



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

# **WINTER / SPRING 2022**

**NOW OFFERING  
INPERSON, ONLINE &  
HYBRID CLASSES**

**AQUATICS & SWIMMING  
ONE STROKE PAINTING  
BEGINNING WATERCOLOR  
ZUMBA GOLD**

**MEDICAL INSURANCE BILLING  
SPANISH & ITALIAN**

**BUSINESS ETIQUETTE SEMINAR  
& MUCH MORE**

**KEEP CATALOG UNTIL MAY 31, 2022**

**We offer a wide variety of  
children's classes**

## **Kids Cooking Academy**

**Kids will tantalize their taste buds and have fun with food! Different recipes each week from appetizers to entrees, snacks, desserts and more!**



## **Lego Robotics**

**Students build new and different projects each week as they graduate from simple machines, to motorized mechanisms, to robotics with basic programming.**



## **TechKidz: Minecraft**

**Come join us to learn about and play the most popular computer game on the planet! Learn Minecraft building techniques, details of command blocks, and how to change the look of the game.**



**See page 24 for more classes and details**

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

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.

**WINTER / SPRING 2022 Class Registration  
Begins On Tuesday, January 4, 2022**  
**Register prior to January 18th and save  
\$5.00 per class!**  
**(See page 7 for details)**

# GENERAL & REGISTRATION INFORMATION

## LOS ANGELES COMMUNITY COLLEGE

### BOARD OF TRUSTEES

Steven F. Veres, President  
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Nichelle Henderson  
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Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer  
Jeffrey M. Prieto, J.D., General Counsel  
Rueben C. Smith, D.C.Sc., Chief Facilities Executive

### VALLEY COLLEGE ADMINISTRATION

Barry Gribbons, Ph. D., President  
Sarah Song, V. P. of Admin. Services

### COMMUNITY SERVICES PROGRAM STAFF

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 ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

Payment Method:

☐ 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!

The easiest and quickest way to register is to visit us online 24 hours a day at

<http://lavalley.augusoft.net>

where you can simply search for the class you want, add it to the cart then checkout as you would for other online sites. Once completed, you will be able to print your receipt and confirmation immediately.



## PHONE

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

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



## BY MAIL

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

**Los Angeles Valley College  
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. and emailed. Please note that the Community Services Department no longer receives personal checks. Be sure to include all credit card information (card number, expiration date, security code) and a working email address.



## 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 or exact cash is required.



## BY FAX

ANY TIME!

Fax completed registration form to  
**(818) 947 - 2930**

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 TUESDAY, JANUARY 18th, AND  
SAVE \$5.00 PER CLASS!**

( Early registration discount not valid on aquatics classes and programs, karate, fencing, monthly classes, private tennis and swim 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.**





# ACTING/PERFORMING ARTS

## INTRODUCTION TO VOICEOVERS (On-Line) (Personalized One-on-One Video Conference Class)



Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. 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 in a follow up call. One-time, 90-minute, introductory class. Learn more at [http:// www.voicesforall.com/ooo](http://www.voicesforall.com/ooo). 18 and over.

**Voices for All**  
# 21297

**Fee: \$49**

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

## ARTS & CRAFTS/HOBBIES

### Photography The Fundamentals (In Person)

Learn the fundamental concepts to better understand your camera and its creative functions in this workshop style class. This crash course is an ideal refresher or an overview for those who want to take control of their camera (or are looking to buy one). Topics include auto vs. manual settings, understanding the exposure triangle (how ISO, shutter speed, and f-stop work together), and using the camera as a creative tool to control depth of field and to capture motion. Students will have a chance to use their camera to practice the concepts and review photos in class. Open to teens 15 and older and adults.



**Nancy Kaye**  
# 21298

1 Saturday

10:00 AM - 4:00 PM

**Fee: \$55**  
February 12

### Photography Beyond Snapshots (Hybrid) **NEW!**



Enhance your photo skills and make images with strong visual impact. Find your photo vision, learn about composition, and take your photography to the next level—beyond snapshots. We'll also explore images of master photographers of many genres to help you develop your own photo style and interests. Using a camera with manual options (SLR or mirrorless) is suggested, but any camera may be used. "When people ask me what equipment I use – I tell them my eyes!" Anonymous. Open to teens 15 and older and adults. **No class on 3/31/22 & 4/2/22**

**Nancy Kaye**  
# 21315

3 Thursdays (Zoom)

7:00 PM - 9:00 PM

2 Saturdays (In Person)

9:30 AM - 11:30 AM

**Fee: \$100**  
Mar. 24 - Apr. 14

### TEACH WITH US!

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for LAVC Community Services may be just what you are looking for. A way to promote your craft, educate others, or bring lost arts back into the mainstream. Almost any topic is fair game, so share it with us. For more information on how to submit a course proposal give us a call at (818) 947-2577 x4172

## ARTS & CRAFTS/HOBBIES

### CANDLE MAKING (In Person)

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

# 21305

1 Monday

6:30 PM - 9:30 PM

Fee: \$42

February 7

Supply fee: \$25

### BUY ONE - GET ONE HALF OFF!

Register for any two classes taught by Quayum Abdul and get the second class for ½ off! You must register for both classes at the same time over the phone or in person in order to get the discount.

