FALL 2017
LOS ANGELES VALLEY COLLEGE
COMMUNITY SERVICES

INSIDE THIS ISSUE:

MEDICAL BILLING & CODING & OTHER CAREERS!

CHINESE / MANDARIN, ITALIAN & SPANISH!

RADIO PRODUCTION & KIDS COMMERCIAL ACTING!

GYMNASTICS, AQUATICS & CLIMBING WALL!

MONARCH CAMP & AFTER SCHOOL PROGRAM!

KNIFE SKILLS, INTUITIVE & HEALTHY COOKING!

DAY OF THE DEAD & SPECIAL EFFECTS!

MICROSOFT OFFICE, EXCEL 2010 & BLOGGING!

TEEN & ADULT PHOTOGRAPHY!

FENCING, TENNIS & KARATE!

AND MUCH MORE ...

KEEP CATALOG UNTIL DECEMBER 31, 2017
WE OFFER AQUATICS & SWIMMING CLASSES ALL YEAR

See pages 38 - 40
- Adult aqua exercise & swim
- Kids swimming and polo
- Lap swimming
- Family swim

We also offer private one-on-one lessons
See page 37 for more details

DAY OF THE DEAD
Celebrate this Latin tradition by creating your own one of a kind Dia de los Muertos caladera (skull) face painting.

Class # 13778
October 2 & 9 6:30 - 9:30 PM
See page 10 for details

LEARN A NEW LANGUAGE
- Chinese/Mandarin
- Italian
- Spanish

See page 31 for more 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.

On-Line Fall Class Registration
Begins On Friday, September 1, 2017

Register prior to September 18th and save $5.00 per class!
(See page 7 for details)
Los Angeles Community College
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Community Services Program Staff
Michael Atkin, Community Services Manager
Selvia Awad, Community Services Aide
Annette Basileo-Ivey, Community Services Aide

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

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

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

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

All information listed herein is subject to change at any time without prior notice.
ENROLLMENT APPLICATION FORM:
A SEPARATE FORM (OR COPY) IS REQUIRED FOR EACH CLASS AND STUDENT (PLEASE PRINT)

Today’s Date: ____________ Class Title: ______________ Start Date: __________ Class #: __________

Date of Birth: ______________ E-mail address: ____________________________

Name: __________________________________________________________________________________

Street: __________________________________________________________________________________

City_____________________________ZIP_________________________________________________

Phone: Home (      ) ___________________________Business (      )_____________________________

Credit/Debit Card #: __________________________________________ Expiration Date________ Auth #________

Signature Required: ____________________________________________ Clerk: ______________

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 1st class meeting unless otherwise noted. This means that if you enroll less than 5 working days before the class begins, there will be no refunds. No Refund after class begins. There will be a $10 charge for each refund, credit or transfer.

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.
ONLINE
ANY TIME!

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

BY MAIL

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

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

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

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

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

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

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

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

BY FAX
ANY TIME!

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

SAVE MONEY! AVOID THE DISAPPOINTMENT OF CANCELED CLASSES!
REGISTER FOR ANY CLASS PRIOR TO MONDAY, SEPTEMBER 18th AND SAVE $5.00 PER CLASS!

( Early registration discount not valid on aquatics classes and programs, gymnastics, karate, fencing, monthly classes, private tennis, swimming and gymnastics lessons and on-line classes or open recreation programs )

AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

All classes and events are wheelchair accessible. Individuals needing sign-language interpreters, assistive listening devices, large print or other alternative format materials, or other accommodations should contact the Community Services Office at 818.947.2577 x 4172 at least two weeks prior to the date of 1st class or event.
Los Angeles Valley College is located at 5800 Fulton Avenue in Valley Glen, CA, 91401. The college is easily accessible from both the 170 and 101 freeways. From the 170 freeway exit at Oxnard Blvd. or Burbank Blvd. and head west. The college is located between Fulton Avenue and Ethel Avenue. From the 101 freeway, exit Coldwater Canyon Avenue and head north to Burbank Blvd. The college is at the corner of Coldwater Canyon Avenue and Burbank Blvd. (The Community Services Office is located on Ethel Avenue.)
**COMEDY IMPROV**

Jump into the lively world of Comedy Improvisation! You will be joining an ongoing group of new and continuing actors for a four week experience of improvisational games and tons of laughter. Class is taught by Tracy Jensen, who has over 30 years of experience in film, stage and TV work. The group meets at the world famous Zydeco Casting Studios. This is a no stress and relaxed way to build confidence and learn to think on your feet. Come give it a try! If you like it you can “re-up” for an additional 4 weeks directly with June Chandler studio.

Tracy Jensen  
# 13771  
4 Sun.  
2:00 PM - 4:00 PM  
Fee: $67  
Oct. 1 - 22

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

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

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

June Chandler & Staff  
# 13770  
6 Sun.  
9:00 AM - 11:30 AM  
Fee: $95  
Oct. 8 - Nov. 12

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**COMMERCIAL ACTING (KIDS 6-12)**

This is a two day seminar on camera at a professional casting studio in Studio City. You will learn how to act like a pro in a casting studio where it really happens!

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

This is a safe, economical and professional environment for exploring the possibilities of working in the industry.

Hal Sweesy  
# 13772  
2 Sun.  
2:00 PM - 4:00 PM  
Fee: $81  
Sep. 24 - Oct. 1

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**LIVE RADIO PRODUCTION**

Is talking your hobby? Have people told you that your voice should be on the radio? This class will introduce the student to concepts and techniques of live radio production. Class topics include radio careers, radio show production, voiceovers, radio commercial writing, engineering, interviewing, radio sales, hosting and job search strategies. Minimum age 18 years. *Rita Pardue, BA, MA, is the Production Manager at 89.3 KPCC Radio. She was the Mid-day LA Host for KKLA, 1998-2004.*

Rita Pardue  
# 13793  
6 Sat.  
2:00 PM - 4:00 PM  
Fee: $104  
Sep. 16 - Oct. 28

NO CLASS ON 9/30/2017
EXPRESSIVE PAINTING FOR BEGINNERS

Beginners 14 years and older are welcome to this hands-on class. You do not need to have any previous drawing or painting experience. The focus is on creating an individual style with acrylic or oil paints. Using proven methods we will explore contour drawing, watercolor studies and a finished canvas painting.

Materials you should bring to 1st class: 18x24 Newsprint Drawing Pad and Pentel™ Sign Pen (black or brown ink). Approx. cost $12.00. A list of other supplies that you’ll need to purchase on your own (approx. cost $75.00) will be provided at first class.

Margo Gravelle
# 13781
6 Sat. 2:30 PM - 5:30 PM
NO CLASS ON 10/28/2017

Fee: $98
Oct. 7 - Nov. 18

SPECIAL EFFECTS I

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. Students are expected to bring a small stand-alone mirror to class. Please request a list of required materials for this class at the time of registration. No use of any personal cameras, cell phones, or any other like device to record the lectures provided in class is allowed.

