class is allowed.

Carmen MacDo Level I	nald		Fee: \$120
# 20780	4 Wednesdays	6:00 PM - 9:00 PM	April 7 - 28
Level II # 20781	4 Wednesdays	6:00 PM - 9:00 PM	May 5 - 26

### **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 # 20784

7:00 PM - 9:00 PM

**Fee: \$65** April 9 - 30

### ONE STROKE PAINTING 2

4 Fridays

This course will focus on learning and perfecting brush strokes. Last class you will paint an individual project using strokes learned during class. You must have taken One-Stroke Painting 1 or have instructor's permission to enroll in this class. Please have all supplies from provided list (same list as One Stroke Painting 1)

Carmen MacDonald # 20785 4 Fridays

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7:00 PM - 9:00 PM
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**Fee: \$65** May 7 - 28

### **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**

**SPECIAL EFFECTS 2** 

# 20782

6:00 PM - 9:00 PM

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.

6:00 PM - 9:00 PM

Fee: \$120 March 3 - 24

### PHOTOGRAPHY FUNDAMENTALS

4 Wednesdays

4 Wednesdays



**Carmen MacDonald** 

# 20783

Take the mystery out of the buttons and dials of your camera and learn the fundamentals of photography to make dynamic images. Topics include the exposure triangle (ISO, shutter speed, and f-stops), visual composition, depth-of-field, tips on focusing, and more. This is a great overview of the basics or a refresher to improve your photography and gain confidence in using your camera. Don't have

a camera yet? Learn what to look for. Small class size and teacher's style allows for individual attention and feedback. Open to teens 15 + and Adults. No class 2/15/21

#### Nancy Kaye # 20787 2 Mondays # 20789 2 Tuesdays # 20788 2 Mondays # 20790 2 Tuesdays

10:00 AM - 12:00 PM 7:00 PM - 9:00 PM 10:00 AM - 12:00 PM 7:00 PM - 9:00 PM

Fee: \$35 February 8 - 22 February 9 - 16 April 12 - 19 April 13 - 20

### PORTRAIT PHOTOGRAPHY

Learn the basics of what makes a great and memorable portrait. Understand how light, choice of lenses, poses, and composition all contribute to creating flattering portraits. Students will also get tips on using flash indoors or outdoors, and getting your subject to relax in front of the camera. Participants are encouraged to practice shooting portraits between class meetings and review them at class for constructive feedback. Nice portraits can be made with any camera, though cell phone cameras may have limitations. Check with teacher if interested in using your phone. Small class size and teacher's



style allows for individual attention and feedback. Open to teens 15 + and Adults.

#### Nancy Kaye # 20791 # 20793

# 20792 # 20794 2 Mondays 2 Tuesdays 2 Mondays 2 Tuesdays

10:00 AM - 12:00 PM 7:00 PM - 9:00 PM 10:00 AM - 12:00 PM 7:00 PM - 9:00 PM

Fee: \$35 March 8 - 15 March 9 - 16 May 10 - 17 May 11 - 18



Fee: \$120 February 3 - 24

### MAKEUP BY THE SEASON WORKSHOP: VALENTINE EDITION

I LOVE YOU 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!

Raquel Fournier # 20796

6 Saturdays

9:00 AM - 11:30 AM

**Fee: \$90** Feb. 6 - Mar. 13

### MAKEUP BY THE SEASON WORKSHOP: VALENTINE EDITION (IN SPANISH) TALLER DE MAQUILLAJE EDICION SAN VALENTIN

Aplicación de crema hidratante y protector solar, exfoliación, base, perfectores, imprimaciones, ojos estarcidos, difuminados, cepillos y más. ¡Este es un taller práctico como ningún otro! Raquel le enseñará técnicas y consejos de temporada, que incluyen contorno, ojos estampados y base sedosa. ¡Los estudiantes pueden esperar aprender la guía personal de Raquel para una aplicación perfecta! ¿Estás interesado en actualizar tu look actual? ¿No sabes por dónde empezar? ¡Este taller cambiará tu forma de enfocar el maquillaje! Este taller de aplicación de maquillaje personalizado de la A a la Z se llena rápido ya que los asientos son limitados.