Online registration will not receive the discount.

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

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

# 21307

1 Saturday

9:00 AM - 12:00 PM

Fee: \$42

April 9

Supply fee: \$25

### COLD PROCESS SOAP MAKING (In Person)

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

# 21308

1 Saturday

2:00 PM - 5:00 PM

Fee: \$42

April 9

Supply Fee: \$25

### SOAP MAKING (In Person)



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, so dress accordingly.

Quayum Abdul

# 21306

1 Thursday

6:30 PM - 9:30 PM

Fee: \$42

March 10

Supply fee: \$25

# ARTS & CRAFTS/HOBBIES

## Fizzy Bath Bombs (In Person)

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 - I also like to add dried rose petals, dried lavender and fine glitter... The possibilities are endless! All it take to make delicately scented tablets is a little mixing, some gradual spritzing, and a few minutes of molding. When you are finished you will have dozens of effervescent treats in a variety of shapes and colors that will scent and soften bath water as they bubble. This is a hands-on workshop and can be messy, so dress accordingly.

**Quayum Abdul**

# 21309

1 Saturday

9:00 AM - 12:00 PM

**Fee: \$42**

May 28

**Supply fee: \$25**

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

Don't you agree that the hurried, stressful pace of your daily life often makes it difficult to find ways to relax? In this class, 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. 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. This is a hands-on workshop and can be messy, so dress accordingly.

**Quayum Abdul**

# 21310

1 Saturday

2:00 PM - 5:00 PM

**Fee: \$42**

May 28

**Supply fee: \$25**

## FACE PAINTING I (In Person)



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. Fee includes a certificate of completion.

- Please get a list of materials by contacting the Community Services office and 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. **NO Class 2/18/22**

**Carmen MacDonald**

# 21299

4 Fridays

7:00 PM - 9:00 PM

**Fee: \$85**

Jan. 28 - Feb. 25

# 21300

4 Wednesdays

7:00 PM - 9:00 PM

May 4 - 25

## AIRBRUSH SPECIAL EFFECTS I (In Person)



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

**Carmen MacDonald**

# 21302

4 Fridays

7:00 PM - 9:00 PM

**Fee: \$85**

March 4 - 25

## ARTS & CRAFTS/HOBBIES

### SPECIAL EFFECTS 1 (In Person)



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. Fee includes a certificate of completion.

- Please get a list of materials by contacting the Community Services office and provide a valid email address at time of registration for the

instructor to send you handouts prior to class.

**Carmen MacDonald**

# 21301

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$85**

February 2 - 23

### ONE STROKE PAINTING 1 (In Person)

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. Fee includes a certificate of completion.



**Carmen MacDonald**

# 21303

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$70**

March 2 - 23

### ONE STROKE PAINTING 2 (In Person)

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). Fee includes a certificate of completion.

**Carmen MacDonald**

# 21304

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$70**

April 6 - 27

### MAKEUP BY THE SEASON WORKSHOP: SPRING EDITION (In Person)

Are you interested in updating your current look? Don't know where to start? This workshop will change the way you approach makeup! Moisturizer and sunscreen application, exfoliation, foundation, perfectors, primers, stenciled eyes, blending, brushes and more. This is a hands on workshop like no other! Raquel will teach you seasonal techniques and tips, including, contouring, stenciled eyes and silky foundation.

-Please bring a stand up mirror, a small bottle of water and your own make up (moisturizer, sunscreen, foundation, concealer, brushes, eye shadows, lipstick, loose powder, blush, highlighter, mascara, eyeliner, etc.) to class.

**Raquel Fournier**

# 21312

5 Saturdays

9:00 AM - 11:30 AM

**Fee: \$85**

Feb. 5 - Mar. 5

**BE AN EARLY BIRD!**

**REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES.**

**SAVE \$5 ON EACH CLASS YOU ENROLL IN**

**BEFORE JANUARY 18, 2022!**

**SEE PAGE 7 FOR DETAILS**





## ARTS & CRAFTS/HOBBIES

### BEGINNING WATERCOLOR (In Person)

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. **NO Class 2/19/22**



**Charles Knecht**  
# 21313

6 Saturdays

10:00 AM - 12:00 PM

**Fee: \$80**  
Jan. 22 - Mar. 5

### ROUGH SKETCH TO FINISHED DRAWING (In Person)



In this beginning class you will learn about capturing the essence of a subject in moments with a rapid sketch that you will develop to a finished line drawing. Quick sketches help the student to see more accurately by concentration on the whole subject(s) rather than details. Check online course description or contact Community Services for required materials.  
**NO Class 2/19/22**

**Charles Knecht**  
# 21314

6 Saturdays

1:00 PM - 3:00 PM

**Fee: \$80**  
Jan. 22 - Mar. 5

### MAKEUP BY THE SEASON WORKSHOP (IN SPANISH) (In Person)

#### TALLER DE MAQUILLAJE: EDICIÓN PRIMAVERA (En persona)

¿Estás interesado en actualizar tu look actual? ¿No sabes por dónde empezar? ¡Este taller cambiará tu forma de enfocar el maquillaje! Aplicación de crema hidratante y protector solar, exfoliación, base, perfectores, imprimaciones, ojos estarcidos, difuminadores, cepillos y más. ¡Este es un taller práctico como ningún otro! Raquel te enseñará técnicas y consejos de temporada, que incluyen contorno, ojos estampados y base sedosa. Traiga un espejo de pie, una botella pequeña de agua y su propio maquillaje (humectante, protector solar, base, corrector, brochas, sombras de ojos, lápiz labial, polvos sueltos, rubor, resaltador, rímel, delineador de ojos, etc.) a la clase.