Carmen MacDonald
# 13780
4 Wed. 7:00 PM - 9:00 PM
October 4 - 25

Fee: $80

DAY OF THE DEAD

Celebrate this Latin traditional day by creating your own one of a kind Dia de los Muertos caladera (skull) face painting. Learn how to create Day of the Dead designs onto your face. Get face designing tips and tricks the professionals use, be creative and get that awesome Day of the Dead mask look that will stand out and impress. No experience needed. Please request a list of required materials for this class at the time of registration. No use of any personal cameras, cell phones, or any other like device to record the lectures provided in class is allowed.

Carmen MacDonald
# 13778
2 Mon. 6:30 PM - 9:30 PM
October 2 - 9

Fee: $45
GLYCERIN SOAP MAKING
Do you love the sensual pleasure of beautiful, aromatic soaps but hate the high prices shops charge? Why not learn to make your own for a fraction of the retail cost? It’s easier than you think! Custom-made soaps are perfect for gifts, bathroom decor and people with sensitive skin. You will create different kinds of soaps while learning how to layer colors, use molds, and add fragrances, herbs and toys. This is a hands-on workshop and can be messy!

Quayum Abdul
# 13777  
Fee: $42
Supply fee: $20
1 Wed.  6:30 PM - 9:30 PM  November 1

BATH PRODUCTS AND LIQUID SOAP MAKING WORKSHOP
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
# 13773  
Fee: $42
Supply fee: $20
1 Sat.  1:30 PM - 4:30 PM  December 16

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

Quayum Abdul
# 13776  
Fee: $42
Supply fee: $20
1 Wed.  6:30 PM - 9:30 PM  October 11

BEGINNING PHOTOGRAPHY
In this class you will learn skills needed to master control of your 35mm single lens reflex (SLR) camera, film or digital, and get predictable, consistent results. With step-by-step instruction, students will learn the fundamentals of photography, including how to operate their cameras on manual setting, how to best use automatic settings, how to stop or blur motion, focusing, controlling depth of field, white balance, using flash, and more. Shooting assignments will be given and photos will be reviewed in class. YOU MUST HAVE A SINGLE LENS REFLEX CAMERA (either digital or film). No cameras with only automatic options. For 15 Yrs – Adults. NO CLASS ON 10/31/2017

Nancy Kaye
# 13782  
Fee: $110
5 Tue.  7:00 PM - 9:30 PM &  1 Sat. (date/time TBD)  Oct. 3 - Nov. 7

BE AN EARLY BIRD!
REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT HAVING SPACE IN CLASSES OR CANCELED CLASSES. PLUS YOU WILL SAVE $5 ON EACH CLASS YOU ENROLL IN BEFORE SEPTEMBER 18, 2017!
SEE PAGE 7 FOR DETAILS
Los Angeles Valley College Community Service Department will issue a certificate for the “Medical Insurance Billing Specialist” after the student has successfully completed all three classes: Medical Terminology, Coding, and Medical Insurance Billing classes (attendance & examination requirements must be met before each class ends). There will be a $5 charge for each additional or special request certificate. After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC. Classes are listed on next page. See page 34.

**INTERMEDIATE PHOTOGRAPHY: MOVING BEYOND SNAPSHOTS**

In this class you will fine tune fundamental photography skills and learn how to use them to make photos with strong visual impact. The emphasis of the intermediate level photography class is photographic content and creativity. You'll study photo composition and explore how camera angle, lens choice, filters, and basic photo techniques can improve your photographs. No cameras with only automatic options. For 15 Yrs – Adults. NO CLASS ON 11/21/2017

**BEGINNING**

This workshop-style class is an introduction to the basic principles of photography and camera operation. Through discussion, photo examples, and hands-on camera practice, learn how to capture motion, light, and to control focus in creative ways. Find out about the key elements of exposure--shutter speed, f-stops, and ISO--and take part in a variety of activities that help you apply your new skills to photographic self-expression. No prior photo knowledge is required. Bring to class a DSLR or other camera with manual exposure options.

**INTERMEDIATE**

Would you like to take better, more creative pictures? This workshop-style class is all about the photograph and basic principles of visual composition. We'll see how light, point of view, and basic camera techniques help to make photos beyond snapshots. There will be hands-on photo activities to apply the new concepts. We'll also look at work by master photographers for inspiration and learning about visual communication.

**TEEN PHOTOGRAPHY (AGES 12-17)**

This workshop-style class is an introduction to the basic principles of photography and camera operation. Through discussion, photo examples, and hands-on camera practice, learn how to capture motion, light, and to control focus in creative ways. Find out about the key elements of exposure--shutter speed, f-stops, and ISO--and take part in a variety of activities that help you apply your new skills to photographic self-expression. No prior photo knowledge is required. Bring to class a DSLR or other camera with manual exposure options.

**MEDICAL BILLING & CODING SERIES**

Los Angeles Valley College Community Service Department will issue a certificate for the “Medical Insurance Billing Specialist” after the student has successfully completed all three classes: Medical Terminology, Coding, and Medical Insurance Billing classes (attendance & examination requirements must be met before each class ends). There will be a $5 charge for each additional or special request certificate. After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC. Classes are listed on next page. See page 34.
MEDICAL TERMINOLOGY (CLASS 1)
This introductory course is designed for individuals who want to pursue a career in or enhance their potential for advancement in the health care field. Key topics which will be presented, analyzed and discussed include the following: The rules and structure of medical terminology, anatomy, functions of the organ/system being studied, the etiology, diagnostic procedures and management of pathological conditions. There will be weekly quizzes given to keep track of students' progress.

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

Arlyn “Glady” Tagomolila-Que  Fee: $210
# 13788  6 Mon. & 4 Fri.  6:00 PM - 10:00 PM  Oct. 23 - Dec. 1
Supply fee: $20
NO CLASS ON 11/10/2017 and 11/24/2017

CODING FOR MEDICAL INSURANCE BILLING (CLASS 2)
Coding is required to bill insurance companies. It is also used in the medical records departments of different medical facilities. Students will learn the different rules in coding various diagnosis in ICD-10-CM format. Those same codes are used for billing insurance companies in order to get the best reimbursement. In CPT coding, the students will learn how to code the doctor’s or the medical facilities reimbursement procedures/services.

This course is a prerequisite for Medical Insurance Principles.

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

Arlyn “Glady” Tagomolila-Que  Fee: $210
# 13789  4 Mon. & 6 Fri.  6:00 PM - 10:00 PM  Dec. 4 - Jan. 12
Supply fee : $20
NO CLASS ON 12/25/2017 and 1/1/2018

MEDICAL INSURANCE PRINCIPLES / BILLING (CLASS 3)
Students will learn the basic principles of medical billing, recognize the different forms used by third party payers, create a clean claim (1500 form) and define insurance billing terminology and types of coverage. Students will learn the responsibilities of Medical Insurance specialist, the life cycle of an insurance claim, and the various templates. Prerequisite: Medical Terminology & ICD-10-CM/CPT-HCPCS Coding.