Raquel Fournier # 20797

6 Wednesdays

6:00 PM - 8:30 PM

**Fee: \$90** Feb. 10 - Mar. 17

### LASH APPLICATION TECHNIQUES

Faux Lash application is a hands-on class and will cover string, 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 # 20795

9:00 AM - 11:30 AM

Fee: \$40 March 20

### **BUSINESS & CAREER TRAINING**

### DMV AUTO WHOLESALE FROM HOME

1 Saturday



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 # 20807 Wednesday & Thursday Fee includes materials and manual

6:00 PM - 9:00 PM

**Fee: \$114** February 3 & 4

### **BUSINESS & CAREER TRAINING**

### **BUSINESS ETIQUETTE SEMINAR FOR THE "NEW NORMAL"**

Are you looking for a new job? Are you changing career paths? This seminar will provide the knowledge needed to improve your social skills and feel confident and in control in any business environment. Social skills are extremely important to on-going success; the way you interact with others, little things like interacting with small talk, greetings, listening and networking will make stronger relationships. Professional image and introductions will be covered among other topics. Seminar fills up fast. Register now! The manual to be used for the Business Etiquette seminar is digital and can be purchased only on Amazon.com. The name is "Business Etiquette: Reference Manual by Raquel Fournier" \$12.

Raquel Fournier # 20804

1 Saturday

1:00 PM - 3:30 PM

Fee: \$35 March 20

### SOLAR PANEL DESIGN AND INSTALLATION

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

Since the beginning of 2020, all new construction and renovation require solar permit and installation. From 2045, residential, commercial, and industrial properties must have solar installation. Solar installation became one of the highest growing industries worldwide.

 Quayum Abdul

 # 20805
 5 Sundays

 # 20806
 5 Thursdays

9:00 AM - 1:00 PM 6:00 PM - 10:00 PM **Fee: \$199** Feb. 28 - Mar. 28 Apr. 22 - May 20

### INTRODUCTION TO THE LAW

8 Saturdays



This class will give students and introduction to the law through lectures and practical application. Students will get a feeling for the law and how it applies to various situations. Some topics covered include: 1) The Constitutional Foundations 2) Courts & Alternative Dispute Resolution 3) Torts & Cyber Tort 4) Employment Law 5) Personal Property Course Text Book -Miller: Business Law today- Essentials11th Edition (rent book

from Pierce College) ISBN 978-1305574793 Supplementary Source Material: Google Scholar Case Law & Articles, Class Handouts, FindLaw, American Law Sources, Legal BroadcastNetwork, and Nexis-Lexis. **No class 4/3/21** 

Mel Kosasky # 20809

9:00 AM - 12:00 PM

**Fee: \$135** Feb. 20 - Apr. 17

At the present time we do not anticipate offering any in person classes or activities until further notice. When we are able to open, we will update our webpage and send an email notification to all students and parents. You can also check the Community Services web site home page at lavalley.augusoft.net for up to date information about reopening. We look forward to being together again, hopefully soon.

## **BUSINESS & CAREER TRAINING**

### Medical Series has gone on-line! 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. **Additional online Medical classes are offered on pages 22 & 23.** 

### 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 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> Edition by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.

Arlyn "Glady'	' Tagomolila-Que		Fee: \$220
# 20810	Mondays & Fridays	6:00 PM - 10:00 PM	Jan. 29 - Mar. 8
			No Class 2/12 & 2/15

### 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 2021 (Professional or Expert) any publisher.\*

2. AMA Current Procedural Terminology Professional\*

\* Older additions permitted up to 2018 if only to be used for practice. Current addition is to be used for current year's license exam.