**Raquel Fournier**  
# 21311

5 Wednesdays

6:00 PM - 8:30 PM

**Fee: \$85**  
Feb. 9 - Mar. 9

## BUSINESS & CAREER TRAINING

### BUSINESS ETIQUETTE SEMINAR (IN PERSON)

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

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

**Raquel Fournier**  
# 21320

1 Saturday

9:00 AM - 11:30 AM

**Fee: \$39**  
March 12

# BUSINESS & CAREER TRAINING

## INTRODUCTION TO INTERNET MARKETING METHODS (Online)



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

**Bob Cohen**  
**# 21322**

1 Tuesday

6:00 PM - 9:00 PM

**Fee: \$69**  
April 12

## MARKETING WITH FACEBOOK AND SOCIAL MEDIA (Online)

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



**Bob Cohen**  
**# 21323**

1 Tuesday

6:00 PM - 9:00 PM

**Fee: \$69**  
April 19

## SEARCH ENGINE, GOOGLE ADS, EMAIL, AND ECOMMERCE MARKETING (Online)

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

**Bob Cohen**  
**# 21324**

1 Tuesday

6:00 PM - 9:00 PM

**Fee: \$69**  
April 26

## BLOGGING FOR FUN AND PROFIT (Online)

Want to know why creators and marketers say a blog is the best type of website? Whether you want a website for personal or professional use, 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.



**Bob Cohen**  
**# 21325**

1 Tuesday

6:00 PM - 9:00 PM

**Fee: \$69**  
May 3

# BUSINESS & CAREER TRAINING

## Make An App For That (Online) **NEW!**



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

Play Store and promote and price your app to generate the most revenue. Your fee includes a PDF file of the class workbook and online web membership for a year.

**Bob Cohen**  
# 21326

1 Wednesday

6:00 PM - 9:00 PM

**Fee: \$69**  
April 20

## NOTARY PUBLIC TEST PREPARATION (Online)

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). Instructor will email class materials and an invitation to join the class after registration and prior to the start date of class



**Rosie Reed**  
# 21316

1 Saturday

7:30 AM - 4:00 PM

**Fee: \$120**  
March 5

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

## NOTARY LOAN SIGNING AGENT (Online)

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**  
# 21317

1 Saturday

9:30 AM - 3:30 PM

**Fee: \$100**  
March 12

**Looking for more career classes?**  
**We offer a large variety of online classes through Ed2Go**  
**See pages 33 & 34 for more details**

## BUSINESS & CAREER TRAINING

### SOLAR PANEL DESIGN AND INSTALLATION (In Person)

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**

**# 21330**

Monday & Friday

6:30 PM - 9:30 PM

**Supply fee: \$40**

**Fee: \$220**

March 4 - 28

### DMV AUTO WHOLESALE FROM HOME (In Person)



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**

**# 21318**

Monday & Tuesday

6:00 PM - 9:00 PM

**# 21319**

Monday & Tuesday

6:00 PM - 9:00 PM

**Fee includes materials and manual**

**Fee: \$114**

Feb. 28 & Mar. 1

May 9 & 10

### Pursuing a Career in Property Management (In Person)

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**

**# 21321**

2 Saturdays

9:00 AM - 1:00 PM

**Supply fee: \$16**

**Fee: \$74**

February 5 & 12

**WANT TO STAY UPDATED ON ALL THAT WE OFFER?  
THE COMMUNITY SERVICES DEPARTMENT  
IS NOW ON FACEBOOK  
FOLLOW OUR PAGE: LAVC COMMUNITY SERVICES  
FOR ALL DEPARTMENT UPDATES**





# BUSINESS & CAREER TRAINING

## MEDICAL BILLING & CODING SERIES ONLINE

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 33 & 34.**

### MEDICAL TERMINOLOGY (CLASS 1) (Online)

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

***This course is a prerequisite for Medical Insurance Coding.*** Required text: **The Language of Medicine 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 “Gladly” Tagomolila-Que

# 21327

Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220

Feb. 11 - Mar. 21

No Class 2/18/22 & 2/21/22

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

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

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

**Two Books Required:**

**1. ICD-10-CM for Physicians 2021 or 2022 (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 “Gladly” Tagomolila-Que

# 21328

Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220

Mar. 25 - May 2

No Class 4/15/22 & 4/22/22

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

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 “Gladly” Tagomolila-Que

# 21329

Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220

May 6 - Jun. 10

No Class 5/30/22



## Notes



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## **SUMMER CAMP OPEN HOUSE**

**Saturday, February 26th, 2PM-4PM  
& Sunday, March 6th 2PM-4PM**

**@Community Services Center  
5792 Ethel Ave.  
Sherman Oaks, 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 facepainting by Monarch Parties.