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

Arlyn “Glady” Tagomolila-Que  Fee: $210
# 13790  5 Mon & 5 Fri.  6:00 PM - 10:00 PM  Jan. 15 - Feb. 16
Supply fee : $20

Each course listed above is the prerequisite for the next course. You must enroll in and successfully complete the previous course in order to take the next course in the series. After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC.
MAKE EXTRA MONEY AS A DMV AUTO WHOLESALER FROM HOME

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

Ronald “Wayne” Williams  
Fee: $114  
116 # 13787  
1 Sun.  
10:00 AM - 5:00 PM  
November 19  
Fee includes materials and manual

APARTMENT & PROPERTY MANAGEMENT

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

Christine Evans  
Fee: $74  
# 13784  
2 Sat.  
9:00 AM - 1:00 PM  
October 21 & 28  
Supply fee: $16

NOTARY PUBLIC SEMINAR

California needs additional professional Notaries! This class will provide new or previously commissioned Notaries with education and skills needed to pass the State proctored examination, detect fraud and become successful in a new career. This class exceeds the State qualifications for new applicants or Notaries that are renewing their commission. Class ends with the State Notary Public exam. A certificate of completion will be issued.

Brenda Pena  
Fee: $75  
# 13785  
1 Sat.  
8:00 AM - 5:00 PM  
October 7  
# 13786  
1 Sat.  
8:00 AM - 5:00 PM  
December 2  
Supply fee $45

Please Note: As this class concludes with the California State Notary Public exam, there is an additional $40.00 exam fee paid to the Secretary of State check or money order ONLY. You must also bring two (2) COLOR passport size photos and number 2 pencils to the exam. The exam starts at approximately 4 PM. You must be a legal resident of California (military excluded) 18+ years old to enroll.

Like to start a new career?  
Update a skill?  
Schedule too busy to attend a class?  
Checkout our online Ed2go classes, see pages 33 - 34
CLIMBING WALL FOR KIDS (AGES 5-11)
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.

Community Services Staff
Fee: $60/mo
Tue. OR Thu. 5:30-6:30 PM Monthly
* Ask about 2nd class & multi month discount

HOME ALONE (AGES 11-15)
Develop skills to be confident and safe at home when there are no adults present.
This course provides tools, information and drills for youth who may be spending time at home alone. This class will cover topics such as:
* Answering the phone or front door * Dealing with sudden power outages * Earthquakes and other emergencies * Knowing your surroundings * How (and when) to call 911* Safety in the kitchen * Identifying common threats.

This class is a must for any child who spends time at home alone!
Taught by Margaret Noji, who is a parent, and an experienced instructor of other youth classes such as American Red Cross Babysitters, CPR, First Aid and Emergency Preparedness.

Margaret Noji
Fee: $45
# 13795 1 Sat. 10:00 AM - 1:00 PM November 4
Supply Fee: $5.00

MINI-MOZART MUSIC
This fun, energetic music class for children 2-4 years old AND their parents will instill a love and appreciation of music in young children while creating a special bond between parents and their toddlers. Classes will focus on a variety of songs and activities that emphasize sing-a-long dynamics, call and repeat, movement and rhythm. This class is a great alternative to parent and me gym classes! Please note: Enroll yourself NOT your child in this class. Each child in the family must be accompanied by an adult (One child per adult).

Carissa Rhoads
Fee: $40
# 13797 4 Sat. 9:00 AM - 9:45 AM Oct. 14 - Nov. 4

Have a young baker in the family?
A child who likes to experiment with ingredients?
See page 20 for our Kids Baking Class

DON'T FORGET THAT WE OFFER OTHER KIDS CLASSES LIKE
- ACTING ON PAGE 9
- AQUATICS ON PAGES 39-40
- GYMNASTICS ON PAGES 27-28
- TENNIS ON PAGE 25
BIRTHDAYS ARE A BLAST AT LAVC!

Birthday Parties through Los Angeles Valley College Community Services are tons of fun and hassle-free! We offer parties for kids ages 5-14 and will custom-tailor a memorable and exciting party for your child and their guests! Our parties are run in our state-of-the-art Community Services Center. Facilities include a fully equipped gymnastics center, 28 foot high indoor rock climbing wall, and a teaching kitchen.

Choose from one of the following types of parties: Gymnastics, Rock Climbing, or Cooking. All parties are two hours long and include an hour and fifteen minutes of exciting activities and games supervised and run by qualified staff/instructors and forty-five minutes in a party room for cake and refreshments. We’ll decorate the party room with helium balloons (one per child) and a happy birthday banner.

Please call 818-947-2577 X. 4172 to request a brochure, get fees, or book your party.
AFTER SCHOOL PROGRAM
EVERY DAY UNTIL 6:30PM PICK UP AT LAVC
Kindergarten through Fifth Grade

School Year 2017-2018

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

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

THANKSGIVING CAMP
Monday - Wednesday, November 20th-22nd
Wednesday - Field Trip to Underwood Farms

SINGLE DAY CAMP (7:30am till 6:30pm)
September 1st, September 21st, January 15th, June 8th
We offer full day of camp for a pupil-free day & a holiday when school is out.

MONARCH NIGHTS (Starts at 6:30pm till 11pm)
September 29th, October 28th, February 10th, March 23rd
Let campers have a great time with their friend at Monarch Nights.
We provide dinner and themed activities.

SPRING BREAK CAMP
Monday - Friday, March 26th-30th
Field Trips to Mountasia and La Brea Tar Pits
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 OCTOBER 1ST!
REGISTER AT MONARCHCAMPS.COM
Registration closes when camp is full. LIMITED SPACE and we fill up quickly.

WINTER RATES

<table>
<thead>
<tr>
<th>Daily</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>$77</td>
<td>$330</td>
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<tr>
<td>Minimum 3 Days</td>
<td>Full Week</td>
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</table>

Camps We Offer | For Grades | Ages |
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Classic Day Camp</td>
<td>Kinder- Seventh</td>
<td>5-12</td>
</tr>
<tr>
<td>Nature Camp</td>
<td>Third - Seventh</td>
<td>8-12</td>
</tr>
<tr>
<td>Theatre Arts Camp</td>
<td>First - Seventh</td>
<td>6-12</td>
</tr>
<tr>
<td>Gymnastics Camp</td>
<td>Kinder - Seventh</td>
<td>5-12</td>
</tr>
<tr>
<td>Soccer Camp</td>
<td>First - Seventh</td>
<td>6-12</td>
</tr>
<tr>
<td>Tennis Camp</td>
<td>Third - Seventh</td>
<td>8-12</td>
</tr>
<tr>
<td>Counselor in Training</td>
<td>Eighth</td>
<td>13-14</td>
</tr>
</tbody>
</table>

Special Events
Wednesday, December 20th, 2017 - Wild Animal Rescue
Friday, December 22nd, 2017 - Snow Day & Holiday Party
Wednesday, December 27th, 2017 - Field Trip: Santa's Village; return @5pm
Wednesday, January 3th, 2018 - Field Trip: Ice Skating and Bowling

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

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

Bob Cohen
# 13800
1 Wed. 6:30 PM - 9:30 PM Oct. 25
Fee: $69

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

INTRODUCTION TO PERSONAL COMPUTERS (15 YRS - ADULTS)

Designed for the novice computer user. You'll receive practical advice and answers to many common questions and hands-on practice. This course includes an overview of computer software and hardware; and will help you find your way around the operating system and running applications. Learn how to access the Internet, how to send and receive e-mail, and how to manage your files. Prerequisite: Working knowledge of keyboard.