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# 20811Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220 Mar. 12 - Apr. 19 No Class 3/29 & 4/2

### MEDICAL INSURANCE PRINCIPLES / BILLING (CLASS 3)

Students will learn the basic principles of medical billing, recognize the different forms used by



third party payers, create a clean claim (1500 form) and define insurance billing terminology and types of coverage. Students will learn the responsibilities of Medical Insurance specialist, the life cycle of an insurance claim, and the various templates. Prerequisite: Medical Terminology & ICD-10-CM/CPT-HCPCS Coding. **Purchase or rent text books on your own. (These are** 

the same books used for Medical Coding.)

Arlyn "Glady" Tagomolila-Que

Ariyn "Glady" lagomolila-Que# 20812Mondays & Fridays

**Fee: \$220** Apr. 23 - May 24

### HOW TO BECOME A MYSTERY SHOPPER

Mystery Shopping is a wonderful way to earn extra income and have fun while shopping,



dining, and evaluating customer service at local businesses! In this one day workshop you will learn the ins and outs of Mystery Shopping including signing up with shopping companies, getting your first assignment, pitfalls to avoid, and writing great reports. Jennifer Hayes fell into Mystery Shopping in 2005 as a way to supplement her income with two toddlers at home. It has enabled her to not only have extra income but to travel and enjoy the

finer things in life while staying on a budget.

Jennifer Hayes # 20808 1 Tuesday Supply fee: \$10 (eBook)

6:00 PM - 8:30 PM

Fee: \$49 February 2

### NOTARY PUBLIC & LOAN SIGNING SEMINARS NOW AVAILABLE ONLINE

Before signing up for this class, check to see that you meet eligibility requirements for becoming a notary: visit www.sos.ca.gov/notary and click "qualifications." Note: Due to strict State regulations, no one is admitted after class begins. Check-in begins at 7:30 and class must begin promptly at 8:00AM. So have your current, official photo ID ready. Registration closes the day before class meets.

#### NOTARY PUBLIC SEMINAR

REMOTE THROUGH LIVE VIDEO CONFERENCING from the comfort of your home. Government institutions, banks, real estate and other companies are seeking notaries. All prospective notaries must complete a course approved by the California Secretary of State. Our approved course will give you the most updated notary information and the knowledge you need to perform the duties



correctly and to pass the state exam. Class fee includes certificate of completion, and sample forms notaries use every day. The instructor will provide information about testing during the class. PREREQUISITES: 18 years of Age – Proper Government ID (For example: Driver License – DMV Identification Card – Current Passport) A certificate of completion will be issued.

Rosie Reed	
# 20813	1 Saturday

7:30 AM - 4:00 PM

**Fee: \$99** January 30

#### NOTARY LOAN SIGNING AGENT

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

Rosie Reed			Fee: \$79
# 20814	1 Saturday	9:30 AM - 3:30 PM	February 6

### **BUSINESS & CAREER TRAINING**

### INTRODUCTION TO INTERNET MARKETING METHODS



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

and manage an agency do the work for you. Your fee includes a PDF file of the class workbook and online web membership for a year.

Bob Cohen # 20815

1 Tuesday

6:00 PM - 9:00 PM

Fee: \$69 March 9

### MARKETING WITH FACEBOOK AND SOCIAL MEDIA NEW!

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



marketing. Your fee includes a PDF file of the class workbook and online web membership for a year.

Bob Cohen # 20816

1 Tuesday

6:00 PM - 9:00 PM

Fee: \$69 March 16

### SEARCH ENGINE, GOOGLE ADS, EMAIL, AND ECOMMERCE MARKETING



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

what each offers for your online marketing. Your fee includes a PDF file of the class workbook and online web membership for a year.

Bob Cohen # 20817

**Bob Cohen** 

# 20818

1 Tuesday

6:00 PM - 9:00 PM

Fee: \$69 March 23

### **BLOGGING FOR FUN AND PROFIT**

Want to know why creators and marketers say a blog is the best type of website? Whether you want a website for personal or professional use, discover how a blog makes it easy to share your products, services, writing, pictures, and videos with family, friends, organizations, and customers.

Find out the four most popular ways to use a blog to make money and how a blog makes your search and social media marketing easier! Topics include blogs for business, blog ads, blogs for marketing, and building blog communities. Your fee includes a PDF file of the class workbook and online web membership for a year.