## **SINGLE DAY CAMP (7:30am TIL 6:30pm)**

**February 21st & March 28th**

**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 11TH-15TH**

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, and etc, field rip 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.

# SUMMER DAY CAMP 2022

**JUNE 13TH -AUG. 12TH, 2022 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 sports and activities we offer facilitate the development of cooperation, creativity, motor skills and sportsmanship among campers. Camp traditions and inclusion are tools that we use to cultivate a family environment. We strive to be a positive influence on a camper's growth from childhood through their teen and adult years.

**REGISTRATION OPENS FEBRUARY 26TH!**

**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>\$90</b>	<b>\$75</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



# AFTER SCHOOL PROGRAM

## EVERY DAY UNTIL 6:30PM PICK UP AT LAVC

### Kindergarten through Eighth Grade

**School Year 2021-2022**

- Pick-up students from school
- Homework assistance, completion and correction.
- Additional academic supplementation provided
- Fun Recreation Activities
- Swimming (seasonal)
- Daily Snack
- Open as late as 6:30 PM

**\$47/  
Daily\***

**Monarch Camps After School Program has commercial passenger vans to pick up students at Colfax, Dixie Canyon, Kester, Monlux, Riverside and other area schools**

**\* Price reflects 5-day per week enrollment**

## 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.**

## OPEN GYMNASTICS & ROCKWALL

Please check [monarchcamps.com/gymnastics](http://monarchcamps.com/gymnastics) for schedule.

**\$15 Single Day Pass OR \$45 Monthly Membership**



# MONARCH CAMPS

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

Monarch Camps with 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 online. We DO NOT have the capability to auto debit your account. 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,**

**-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.

**-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.**

**-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.**

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## GYMNASTIC CENTER RULES

- Payments at the Gymnastic Center must be made online. **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** near 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.
- 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 \$10 for every 10 minutes they are late for pick up.

# MONARCH CAMPS

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

## 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.

### 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.

### 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.

### 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.

### 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.

### 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.

Fee does not include try out cost, uniform and cost associated with competing in meets.)

### 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! An awesome alternative to competitive sports, rock climbing is a personal journey for climbers, building coordination and strength while staying in shape. Children work with experienced instructors. Class size is limited.



# CLASSES FOR KIDS

## HIP HOP DANCE! (AGES 8 - 12) (In Person)



Hip Hop Dance provides a freedom of movement in a fun & free atmosphere. With exciting dance steps and challenging combinations, children learn to control & coordinate their bodies while working together to produce entertaining dances! **NO Class 11/27/21**

**Parker Anderson**

# 21379

5 Saturdays

11:00 AM - 12:00 PM

**Fee: \$80**

Feb. 26 - Mar. 26

# 21380

5 Tuesdays

5:30 PM - 6:30 PM

Apr. 5 - May 3

## ANIME, CARTOONING & COMIC CREATION! (AGES 8 - 12) (In Person) **NEW!**

Cartooning is a great way to learn how to sketch and draw. You will learn to create your own characters as well as popular characters from Disney, Anime, and more! Learn about storylines, design, coloring, and lettering, as you create your very own comic book! Class fee includes all materials.

**Parker Anderson**

# 21381

5 Thursdays

5:30 PM - 6:30 PM

**Fee: \$90**

Feb. 3 - Mar. 3

# 21382

5 Saturdays

1:30 PM - 2:30 PM

Apr. 23 - May 21

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

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! Class fee includes all materials.

**Parker Anderson**

# 21383

5 Saturdays

1:00 PM - 2:00 PM

**Fee: \$105**

Feb. 26 - Mar. 26

## KIDS COOKING ACADEMY! (AGES 8 - 12) (In Person)

Kids will tantalize their taste buds and have fun with food! Different recipes each week from appetizers to entrees, snacks, desserts and more! Learn about nutrition, dining etiquette, and cooperation skills in this scrumptious class! Class fee includes all materials.

**NO Class 3/1/22 & 4/16/22**

**Parker Anderson**

# 21384

5 Tuesdays

5:30 PM - 6:30 PM

**Fee: \$115**

Feb. 8 - Mar. 15

# 21385

5 Saturdays

11:00 AM - 12:00 PM

Mar. 26 - Apr. 30

## LEGO ROBOTICS! (AGES 8 - 12) (In Person)

Students build new and different projects each week as they graduate from simple machines, to motorized mechanisms, to robotics with basic program-ming. They'll learn all about engineering principles such as gears, wheels, axles, levers, and pulleys. This class is as fun as it is educational! Class fee includes all materials. **NO Class 4/16/22**

**Parker Anderson**

# 21386

5 Thursdays

5:30 PM - 6:30 PM

**Fee: \$90**

Mar. 10 - Apr. 7

# 21387

5 Saturdays

10:00 AM - 11:00 AM

Mar. 26 - Apr. 30

## TECHKIDZ: MINECRAFT! (AGES 8 - 12) (In Person)

Come join us to learn about and play the most popular computer game on the planet! Learn Minecraft building techniques, details of command blocks, and how to change the look of the game. Kids learn strategy, team building, and cooperation skills while playing Minecraft in a fun, safe, and supervised environment! **NO Class 5/7/22**