Jackie Heintz
# 13801
2 Thu. 6:00 PM - 9:30 PM Sep. 28 - Oct. 5
Handout fee: $14

MICROSOFT OFFICE 2010 (15 YRS - ADULTS)

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

Jackie Heintz
# 13802
4 Thu. 6:00 PM - 9:30 PM Oct. 12 - Nov. 2
Handout fee: $14

NO CLASS ON 11/23/2017
HOW TO PROMOTE YOUR BUSINESS ON THE WEB
Generate more business, keep your customers coming back, and build a brand name for your small or home based business. Learn the tricks and techniques to successfully promote your business on the Web in this exciting course. Using the tools and techniques of successful Web marketers you’ll learn how to:
* Use Google™ AdWords to drive traffic to your Website 
* Build an effective “landing page” for promotions and offers 
* Make a successful email newsletter and how to build one for pennies 
* Make the most of social networking tools like Facebook, MySpace, Twitter, and blogging that can increase your sales.

Bob Cohen
Fee: $69
# 13805 1 Thu. 6:30 PM - 9:30 PM Sep. 28
Fee includes a comprehensive manual with guidelines, procedures and resources and a CD with useful software tools for developing your web promotion valued at $30.

HEALTHY COOKING 101
People who cook for themselves are less likely to become obese and suffer from diabetes or heart disease. In this seven week course taught by certified nutrition consultant and culinary instructor, Carrie Bonfitto, students will learn how to make healthy food choices and prepare meals that will increase energy, improve health, and help with weight management. Teaching methods will include lecture, cooking demonstrations and hands-on cooking/participation and tasting.

Carrie Bonfitto
Fee: $175
# 13806 6 Tue. 7:00 PM - 9:30 PM Sep. 19 - Oct. 24
Supply fee: $50

KIDS BAKING ESSENTIALS (10 - 18 YRS)
Kids will get a practical working knowledge of the core essentials of baking and will have the opportunity to incorporate their own flavor preferences into the items we create. Lemon cake or chocolate cake? Oatmeal cookies or chocolate chip cookies? Bread pudding with sauce or without? Kids will be engaged to think about the science behind baking and begin to learn how to create their own recipes from scratch. We will also use some “alternative” flours to expose the kids to gluten-free baking and the thought process behind ingredient substitution.

In the class we will make cakes, pies, cookies, frosting, breads and bread puddings. This class is suitable for upper level beginners to intermediate bakers from ages 10-18. Bakers will get to eat the results of their work, or take home a small care package at each session.

Alegre Ramos
Fee: $80
# 13796 3 Sat. 9:30 AM - 12:30 PM Nov. 4 - 18
Supply fee: $20
Have you always wanted to know how to cook but are intimidated by the kitchen or don’t like the “handcuffs” of recipes? Then explore the skill of cooking without recipes, a.k.a. “intuitive cooking.” Learn the building blocks of cooking and know that no matter what is in your fridge or pantry, you can create a delicious, inexpensive and nutritious meal for you and your family that is suited to your TASTES and BUDGET.

After this course you’ll have the ability to understand how a recipe is created and how it can be manipulated to suit your own tastes and the groceries you have on hand. We offer two version of this course: “Hands-On” and “Demonstration Only.” For hands on workshops you’ll taste the dishes prepared by instructor and leave this workshop with a fully prepared meal to take home (bring your own groceries and food containers if you wish to do this.) A shopping list is available through the online class description or by calling 818.947.2577 x4172. For the demo only class you’ll watch the instrcutor cook, and you’ll taste each dish. All recipes can be made vegan/vegetarian and modifications will be suggested in class. All classes are taught by Alegre Ramos

If you would like to attend a demo only class with your child who is 10 years old or older, you may do so, provided that you are responsible for the child during the class. NOTE: Only one child per paid adult registration.

INTUITIVE COOKING: HANDS ON
Hearty Vegetarian/Vegan Meals, Moussaka with Nut Cheese & Shepard's Pie
Fee: $40   Supply fee: $7
# 13840  1 Sun.  2:30 PM - 5:30 PM  October 8

INTUITIVE COOKING: HANDS ON
Hearty Vegetarian/Vegan Main Courses, Moussaka, Shepard's Pie & Not Fried Falafel
Fee: $80   Supply fee: $15
# 13846  3 Fri.  7:00 PM - 9:00 PM  October 20 - November 3

INTUITIVE COOKING: DEMO
Soups, Salads, Stirfry
Fee: $25   Supply fee: $5
# 13843  1 Sat.  10:00 AM - 1:00 PM  October 21

INTUITIVE COOKING: DEMO
Ground Chicken or Turkey Three Meals: Kabob, Pasta, & Deconstructed Meatball Sub
Fee: $25   Supply fee: $5
# 13844  1 Sat.  10:00 AM - 1:00 PM  October 28

INTUITIVE COOKING: HANDS ON
One Chicken Three Meals: Roasts, Pot Pie & Enchiladas
Fee: $80   Supply fee: $15
# 13847  3 Wed.  6:30 PM - 8:30 PM  November 1 - 15

INTUITIVE COOKING: HANDS ON
Ground Chicken or Turkey Three Meals: Kabob, Pasta, & Deconstructed Meatball Sub
Fee: $40   Supply fee: $7
# 13841  1 Sun.  2:30 PM - 5:30 PM  November 5

INTUITIVE COOKING: DEMO
Hearty Vegetarian/Vegan Meals, Moussaka with Nut Cheese & Shepard’s Pie
Fee: $25   Supply fee: $5
# 13845  1 Sat.  10:00 AM - 1:00 PM  December 2

INTUITIVE COOKING: HANDS ON
Soups, Salads, Stirfry
Fee: $40   Supply fee: $7
# 13842  1 Sun.  2:30 PM - 5:30 PM  December 3
COOKING

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

Carrie Bonfitto

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date</th>
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<tbody>
<tr>
<td>13807</td>
<td>Mon.</td>
<td>7:00 PM</td>
<td>9:00 PM</td>
<td>Sep. 18</td>
</tr>
<tr>
<td>13808</td>
<td>Mon.</td>
<td>7:00 PM</td>
<td>9:00 PM</td>
<td>Oct. 16</td>
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</tbody>
</table>

Supply Fee: $5

DANCE

BALLROOM DANCE - BEGINNING / INTERMEDIATE
Imagine being the image of confidence, grace and style on the dance floor! You will learn the latest styles and techniques of modern ballroom and Latin dancing, including The Foxtrot, Waltz, Tango, Swing, Cha-Cha, Rumba and more. Come and enjoy the most artistic of social pastimes—you’ll have fun, make new friends, and never have to refuse an invitation to dance again! Please wear soft-soled, low-heeled shoes. Jacqueline Eusanio holds an M.S. in Kinesiology/Dance. She has performed professionally with several world renowned dance companies and has more than 30 years experience as a performer, teacher and choreographer. Singles and couples welcome.