1 Tuesday

6:00 PM - 9:00 PM 14 Fee: \$69 March 30

### **CLASSES FOR KIDS**

### JEDI TRAINING ACADEMY (AGES 8 - 12)



The Force will be with you as you learn the ways of the Jedi! Play Star Wars games, build Star Wars vehicles and go from Padawan to Jedi Knight in one session! You will play characters, learn to draw the Clone Wars cartoon characters, create your own Jedi uniform, and even make your very own Light Saber! **NO Class 2/15/21** 

Parker Anderson # 20823

6 Mondays

3:00 PM - 3:45 PM

**Fee: \$75** Jan. 25 - Mar. 8

## ROCKET SCIENCE AND ASTRONOMY (AGES 8 - 12) NEW!

Ready, set, blast off! Explore the Universe as we launch everything from Film Canister Rockets, to Water Bottle Blasters, Business Card Boomerangs, and much more! Our adventures will take us to Titan, Mars, and a Galactic Cluster as we learn about comets, constellations, and our galaxy! This class is out of this world!

Parker Anderson# 208246 Thursdays

4:00 PM - 4:45 PM

**Fee: \$75** Jan. 28 - Mar. 4

Fee: \$75

Fee: \$75

Jan. 29 - Mar. 5

Jan. 29 - Mar. 5

### LEGO MASTERS (AGES 8 - 12) NEW!

Being LEGO Smart is more than building with LEGO bricks--it's having the ability to work in teams, solve problems, and create solutions, as you explore your creativity! Join us for the perfect combination of learning and fun!

Parker Anderson # 20825 6 Fridays

4:00 PM - 4:45 PM

### MAGIC ACADEMY (AGES 8 - 12) NEW!

Ever wonder how a Magician does a magic trick? This class unlocks some of the secrets to the techniques of magic. Students will gain skills in acting, comedy, and memorization that are essential to a magician's performance. They will use a variety of normal household items such as cards, coins, cups, balls, and rope to learn cool simple tricks!

**Parker Anderson** # 20826 6

6 Fridays

3:00 PM - 3:45 PM

### WEIRD AND WACKY SCIENCE (AGES 8 - 12) NEW!

Come join us for some fun with Weird and Wacky Science! New, cool, experiments each week! This class is filled with fun science activities: amazing crystals, magnetism, static electricity, gravity, and so much more! Experience the Scientific Method as never before! **No Class 3/31/21** 

#### Parker Anderson

# 20827	5 Wednesdays	5:00 PM - 5:50 PM
# 20828	5 Wednesdays	5:00 PM - 5:50 PM
# 20829	5 Wednesdays	5:00 PM - 5:50 PM

**Fee: \$75** Jan. 13 - Feb. 10 Mar. 3 - Apr. 7 Apr. 21 - May 19

### TECH KIDZ: CODING WIZARDS (AGES 8 - 12) NEW!

Create your own animations, programs and games with MIT's Scratch, Python, Sploder and more! Computer programming helps with brain development, math skills, logic and is tons of fun! For our class we are going to be working with a very fun program called Scratch at www.scratch. mit.edu. In order for us to have a smooth and productive class, we highly recommend that you create your free Scratch profile ahead of time. **No Class 3/31/21** 

Parker Anderso	n		Fee: \$75
# 20830	5 Wednesdays	4:00 PM - 4:50 PM	Jan. 13 - Feb. 10
# 20831	5 Wednesdays	4:00 PM - 4:50 PM	Mar. 3 - Apr. 7
# 20832	5 Wednesdays	4:00 PM - 4:50 PM	Apr. 21 - May 19
		15	

### **CLASSES FOR KIDS**

### **READING & STUDY SKILLS**



Help your child improve their grades and reading comprehension! This class will cover various levels of reading, phonics, vocabulary & study skills. Students will have the opportunity to sharpen their presentation and reading skills by reading aloud to the class online. Homework assignments will be given.