**Parker Anderson**

# 21388

5 Saturdays

12:00 PM - 1:00 PM

**Fee: \$80**

Apr. 23 - May 28



# CLASSES FOR KIDS

## FUN WITH PHOTOGRAPHY (AGES 11-14) (In Person)

Have fun while learning about light, perspective, and visual composition. With guided photo assignments participants will make photos that wow and display a personal vision. We'll also look at work by master photographers for inspiration and learning about visual communication. The emphasis of class is on creativity and observation skills rather than technical aspects of the camera. Any camera, including a cell phone may be used for class, although cameras with exposure options (Aperture Priority, Shutter Priority, or Manual) are more versatile.



**Nancy Kaye**  
# 21347

1 Saturday

9:30 AM - 12:00 PM

**Fee: \$30**  
March 12

## AMERICAN RED CROSS BABYSITTERS TRAINING (AGES 11-17) (In Person)

Learn basic care for infants, toddlers and young children, how to handle various difficult situations, how to be a professional, fun activities while babysitting, and ways to keep yourself and those under your care safe. Whether looking after younger siblings, or earning income helping other families, this course is a must to help you get the job done! 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. Please bring a snack.

**Margaret Noji**

# 21336

2 Saturdays

10:00 AM - 12:30 PM

**Fee: \$75**

March 12 & 19

# 21337

2 Saturdays

10:00 AM - 12:30 PM

April 23 & 30

**Supply Fee: \$5**

## HOME ALONE (AGES 11-15) (In Person)

Develop skills to be confident and safer at home when adults are not present. This interactive course provides information, tools and drills covering topics such as: Answering the Door and Phone, Sudden Power Outages, Earthquake, Fire, Intruder, Kitchen Safety, Calling 911, and more. This course is exciting and highly recommended for any child who may spend time at home alone!

**Margaret Noji**

# 21334

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$48**

April 2

# 21335

1 Saturday

10:00 AM - 1:00 PM

May 7

**Supply Fee: \$12**

## WANT MORE CLASSES FOR KIDS?

- SWIMMING PG. 37

- GYMNASTICS PG. 22-23

- SPANISH PG. 29

- TENNIS PG. 27

## COOKING/BAKING

### KNIFE SKILLS (In Person)

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**

# 21348

1 Sunday

10:00 AM - 11:30 AM

**Fee: \$45**

February 27

**Supply Fee: \$15**

# COOKING/BAKING

## HEALTHY COOKING 101: GUILT-FREE DESSERTS (In Person) **NEW!**



Learn to make delicious low sugar desserts that will still satisfy your sweet tooth with holistic health coach Carrie Bonfitto. This is a hands-on class where you will make and eat three decadent desserts: Strawberry Silk with Coconut Whipped Cream, Honey Roasted Fruit with Lemon Cashew Ricotta, and Healthy Chocolate Truffles. All ingredients are provided in class. Just bring your apron and your appetite. Both novice and confident cooks are welcome.

**Carrie Bonfitto**

# 21349

1 Sunday

10:00 AM - 11:30 AM

**Fee: \$45**

January 23

Supply fee: \$15

## HEALTHY COOKING 101: ASIAN FUSION (In Person) **NEW!**

Learn to make easy Asian inspired week-night meals with holistic health coach Carrie Bonfitto. This is a hands-on class where you will make and eat 3 flavor packed dishes including a super-fast stir-fry, a plant-based curry, and a fresh spring roll. Just bring your apron and your appetite. Both novice and confident cooks are welcome.

**Carrie Bonfitto**

# 21350

1 Sunday

10:00 AM - 11:30 AM

**Fee: \$45**

March 27

Supply fee: \$15

# DANCE

## BALLET FOR ADULTS (ADVANCED BEG. - INTERMEDIATE) (In Person)

There is no better way to develop strength, flexibility, musicality, and stamina while practicing a fun and beautiful art form, dating back to the 15th century. You will enhance self-esteem and build self-confidence while getting in shape! Students should wear leotards and tights or leggings. Ballet slippers are required. **NO CLASS 2/20/22**

**Claudine Mason-Marx**

# 21331

5 Sundays

9:00 AM - 10:15 AM

**Fee: \$60**

Jan. 30 - Mar. 6

# 21332

5 Sundays

9:00 AM - 10:15 AM

Mar. 13 - Apr. 10

# 21333

5 Sundays

9:00 AM - 10:15 AM

Apr. 24 - May 22

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

# EXERCISE SPORTS & FITNESS

## tone & stretch (WITH RESISTANCE BANDS) (ONLINE)

Increase lean muscle mass while burning calories! This intense class focuses on upper and lower body using resistance bands for muscle definition. Attention is given to proper alignment, increased flexibility and strengthening of connective tissue. Includes abdominal work and a stretch/breathing cool down. An all-encompassing body workout! May Fong ACE-PT BS has additional credentials in Ashtanga Yoga and Classical NY Pilates. Be sure to have a towel or mat at each class and wear supportive athletic shoes. **NO CLASS 4/20/22**



**Michelle Fong**

# 21338

5 Wednesdays

6:30 PM - 7:30 PM

**Fee: \$60**

Feb. 9 - Mar. 9

# 21339

5 Wednesdays

6:30 PM - 7:30 PM

Mar. 30 - May 4

# EXERCISE SPORTS & FITNESS

## ZUMBA GOLD (In Person)

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**

# 21340

8 Saturdays

9:30 AM - 10:30 AM

**Fee: \$88**

Feb. 5 - Mar. 26

## TENNIS LESSONS

Learn tennis or improve your current game with our long-term teaching pro, **Ray Finks**.