Jacqueline Eusanio

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>13809</td>
<td>Sat.</td>
<td>4:00 PM</td>
<td>5:30 PM</td>
<td>Oct. 7 - Nov. 11</td>
</tr>
</tbody>
</table>

Fee: $70

SALSA, MERENGUE, BACHATA (15 YRS - ADULTS)
Salsa is a popular social dance throughout Latin America as well as in North America, Europe, Australia, and some countries in Asia and the Middle East. This fun class is a great opportunity to learn basic steps in the exciting Latin rhythms of Merengue, Bachata and Salsa allowing you to experience and enjoy the tantalizing and seductive world of Salsa dance! Partner not required.

Linda Lees

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date</th>
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<tr>
<td>13815</td>
<td>Sun.</td>
<td>1:30 PM</td>
<td>3:00 PM</td>
<td>Oct. 1 - 29</td>
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</table>

Fee: $60

MIDDLE EASTERN DANCE - BEGINNING / INTERMEDIATE
No dance has ever exerted a more powerful fascination than Middle Eastern Belly Dancing. You will develop grace, poise, and confidence while learning the most exotic and eloquent of all dances. Basic technique and choreography, rhythms, veil, and finger cymbals are all part of this exciting class. Getting in shape was never so much fun!

Jacqueline Eusanio

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<tr>
<th>Course</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>13814</td>
<td>Sat.</td>
<td>3:00 PM</td>
<td>4:00 PM</td>
<td>Oct. 7 - Nov. 11</td>
</tr>
</tbody>
</table>

Fee: $70

We Also Offer Open Recreation (Drop-In)
Scottish and Bulgarian Dance. See Page 35
LINE DANCE
If you want to learn Line Dancing or improve your technique, this is the class for you. Simple, slow to moderately paced line dances will be taught in a relaxed, pleasant atmosphere. Come have fun with us and get a great workout! **Two levels:** Beginner & Intermediate. **No partners required. Cowboy boots or good dancing shoes suggested - no sandals allowed.**

**NO CLASS ON 11/26/2017**

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee</th>
<th>Level</th>
<th>#</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Sara Lopez</td>
<td>$84</td>
<td>Beginner</td>
<td># 13810</td>
<td>6 Sun.</td>
<td>11:00 AM - 12:00 PM</td>
<td>Sep. 24 - Oct. 29</td>
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<td></td>
<td></td>
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<td># 13811</td>
<td>6 Sun.</td>
<td>11:00 AM - 12:00 PM</td>
<td>Nov. 5 - Dec. 17</td>
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<td>Intermediate</td>
<td># 13812</td>
<td>6 Sun.</td>
<td>10:00 AM - 11:00 AM</td>
<td>Sep. 24 - Oct. 29</td>
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<td></td>
<td></td>
<td># 13813</td>
<td>6 Sun.</td>
<td>10:00 AM - 11:00 AM</td>
<td>Nov. 5 - Dec. 17</td>
</tr>
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</table>

ESSENTIAL YOGA
Everyone can benefit from yoga! This practice is truly a personal program as you exercise your mind and body. This class is geared for individuals who wish to learn proper alignment of yoga postures. Use of props such as blankets, chairs, blocks, and straps are welcomed as they encourage correct alignment. Open to all levels, so you will have the option to use any of the props or none. We will work on posture, balance, and breathing techniques while we build flexible strength. Yoga will soften the tight spots and strengthen the weak areas. Come and bring your body, mind, and spirit into harmony. Be sure to bring a mat or towel. **NO CLASS ON 9/30/2017 and 11/25/2017**

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee</th>
<th>Level</th>
<th>#</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Michelle Fong</td>
<td>$60</td>
<td></td>
<td># 13816 ($60)</td>
<td>4 Sat.</td>
<td>11:00 AM - 12:30 PM</td>
<td>Sep. 23 - Oct. 21</td>
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<tr>
<td></td>
<td>$75</td>
<td>Intermediate</td>
<td># 13817 ($75)</td>
<td>5 Sat.</td>
<td>11:00 AM - 12:30 PM</td>
<td>Nov. 11 - Dec. 16</td>
</tr>
</tbody>
</table>

KARATE
Challenge yourself to the purest form of karate- traditional Okinawan Shorin-Ryu Matsubayashi. Achieve excellence in physical and mental conditioning, improve self-confidence and self-discipline. Learn to defend yourself by mastering self-defense techniques. **Men and women 17 and up welcome.** Class days and times are tentative and subject to change depending on availability of facilities. **SPECIAL OFFER: 1/2 OFF FIRST MONTH FEE AND FREE UNIFORM FOR ALL NEW STUDENTS!** (Please note: Special offer is NOT available on-line.) You must register by phone or in person to receive the offer.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee</th>
<th>Level</th>
<th>#</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Mark Weber</td>
<td>$60</td>
<td></td>
<td># 13849</td>
<td>September</td>
<td>8:00 PM - 9:00 PM</td>
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<td># 13850</td>
<td>October</td>
<td># 13851</td>
<td>November</td>
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<td># 13852</td>
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</table>
**TONED & STRETCH (WITH RESISTANCE BANDS)**

Increase lean muscle mass while burning calories! This intense class focuses on upper and lower body using resistance bands for muscle definition. Attention is given to proper alignment, increased flexibility and strengthening of connective tissue. Includes abdominal work and a stretch/breathing cool down. An all-encompassing body workout!

May Fong ACE-PT BS has additional credentials in Ashtanga Yoga and Classical NY Pilates. SPRI resistance bands-green or yellow, are required for this class. Order from Amazon.com or ask instructor for places to purchase. Be sure to bring a towel or mat.