Brian King			Fee: \$49
Grades 3 - 4			
# 20821	5 Thursdays	4:00 PM - 5:00 PM	Jan. 21 - Feb. 18
Grades 5 - 6			
# 20822	5 Thursdays	5:00 PM - 6:00 PM	Jan. 21 - Feb. 18

### WRITING COMPOSITION INTENSIVE NEW!

Is your teen struggling in school? Do they need extra help with writing? Have them learn to write a standard essay, the ins-and-outs of research, how to structure arguments and comparisons, outline and much more! Homework assignments will be given. Class size is limited.

Brian King Grades 7 - 8			Fee: \$49
# 20819	5 Tuesdays	4:00 PM - 5:00 PM	Jan. 19 - Feb. 16
Grades 9 - 12 # 20820	5 Tuesdays	5:00 PM - 6:00 PM	Jan. 19 - Feb. 16

### 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 and participation. **List of groceries/supplies needed will** 

### be provided upon registration.

Carrie Bonfitto # 20833

6 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$175** Jan. 27 - Mar. 3

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

#### Carrie Bonfitto # 20834 # 20835

1 Monday 1 Monday 7:00 PM - 9:00 PM 7:00 PM - 9:00 PM



Fee: \$30 January 25 March 15

### FITNESS

### FLEXI-CORE WORKOUT

If you're serious about core training, add this challenging class to your existing workout regimen! You will feel the burn right away with the combined sequences of aerobics, pilates, and resistance training. We use loaded and resistant exercises in a progressive core series, while blending balance conditioning all together. A good combination of functional training and power core movements, this will challenge your Glutes and Abdominals in a steady-paced workout. No Class 3/30/21

#### **Michelle Fong**

# 20836 (\$38) 5 Tuesdays # 20837 (\$45) 6 Tuesdays # 20838 (\$38) 5 Tuesdays

5:30 PM - 6:30 PM 5:30 PM - 6:30 PM 5:30 PM - 6:30 PM

Fee: \$38 / \$45 Jan. 19 - Feb. 16

Mar. 2 - Apr. 13 Apr. 27 - May 25

### Health & Wellness

### **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. Please have available a small hand mirror

and water-soluble marker for class.

Dr. Randy Martin, Ph. D, O.M.D. # 20839 1 Monday

8:00 PM - 9:30 PM

Fee: \$35 March 22

### 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 # 20840 1 Saturday

1:00 PM - 3:00 PM

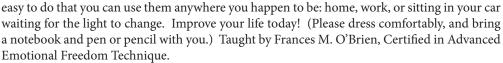
Fee: \$45 March 6

STRESS

RELAX

### 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



Frances M. O'Brien # 20841 1 Saturday

1:00 PM - 3:00 PM 17

Fee: \$45 April 10

## **HEALTH & WELLNESS**

### HOMEOPATHY: BOOST YOUR IMMUNE SYSTEM



Ready to reach into your medicine cabinet? Stop! First, learn how to increase your body's immunity and defense system through natural, safe, and effective means. Avghi will explain why homeopathy works so well and how it can be used by the entire family. Learn remedies to help your family stay healthy year-round. Avghi will also discuss seasonal allergies. Come see what it can do for you!

Avghi Constantinides # 20844 1 Satu

1 Saturday

10:00 AM - 1:00 PM

Fee: \$49 March 20

## JUST SIT THERE - EASY MEDITATION TRICKS NEW!

What if "meditation" was as easy as just sitting there? Or perhaps "just sitting there" seems impossible for you? Join Katie and learn easy tricks to relax your body, brain, and heart. She will demystify meditation and make it fun along the way. No prior experience necessary. Wear comfortable clothes, find a cozy place in your home, and let meditation work its magic! Open to ages 14 - Adults.

Katie Kay # 20842

4 Tuesdays

7:00 PM - 8:15 PM

### JUMP START YOUR PLANT-BASED LIFE NEW!

Have you always wanted to go plant-based, but weren't sure how? Concerned about the environmental impacts of your food choices and want to make better choices for your health? Explore the benefits of living plant-based and how to start with a simple plan tailored to your needs, whether you'd like to transition to a part or full-time plant-based lifestyle. If you're Veg-curious, this class is for you!