Ray is a member of the National Tennis Academy Professional Tennis Registry. He has played competitive and professional tennis for over 10 years. He has won several local tournaments.

### Levels:

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

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

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

\* Class is by invite ONLY for children with advanced tennis skills.



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

**NO CLASS 4/16/22 & 4/17/22**

### CHILDREN SATURDAY CLASSES

# 21341	Age 6 - 9	8 Saturdays	12:00 PM - 1:00 PM	Mar. 26 - May 21	Fee: \$74
# 21342	Age 10 - 14	8 Saturdays	11:00 AM - 12:00 PM	Mar. 26 - May 21	Fee: \$74
# 21343	Advanced*	8 Saturdays	2:00 PM - 3:00 PM	Mar. 26 - May 21	Fee: \$74

### ADULTS SATURDAY CLASSES

# 21345	Intermediate	8 Saturdays	9:00 AM - 11:00 AM	Mar. 26 - May 21	Fee: \$148
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### ADULTS SUNDAY CLASSES

# 21344	Beginning	8 Sundays	9:00 AM - 11:00 AM	Mar. 27 - May 22	Fee: \$148
# 21346	Advanced	8 Sundays	11:00 AM - 1:00 PM	Mar. 27 - May 22	Fee: \$148

## PRIVATE TENNIS LESSONS



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

**Raymond Finks, Tennis Pro**

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

**\*We also offer private swim lessons. See pages 35 for more information.**

# HEALTH & WELLNESS

## ACUPRESSURE TO REDUCE PAIN & STRESS (In Person)



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 a small hand mirror and water-soluble marker.

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

# 21351

1 Thursday

8:00 PM - 10:00 PM

**Fee: \$35**

March 31

Supply fee: \$3

## AMERICAN RED CROSS CPR/AED (In Person)

Learn or review the life-saving skill of CPR on adults, children and infants. This course includes instruction on how to use an AED, and what to do in the event of a Choking Emergency. This interactive and engaging course concludes with an exam. Upon passing, certification is available for an additional \$25, payable to the instructor in class. For ages 18 and above.

**Margaret Noji**

# 21352

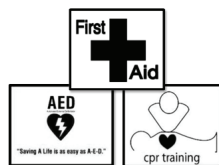
1 Saturday

10:00 AM - 2:00 PM

**Fee: \$48**

February 5

Supply fee: \$5



## AMERICAN RED CROSS FIRST AID (In Person)

Learn or review the steps to give aid in Emergencies such as bleeding wounds, burns, and bone injuries; and how to respond to Sudden Illnesses such as stroke, seizure, allergic reaction, and much more. This course is highly recommended for parents, caregivers, coaches, athletes, and anyone willing to help others in a healthcare emergency. Upon passing the exam, certification is available for an additional \$25, payable to the instructor in class. For ages 18 and above.

**Margaret Noji**

# 21353

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$40**

February 26

Supply fee: \$5

## EARTHQUAKE PREPAREDNESS (In Person)



It's always earthquake season in California! Learn what to do BEFORE, DURING, and AFTER an earthquake. Develop your Communication and Evacuation Plans. Build your checklist for an Emergency Supply Kit. Plan your Home Earthquake Drill. Gain peace-of-mind knowing that you are now prepared for the next earthquake.

**Margaret Noji**

# 21354

1 Saturday

10:00 AM - 12:00 PM

**Fee: \$35**

March 26

**BE AN EARLY BIRD!**

**REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES.**

**SAVE \$5 ON EACH CLASS YOU ENROLL IN  
BEFORE JANUARY 18, 2022!**

# 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.

**Please purchase required book: Living Language Italian, Essential Edition available at Amazon.**

**Giovanni Lombardi**

**Fee: \$75**

# 21369	6 Tuesdays	10:00 AM - 11:30 AM	Jan. 18 - Feb. 22
# 21370	6 Tuesdays	10:00 AM - 11:30 AM	Mar. 8 - Apr. 12
# 21371	6 Tuesdays	10:00 AM - 11:30 AM	Apr. 26 - May 31

## SPANISH FOR KIDS (Ages 7 - 11) (Online)

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

**NO CLASS 4/16/22, 4/23/22, 4/25/22, 5/14/22 & 5/16/22**

**Teresa Hito**

**Fee: \$75**

# 21363	8 Saturdays	9:45 AM - 10:45 AM	Jan. 22 - Mar. 12
# 21364	8 Saturdays	9:45 AM - 10:45 AM	Mar. 19 - May 28
# 21365	8 Mondays	5:00 PM - 6:00 PM	Jan. 24 - Mar. 14
# 21366	8 Mondays	5:00 PM - 6:00 PM	Mar. 21 - May 23

## READING AND WRITING SPANISH FOR CHILDREN (Online)

This class is for kids age 8-11 years who already know or understand Spanish, but want to learn to write and read in Spanish. We will be reading a book together, which can be purchased in advance from Amazon.