**NO CLASS ON 11/20/2017**

Michelle Fong  
Fee: $55  
# 13823  
5 Mon.  
6:30 PM - 7:30 PM  
Sep. 18 - Oct. 16

# 13824  
5 Mon.  
6:30 PM - 7:30 PM  
Nov. 6 - Dec. 11

**TOTAL BODY WORKOUT AND STRETCH**

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

**NO CLASS ON 11/25/2017**

Beginning:  
April Tatro  
Fee: $88  
# 13826  
8 Sat.  
10:00 AM - 11:00 AM  
Oct. 21 - Dec. 16

Intermediate/Advanced:  
April Tatro  
Fee: $88  
# 13825  
8 Sat.  
9:00 AM - 10:00 AM  
Oct. 21 - Dec. 16

**FENCING**

Fencing taught at all levels from beginning through advanced. All three weapons taught: foil, epee, and saber. Please wear loose comfortable clothing and soft-soled shoes.

Ongoing, Tuesdays 8:00 PM - 9:00 PM (we also offer Open Recreation Fencing-see page 35 for more information)

Carl Oberg  
Fee: $50 for 4 lesson punch card

**BE AN EARLY BIRD!**

Register Today!

REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES! PLUS YOU WILL SAVE $5 ON EACH CLASS YOU ENROLL IN BEFORE September 18, 2017!

SEE PAGE 7 FOR DETAILS
TENNIS LESSONS
Learn tennis or improve your current game with our long-term teaching pro, Ray Finks. Ray is a member of the National Tennis Academy Professional Tennis Registry. He has played competitive and professional tennis for over 10 years. He has won several local tournaments.

Levels:
BEGINNER: Very little to no previous experience in playing or lessons.
ADVANCED BEGINNER: Have had at least one or two sessions of lessons.
INTERMEDIATE: Dependable and accurate service placement and has some understanding of strategy in singles and doubles.
ADVANCED: Has high level of consistency and endurance.

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

<table>
<thead>
<tr>
<th>CHILDREN (AGES 6 - 14) SATURDAY CLASSES</th>
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</thead>
<tbody>
<tr>
<td><strong># 13818</strong> Begin/Int. 8 Sat. 12:00 PM - 1:00 PM Sep. 16 - Nov. 4 Fee: $74</td>
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<table>
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<tr>
<th>ADULTS SATURDAY CLASSES</th>
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<tr>
<td><strong># 13820</strong> Adv. Beg. 8 Sat. 11:00 AM - 12:00 PM Sep. 16 - Nov. 4 Fee: $74</td>
</tr>
<tr>
<td><strong># 13819</strong> Intermed. 8 Sat. 9:00 AM - 11:00 AM Sep. 16 - Nov. 4 Fee: $148</td>
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<table>
<thead>
<tr>
<th>ADULTS SUNDAY CLASSES</th>
</tr>
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<tbody>
<tr>
<td><strong># 13821</strong> Beg. 8 Sun. 9:00 AM - 11:00 AM Sep. 17 - Nov. 5 Fee: $148</td>
</tr>
<tr>
<td><strong># 13822</strong> Adv. 8 Sun. 11:00 AM - 1:00 PM Sep. 17 - Nov. 5 Fee: $148</td>
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</tbody>
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PRIVATE TENNIS LESSONS
Dates and times for private tennis lessons can be arranged with the Community Services Office. Make check payable to L.A. Valley College. Minimum of 4 hours required. Can be eight 1/2 hour lessons or four 1 hour lessons.
Fee is $64/hour per person
Raymond Finks, Tennis Pro
Pre-register at the Community Services Office. EACH student must bring 2 unopened cans of tennis balls & racket.

If private lessons are desired, arrangements MUST be made with the Community Services Office. Call 818-947-2577 x.4172 to book your private tennis lesson.

*We also offer private gymnastic lessons and private swimming lessons. See pages 29 & 37 for more information.
The Community Services Department at L.A. Valley College offers a variety of gymnastics programs for all ages and abilities. Classes emphasize physical fitness, motor development and kinesthetic awareness for our youngest students through competitive gymnastics skills for our advanced team members who represent our club program. Children 2 years of age must show proof of age and be toilet trained. Students wishing to take lessons more than once a week can register in any combination of days which best meet their needs. Students are restricted to one class per day. Back-to-back classes are not permitted. **Parents of two-year olds must stay with their children during lesson.**

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

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

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

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

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

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

**Gymnastics Discounts**

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

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

If you wish to take advantage of a discount you must register in person or by phone. Discounts are not available for on-line registrations. Ask about our multi-month discounts. Discounts not available on Private Lessons.

**Gymnastics Office**

Charlie Nash, Coordinator
818-947-2513
palingca@lavc.edu

Office Hours: M-F: 3-7 pm & Sat 9 am - 1:00 pm; Closed Sunday
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 assist the needs of their child.

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

BEGINNING GYMNASICS
Kids will learn basic gymnastics skills which help develop body awareness while working on strength and flexibility. From warming up their muscles to going upside down around the uneven bars, they will experience it all! We focus first on knowledge of the equipment and their comfort level with each event they visit.
*No previous gymnastics experience required.

Beginning Girls (3-4yrs)  3:30-4:15 PM  M or T or W or Th $50/Mo
Beginning Girls (3-4yrs)  4:30-5:15 PM  M or T or W or Th $50/Mo
Beginning Girls (3-4yrs)  9:30-10:15 AM  Sat. $50/Mo
Beginning Girls (3-4yrs)  10:30-11:15 AM  Sat. $50/Mo
Beginning Girls (5-6yrs)  3:30-4:30 PM  M or T or W or Th $60/Mo
Beginning Girls (5-6yrs)  4:30-5:30 PM  M or T or W or Th $60/Mo
Beginning Girls (5-6yrs)  9:30-10:30 AM  Sat. $60/Mo
Beginning Girls (5-6yrs)  10:30-11:30 AM  Sat. $60/Mo
Beginning Girls (7-8yrs)  3:30-4:30 PM  M or T or W or Th $60/Mo
Beginning Girls (7-8yrs)  4:30-5:30 PM  M or T or W or Th $60/Mo
Beginning Girls (7-8yrs)  9:30-10:30 AM  Sat. $60/Mo
Beginning Girls (7-8yrs)  10:30-11:30 AM  Sat. $60/Mo
Beginning Girls (9+yrs)  4:30-5:30 PM  M or T or W or Th $60/Mo
Beginning Girls (9+yrs)  5:30-6:30 PM  M or T or W or Th $60/Mo
Beginning Girls (9+yrs)  9:30-10:30 AM  Sat. $60/Mo
Beginning Girls (9+yrs)  10:30-11:30 AM  Sat. $60/Mo
Beginning Boys (4-6yrs)  3:30-4:30 PM  M or T or W or Th $60/Mo
Beginning Boys (4-6yrs)  9:30-10:30 AM  Sat. $60/Mo
Beginning Boys (7+yrs)  4:30-5:30 PM  M or T or W or Th $60/Mo
Beginning Boys (7+yrs)  10:30-11:30 AM  Sat. $60/Mo
Teen Boys (10+yrs)  11:30am-1 PM  Sat. $75/Mo