Elysabeth Alfano # 20843

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$49** March 6

### 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 # 20845

3 Wednesdays

7:00 PM - 8:30 PM

**Fee: \$75** April 7 - 21

Don't Nait!

**BE AN EARLY BIRD!** 

Today!

REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES! SAVE \$5 ON EACH CLASS YOU ENROLL IN **BEFORE JANUARY** 16th!



### LANGUAGES

ASK US HOW: Register for two Spanish classes and get the second 1/2 off!



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

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

Teresa Hito			Fee: \$100
# 20847	8 Saturdays	9:00 AM - 10:30 AM	Jan. 30 - Mar. 20
# 20848	8 Saturdays	9:00 AM - 10:30 AM	Apr. 10 - May 29

### BEGINNING SPANISH

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

Teresa Hito			Fee: \$100
# 20849	8 Saturdays	10:45 AM - 12:15 PM	Jan. 30 - Mar. 20
# 20850	8 Saturdays	10:45 AM - 12:15 PM	Apr. 10 - May 29

### INTERMEDIATE SPANISH

Intermediate Spanish is for those who have completed the Beginning Spanish class. First, we will practice most of present tense and introduction to the past tense. The concentration will be in the Present Tense, review of the Future and introduction to the Past Tense. Students will have a better understanding of the language and Latin American culture while improving their proficiency in Spanish. Each week will consist of a small review in addition to learning new material. We will address writing, speaking, listening and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class. Class fee includes handouts.

#### rosa Hito

Teresa Hito			Fee: \$100
# 20851	8 Saturdays	12:30 PM - 2:00 PM	Jan. 30 - Mar. 20
# 20852	8 Saturdays	12:30 PM - 2:00 PM	Apr. 10 - May 29

### **ADVANCED SPANISH**

Advance Spanish is for those who have completed the Intermediate Spanish class. First, we will practice most the past tense and Future? The concentration will be in the Past Tense and introduction to the Future Tense. Students will have a better understanding of the language and Latin American culture while improving their proficiency in Spanish. Each week will consist of a small review in addition to learning new material. We will address writing, speaking, listening and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class. Class fee includes handouts.

Teresa Hito			Fee: \$100
# 20853	8 Saturdays	2:15 PM - 3:45 PM	Jan. 30 - Mar. 20
# 20854	8 Saturdays	2:15 PM - 3:45 PM	Apr. 10 - May 29

### LANGUAGES

### CIAO VENEZIA - BEGINNING ITALIAN LIVE STREAM FROM VENICE, ITALY!

Learn Italian directly from Venice, Italy!!! That's right, you'll now have the chance to learn the



fourth most studied language in the world in the most authentic way! Our teacher, Mr. Lombardi will be in Venezia giving you the "real experience" no one else could! Due to time zone differences the class will be offered day time PST (see below) but should that be in conflict with your work schedule, no worries, you'll have access to the recorded class at your convenience on a dedicated YouTube channel only available to paying students. Also, You'll have access to Mr. Lombardi for feedback through

emails, videos, texts, and chats. Venice will be just one touch away on your smart-phone!! The class curriculum is designed for the complete beginner; with simple idiomatic phrases, you will be able to speak ITALIANO in no time. Divided into ten subject areas, Mr. Lombardi will guide you through the different phases of learning the language: building your vocabulary, grammar, and pronunciation. The program will cover ear-training exercises: greetings and introductions, people and family, numbers and plural, around home, describing things, around town, at the restaurant, everyday life, at work and socializing. **Required text: Living Language Italian, Essential Edition ISBN # 978-0307478566. No Class 3/23/21** 

Giovanni Lombardi			Fee: \$150
# 20846	12 Tuesdays	10:00 AM - 11:30 AM	Feb. 2 - Apr. 27

Register for two Spanish classes at the same time and we'll give you the second for ½ price! Call or email for more details

### Music

### FIND YOUR VOICE NEW!

A singing workshop in a judgment free environment where students learn safe and effective vocal techniques using numerous exercises that release tension from the body and voice. The singer will learn healthy breathing techniques, correct posture and develop flexibility and strength. Topics include placement and resonance as well as bridging registrations, range increase and even voice singing. Student will learn to communicate true emotions in your singing from the poetry and lyrics. Weekly performance opportunities within the class. Feedback and coaching in a master class style.