**Teresa Hito**

**Fee: \$75**

# 21367	8 Tuesdays	5:00 PM - 6:00 PM	Jan. 18 - Mar. 8
# 21368	8 Tuesdays	5:00 PM - 6:00 PM	Mar. 15 - May 3

## 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



# LANGUAGES

## SPANISH

### BEGINNING SPANISH (Online)

This course will address selected concepts of the TL (Target Language) in order to be able to have a flowing conversation with someone. **First**, I will introduce you to the basics of the Spanish language beginning with the Alphabet to Present Tense. **Second**, we will address writing, speaking, listening, and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class !! **NO CLASS 4/16/22, 4/23/22 & 5/14/22**

**Teresa Hito**

**Fee: \$100**

# 21355	8 Saturdays	8:00 AM - 9:30 AM	Jan. 22 - Mar. 12
# 21356	8 Saturdays	8:00 AM - 9:30 AM	Mar. 19 - May 28

### INTERMEDIATE SPANISH (Online)

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. **NO CLASS 4/16/22, 4/23/22 & 5/14/22**

**Teresa Hito**

**Fee: \$100**

# 21357	8 Saturdays	11:00 AM - 12:30 PM	Jan. 22 - Mar. 12
# 21358	8 Saturdays	11:00 AM - 12:30 PM	Mar. 19 - May 28

### ADVANCED SPANISH (Online)

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.

**NO CLASS 4/16/22, 4/23/22 & 5/14/22**

**Teresa Hito**

**Fee: \$100**

# 21359 (Level 1)	8 Saturdays	12:45 PM - 2:15 PM	Jan. 22 - Mar. 12
# 21360 (Level 1)	8 Saturdays	12:45 PM - 2:15 PM	Mar. 19 - May 28
# 21361 (Level 2)	8 Tuesdays	7:00 PM - 8:30 PM	Jan. 18 - Mar. 8
# 21362 (Level 2)	8 Tuesdays	7:00 PM - 8:30 PM	Mar. 15 - May 3

Don't  
Wait!

**BE AN EARLY BIRD!**



Register  
Today!

# MUSIC

## THE BASICS OF HARMONY SINGING (In Person)



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**

**# 21374**

5 Saturdays

11:30 AM - 12:30 PM

**Fee: \$89**

Jan. 22 - Feb. 19

## BEGINNING UKULELE (In Person)

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**

**# 21373**

5 Saturdays

10:00 AM - 11:00 AM

**Fee: \$89**

Jan. 22 - Feb. 19

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

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 2/21/22**

**Giovanni Lombardi**

**# 21375 (\$60)**

5 Mondays

10:00 AM - 11:00 AM

**Fee: \$60 / \$70**

Jan. 24 - Feb. 28

**# 21376 (\$70)**

6 Mondays

10:00 AM - 11:00 AM

Mar. 7 - Apr. 11

**# 21377 (\$60)**

5 Mondays

10:00 AM - 11:00 AM

Apr. 25 - May 23

## SONGWRITING (Online)

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. **No Class 3/31/22**

**Anna Montgomery**

**# 21372**

6 Thursdays

7:00 PM - 9:00 PM

**Fee: \$99**

Feb. 24 - Apr. 7

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**LOVE MUSIC AND DANCING?**

**CHECKOUT OUR DANCE SECTION ON PAGE 26**

## HOW TO LIVE, WORK OR RETIRE ABROAD AFFORDABLY (Online) **NEW!**

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

## Bob Cohen

**# 21378**

1 Wednesday

6:00 PM - 9:00 PM

**Fee: \$49**

April 13

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

**Notes**



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## ON-LINE CLASSES

# INSTRUCTOR LED NON-CREDIT ONLINE COURSES



Learn More

### LEARN FROM THE COMFORT OF YOUR HOME!



24-Hour Access

Discussion Areas

8 Week Format

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

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

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

Learn it On-line!

### Introduction to Google Analytics

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

### Performing Payroll in QuickBooks

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

### Accounting Fundamentals

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

### Beginning Writer's Workshop

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

### Computer Skills for the Workplace

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

### A to Z Grant Writing

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

### Grammar Refresher

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

### Digital Photography

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

### Write Like A Pro

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

### Intermediate Microsoft Excel

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

### Introduction to CSS3 and HTML5

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

### Leadership

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

### Writing Essentials

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

### Effective Business Writing

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

### Introduction to SQL

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

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

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



Learn More

## ON-LINE CLASSES

# CAREER TRAINING ONLINE PROGRAMS



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

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

**One-On-One  
Instructor Assistance**

**24-Hour Access**

**All Materials and  
Books are Included!**

**Certificate Upon  
Successful  
Completion**

**Course Start Any  
Time**

**3-6 Months Of  
Instruction**

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

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

Learn it On-line!