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

Intermediate Girls (7-9 yrs)  5:30-7:00 pm  T or Th $75/Mo
Intermediate Girls (7-9 yrs)  11:30-1:00pm  Sat. $75/Mo
Intermediate Girls (10+ yrs)  5:30-7:00 pm  T or Th $75/Mo
Intermediate Girls (10+ yrs)  11:30-1:00pm  Sat. $75/Mo
Intermediate Girls (7+ yrs)  5:30-7:00pm  M or W $75/Mo
Intermediate Girls (7+ yrs)  5:30-7:00pm  M & W Or T & Th $120/Mo

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

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

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

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Girls (all ages)</td>
<td>5:30 PM - 7:00 PM</td>
<td>M or T or W or Th</td>
<td>$75/Mo</td>
</tr>
<tr>
<td>Advanced Girls (all ages)</td>
<td>5:30 PM - 7:00 PM</td>
<td>M &amp; W Or T &amp; Th</td>
<td>$120/Mo</td>
</tr>
<tr>
<td>Advanced Girls (all ages)</td>
<td>11:30 AM - 1:00 PM</td>
<td>Sat.</td>
<td>$75/Mo</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Tumbling (10+yrs)</td>
<td>11:30 AM-1:00 PM</td>
<td>Sat.</td>
</tr>
</tbody>
</table>

GYMNASTICS TEAM
Join our Girls Gymnastic Team! (By Audition/Invitation Only) 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.

Mon. - Fri. 4:00 PM - 7:00 PM
Coaches: Janelle Smith, Mariah Henninger, Alexi Pyles
Fees: (5 days per week): $160/ Mo. Gymnast must participate in a minimum of three days each week with one day being mandatory Friday practice. (Fee does not include cost of uniform and cost associated with competing in meets.)

ADULT CLASSES

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

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Time</th>
<th>Coach</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Beginning Girls &amp; Tumbling</td>
<td>Sun. 9:30 AM - 11:30 AM</td>
<td>Dennis Ruelas</td>
<td>$58 for 4 lesson punch card</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Purchase punch card at the Community Services Office or at the Gymnastic Center during class time.</td>
</tr>
</tbody>
</table>

ADVANCED GYMNASICS CO-ED – ADULTS & TEENS (16 and Up)
Knowledge of gymnastics basics is required. Will be asked to audition for instructor prior to acceptance.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Time</th>
<th>Coach</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Girls (all ages)</td>
<td>Mon. &amp; Thur. 7:00 PM - 9:00 PM</td>
<td>Mike Washlake, Cassie Minick, Josh Fried</td>
<td>$58 for 4 lesson punch card</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Purchase punch card at the Community Services Office or at the Gymnastic Center during class time.</td>
</tr>
</tbody>
</table>

PLEASE NOTE:
PUNCH CARDS DO NOT EXPIRE. THEY ARE NOT REFUNDABLE AND NOT REPLACED IF LOST OR STOLEN

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GYMNASTICS

PRIVATE GYMNASiC LESSONS
Most of our gymnastic coaches are available for private or semi-private (1:1 or 1:2) gymnastic lessons. Rates range from $50 to $100 per hour depending on instructor/coach selected. Please call 818-947-2577 x. 4172 or 818-947-2513 for days times and rates. We also offer private tennis and swim lessons. See pages 25 and 37 for more information.

SPOTLIGHT ON STAFF: NATALIYA GEYKHMAN
Nataliya was born and raised in Almaty, Kazakhstan. She fell in love with sports when she was 4 years and began attending the school of gymnastics when she was 5. As a teenager, Natalya decided she wanted to turn her passion into a career and decided to pass off her knowledge and skills in gymnastics to others. She’s coached girls of all ages and is extremely proud to be part of the LAVC team of instructors. Her main goals as a coach are to keep students healthy and fit as well as making LAVC Gymnastics the most wanted gymnastics center in all of LA.

GYMNASTIC CENTER RULES
• Payments at the Gymnastic Center must be made by check or credit card only. NO CASH ACCEPTED AT THE GYM. (Except at Open Workout). All cash payments other than Open Workout must be made at the Community Services Office.
• Please ask for a receipt.
• No shoes allowed on floor.
• Long hair must be secured in a “pony tail” or by other means.
• No zippers or buttons allowed on clothing.
• Parents (except those of 2 year olds) ARE NOT allowed on the floor/equipment under any circumstances. Please remain in the seating area at all times.
• Anyone on the floor/equipment MUST be enrolled in a class that is occurring during the time they are on the floor. NO EXCEPTIONS.
• NO FOOD OR DRINK (EXCEPT WATER IN A SEALABLE CONTAINER) IS ALLOWED ANYWHERE IN THE GYM—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.
• All children must be picked up within 10 minutes after a class ends. Parents who pick up their children later than 10 minutes after the end of a class will be charged one dollar per minute for any time over 10 minutes.

GYMNASTICS DISCOUNTS AND PRO-RATING POLICY
Sibling Discount= $10 off second and each additional child living in the same household.
2nd Class Discount= $15 off if you register one person for two separate classes during the same month. (You must register for both classes at the same time). No 2nd class discount on private lessons. Ask us about our multi-month discounts.
We do not pro-rate classes.
There are no credits or make-ups for missed classes (unless the Community Services Department cancels a class). Fees for all classes and team are due the last day of the current month for the next months class. Sorry, due to safety considerations & staffing issues we cannot allow day of the class registrations.
HOLISTIC HEALTH AND ACUPRESSURE
Learn the basics of Chinese healing as it relates to acupressure massage. This class will focus on self and couple acupressure massage and specific points to use for common problems such as: lack of energy and mental clarity, low back pain, neck and shoulder pain, etc. You will learn approximately 16 acupressure points you can perform on yourself and others. You will also learn basic head and neck massage techniques. (No partner necessary for class but we will be practicing the neck release on each other in class.) Please bring a small hand mirror and water-soluble marker to class.

Dr. Randy Martin, Ph. D, O.M.D.                       Fee: $35
# 13827  1 Tue.  8:00 PM - 10:00 PM  November 7
Supply fee: $3.00

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

Margaret Noji                             Fee: $45
# 13829  1 Sat.  10:00 AM - 2:00 PM  September 30
Supply fee: $5.00
If you pass the exam for either class and wish to have a certificate (to be mailed later), the cost is $20.00 per certificate payable to the instructor at class.

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

Margaret Noji                             Fee: $40
# 13830  1 Sat.  10:00 AM - 1:00 PM  October 7
Supply fee: $5.00
If you pass the exam for either class and wish to have a certificate (to be mailed later), the cost is $20.00 per certificate payable to the instructor at class.

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

Margaret Noji                             Fee: $35
# 13831  1 Sat.  10:00 AM - 12:00 PM  October 21

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

Carrie Bonfitto                       Fee: $35
# 13828  1 Mon.  7:00 PM - 9:00 PM  November 6
CIAO BELLA - BEGINNING ITALIAN

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

NO CLASS ON 9/30/2017 & 11/25/2017

Giovanni Lombardi
Fee: $80
# 13833
5 Sat. 10:00 AM - 12:00 PM Sep. 16 - Oct. 21
# 13834
5 Sat. 10:00 AM - 12:00 PM Oct. 28 - Dec. 2

BEGINNING CHINESE/MANDARIN FOR EVERYONE!