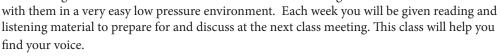
Anna Montgomery # 20861 6 Tuesdays

6:00 PM - 7:30 PM

### THE BASICS OF HARMONY SINGING

5 Saturdays

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



Dale LaDuke # 20860

11:30 AM - 12:30 PM

Fee: \$79

Feb. 16 - Mar. 23

**Fee: \$89** Feb. 20 - Mar. 20

### **Music**

### SONGWRITING



This songwriting workshop is taught in a supportive environment where students learn how song is crafted and the tools they can use to express their ideas effectively. The student will learn how to draw stories from daily life, song structure, the importance of song premise and title, use of vivid imagery, rhyme and meter, use of devices (metaphor, aliteration, repetition, contract,

etc.) melodic arc, harmonic structure and an understanding of basic music theory. Students will complete one song over the course of the class, each week building the song with the assigned steps. Playing an instrument is not a pre-requisite.

Anna Montgomery # 20862 6 Tuesdays

7:30 PM - 9:00 PM

Fee: \$79 Feb. 16 - Mar. 23

### **BEGINNING GUITAR (14 yrs - Adults)**

The curriculum designed for the absolute beginner is based on Mr. Lombardi video course which will be an aid to the live streaming class. Should the class time be in conflict with your working schedule no worries, you'll have access at your convenience to the video course on the YouTube channel only available to paying students! Also, you'll have access to Mr. Lombardi contacts for feedbacks via emails/videos/texts/chats, learning guitar will be just one touch away on your smartphone!! The curriculum will start from the very basics: 1)Guitar parts, 2) Body posture 3) Using the pick 4)How to tune the guitar 5)Chord grids. After laying down the foundation the program will get into the playing aspect so you'll learn basic chord progressions and simple songs. Students must have their own acoustic guitar. No Class 2/15/21

Giovanni Loi	mbardi		Fee: \$66
# 20855	6 Mondays	10:00 AM - 11:00 AM	Feb. 1 - Mar. 15
# 20856	6 Mondays	10:00 AM - 11:00 AM	Apr. 5 - May 10

### **INTERMEDIATE GUITAR (14 yrs - Adults)**

This class is designed for students that have already taken the Beginner class or have a solid understanding of the Guitar Chord system, basic strumming and are able to read rhythms written in music notation language. The goal of this class is to further your knowledge of the instrument; we will introduce bar chord transposable shapes, syncopated strumming patterns, and scale patterns. As always, some popular tunes will be taught to demo the new concepts studied in class. Tape recorders are welcome in class. Students must have their own acoustic guitar and have previously taken the level one class in order to attend this course. If not, a teacher's evaluation will be necessary.

#### Giovanni Lombardi

# 20857	6 Wednesdays	10:00 AM - 11:00 AM
# 20858	6 Wednesdays	10:00 AM - 11:00 AM

#### Fee: \$66

Feb. 3 - Mar. 10 Apr. 7 - May 12

### UKULELE

# 20859

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.



Fee: \$89
Feb. 20 - Mar. 20

Dale LaDuke 5 Saturdays

10:00 AM - 11:00 AM

## CAREER TRAINING **ONLINE PROGRAMS**



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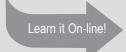
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#### Medical Billing and Coding AutoCAD 3D 2021

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

#### NASM Certified Personal Trainer + Performance Enhancement

Learn the knowledge, skills, and abilities to become a successful NASM personal trainer. Based on scientific research and fitness expert experience, the course is directly aligned with critical occupational competencies - including those defined by the Bureau of Labor Statistics Occupational Outlook, 140 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. 100 hrs

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

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 2021 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

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January - May 31, 2021

WINTER / SPRING 2021