### **Medical Billing and Coding**

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

### **Pharmacy Technician**

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

### **Certified Personal Trainer**

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

### **Travel Agent Training**

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

### **Principles of Green Building**

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

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

### **AutoCAD 3D 2018**

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

### **Human Resources Professional**

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

### **Non-Profit Management**

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

### **Optician Certification Training**

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

### **Certified Wedding Planner**

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

<http://careertraining.ed2go.com/lavcComEd/>  
**818-947-2577 X. 4172**



## OPEN RECREATION ACTIVITIES

**Open Recreation (drop-in) activities are open to adults ages 18 and up in the community.** Days and times are subject to change due to location availability. There is no instruction for Open Recreation activities. **Coaching/teaching at any open recreation activity is prohibited.** We currently offer the following activities: Royal Scottish 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	7:30-10:00 PM	Scottish Dance	CSC MPR 2
Saturday	6-9 AM	Track	Stadium Track

Please check our website [lavalley.augusoft.net](http://lavalley.augusoft.net) regularly for updates

## 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 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 or a credit.
- 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 if 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/lavcaaquaticscenter](http://www.Facebook.com/lavcaaquaticscenter)) approximately 30 minutes prior to class to see if a class has been canceled.

### **PRIVATE SWIM LESSONS (YOUTH & ADULT)**

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

# SWIMMING & AQUATICS

## ADULT CLASSES (18 years old and up)

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

### SHALLOW WATER AEROBICS

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

M/W/F	10:00 AM - 10:55 AM	\$95/month
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### AQUA FIT

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

T/TH	4:00 PM – 4:45 PM	\$85/month
T/TH	6:00 PM – 6:45 PM	\$85/month

### 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:	6:00 PM - 6:45 PM	\$70/month
M/W:	6:00 PM - 6:45 PM	\$70/month

### ADULT LAP SWIM (18 and over)

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



Monday - Thursday:	6:00 PM – 8:00 PM
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**(ALL registrations must be done at the Community Services Office M-F 8 AM-4:30 PM)**

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

**We offer swimming and aquatics classes year round**

Stewart O'Dell, Coordinator- [odellsa@lavc.edu](mailto:odellsa@lavc.edu)-818-778-5644

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

**ALL registrations must be done at the Community Services Office M-F 8 AM-4:30 PM**

# SWIMMING & AQUATICS

## CHILDREN'S CLASSES

### SMALL GROUP LESSONS

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



Tryout required for Levels 2 or higher.

Tryouts are by appointment only.

Contact Community Services at (818)847-2577 Ext.4172 to schedule an appointment.

### Level 1

Mon. / Wed.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	6:00 PM - 6:45 PM	\$95/month

### Level 2

Mon. / Wed.	4:00 PM - 4:45 PM	\$95/month
Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month

### Level 3

Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	6:00 PM - 6:45 PM	\$95/month

### Level 4

Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Mon. / Wed.	6:00 PM - 6:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month

### **SPLASH CLUB (Level 5)**

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.

Mon. / Wed.	6:00 PM - 6:55 PM	\$85/month
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### 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.

# EXTENSION PROGRAM

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

## ✓ Professional Paralegal Academy

Approximately 7 Months to a New Career!

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

Payment plan only \$375 per month • **Class starts April 2022**

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

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



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

## ✓ Human Resource Assistant Academy

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

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

**Class starts April 2022**

## ✓ 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!**

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### Introduction to Insurance (VOC ED 423CE) [Class #25984 and #25985]

Lecture/Lab: Tuesdays 6:00 p.m. to 8:10 p.m., March 1, 2022 to March 29, 2022

### Fundamentals of Insurance – Property/Casualty & Health (VOC ED 424CE) [Class #25987 and #25988]

Lecture/Lab: Tuesdays 6:00 p.m. to 8:00 p.m., April 12, 2022 to May 10, 2022

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For information, call

**(818) 997-0967**

e-mail: [jacobssm@lavc.edu](mailto:jacobssm@lavc.edu)

or visit our website

**<https://www.lavc.edu/Professional-Extension-Programs/home.aspx>**





## **BEGINNING WATERCOLOR**

Do you ever see watercolors and wish that you knew how to use them? We got the right class for you! Our Beginning Watercolor class is about the basics of a traditional approach to this medium as set down by the masters.

Class ID# 21313      Fee: \$80.00  
6 Saturdays 10:00AM-12:00PM  
January 22 - March 5 (Skip 2/19/22)  
(see pg 13)



**Need to get certified or update your certification?**

**We offer First Aid & CPR classes**

**See page 28**

**We also offer:**

- EARTHQUAKE PREPAREDNESS
- ACUPRESSURE TO REDUCE PAIN & STRESS
- HEALTHY COOKING



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

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**WINTER / SPRING 2022  
JANUARY - MAY 2022**

**Register on-line at <https://lavalley.augusoft.net>  
Registration for Winter / Spring Classes**

**Begin on January 4, 2022  
For more information, please call**

**PHONE: (818) 947-2577,x4172**

**FAX: (818) 947-2930**

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

**Catalog available in alternative medias**