Learn everyday Chinese/Mandarin by having fun conversations. Both beginning and intermediate classes use the Pinyin System- a quicker and clearer approach to grasp the Chinese language in a short period of time. Class will focus on commonly used expressions needed in business, travel and everyday life. Guidance on developing reading and writing skills will be made available. NO CLASS ON 9/30/2017

Janie Chien Golden
Fee: $95
# 13832
6 Sat. 9:30 AM - 11:30 AM Sep. 23 - Nov. 4

Please note: Purchase Golden Chinese (ISBN 9780615711713) prior to first class and bring the book with you to class. Available at Amazon.com.

CONVERSATIONAL SPANISH (BEGINNER)

This course will address selected concepts of the Spanish Language in order to be able to have a flowing conversation with someone. This is an 8 week course taught in a fun and supportive environment with new topics each session. Each time that we meet, we will have a small review from our previous class, recite the ABC’s and submerge into our new lesson! Taught material will be integrated in new lessons. Informal assessments will be given each week. Be ready to participate!!! Remember that it’s a language class and you will need a lot of practice outside of class to see results! NO CLASS ON 9/30/2017

Jessica Montoya
Fee: $125
# 13835
8 Sat. 10:00 AM - 12:00 PM Sep. 16 - Nov. 11
Supply fee: $5.00

Please note that Students are required to have a duolingo account. This is an app to learn the language that allows share with the instructor.

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
BEGINNING GUITAR (14 YRS - ADULTS)

Introduction to the guitar for the complete beginner. Focus on the practical approach to modern guitar, hand positions and posture along with the guitar chord system, the basic chord progressions, and the first major scale pattern. We will also cover the ABC’s of strumming techniques and music notation. Tape recorders are welcome. Class size limited. Students must bring their own Guitar and small amplifier if bringing an electric guitar. Students are encouraged to bring a notebook and pen to take notes. There are no handouts or materials associated with this class. NO CLASS ON 9/30/2017 & 11/25/2017

Giovanni Lombardi
# 13837  5 Sat.  12:30 PM - 1:30 PM  Sep. 16 - Oct. 21
# 13838  5 Sat.  12:30 PM - 1:30 PM  Oct. 28 - Dec. 2

BEGINNING FOLK AND BLUES HARMONICA

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

Dave Broida
# 13836  1 Sat.  1:30 PM - 3:30 PM  November 4

Supply fee: $20.00

LEARN TO PLAY GUITAR OVERNIGHT

Have you ever sat around fantasizing you could play the guitar like Jimi Hendrix or Eddie Van Halen? Or maybe Joni Mitchell or Django Reinhardt is more your style? Whatever your musical tastes, it’s easier than you think—even if you’ve never played before! Guitarist Richard Rossi, composer of over 1000 songs will have you playing by the end of this two-day class with his revolutionary learning system, “From Zero to Playing Overnight”. Whether you’re a beginner or need to dramatically improve your technique, Richard will let you in on the easy to learn secrets used by guitar legends. You’ll master: scale patterns, chords, sight reading, arpeggios, composition, song writing licks and phrases of the greats. Please bring your own guitar to class; if you have an electric guitar, please bring a small amplifier. Also bring pen/pencil & notebook.

Richard Rossi
# 13839  2 Tue.  6:30 PM - 9:30 PM  Sep. 19 & 26

MUSIC MADE EASY

If you enjoy music and would like to know more about what makes it work, this is the course for you. You’ll gain a complete understanding of rhythm, melody, and harmony, and you’ll be able to recognize pitches on the musical staff and on the keyboard. Each lesson will build on previous lessons, while also introducing new musical concepts. You’ll then learn about the role of melody in music, and you’ll gain proficiency in identifying pitches by octave, building major scales, and understanding the role of keys in creating melodies.

Only $97! To register for this on-line class please visit http://www.ed2go.com/lavc.
On-line Classes

INSTRUCTOR LED NON-CREDIT ONLINE COURSES

24-Hour Access
Discussion Areas
8 Week Format

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

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

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

LEARN FROM THE COMFORT OF YOUR HOME!

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

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

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

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

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

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

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

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

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

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

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

**A to Z Grant Writing**
Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

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

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818-947-2577 X. 4172

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

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

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

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

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

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

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


AutoCAD 3D 2015
Once you successfully complete the Training Program you will have learned AutoCAD’s 3D tools and will be able to design three-dimensional models using AutoCAD 2015 software. 80 hrs

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

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

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

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

http://careertraining.ed2go.com/lavcComEd/
Open Recreation (drop-in) activities are open to adults ages 18 and up in the community (minimum age for gymnastics open workout is 16). Days and times are subject to change due to location availability. There is no instruction for Open Recreation activities. Coaching/teaching at any open recreation activity is prohibited. We currently offer the following activities: Badminton, Basketball, Fencing, Gymnastics, Juggling, Rock Climbing Wall, Royal Scottish Dance, Bulgarian Dance and Track. All Open Recreation activities fees are $8.00 per visit. SAVE MONEY—BUY A PASS! 10 visits to any Open Recreation activity for $50.00! Passes are available at the Community Services Office (818) 947-2577, Ext. 4172 by phone with a credit card, by mail or on-line at: http://lavalley.augusoft.net. No refunds on Open Recreation passes will be issued. Lost or stolen cards will not be replaced.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>PROGRAM</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:30-10:30 PM</td>
<td>Scottish Dance</td>
<td>North Gym Exercise Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7-10 PM</td>
<td>Gymnastics</td>
<td>Gymnastic Ctr.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7-10 PM</td>
<td>Open Climb</td>
<td>CSC MPR 1</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9-10 PM</td>
<td>Fencing</td>
<td>CSC MPR 2</td>
</tr>
<tr>
<td>Thursday</td>
<td>7-10 PM</td>
<td>Open Climb</td>
<td>CSC MPR 1</td>
</tr>
<tr>
<td>Thursday</td>
<td>9-11 PM</td>
<td>Juggling</td>
<td>Gymnastic Ctr.</td>
</tr>
<tr>
<td>Friday</td>
<td>7-10 PM</td>
<td>Gymnastics</td>
<td>Gymnastic Ctr.</td>
</tr>
<tr>
<td>Friday</td>
<td>7-11 PM</td>
<td>Badminton</td>
<td>North Gym</td>
</tr>
<tr>
<td>Saturday</td>
<td>6-9 AM</td>
<td>Track</td>
<td>Stadium Track</td>
</tr>
<tr>
<td>Saturday</td>
<td>6-9 PM</td>
<td>Basketball</td>
<td>North Gym</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:30-2:30 PM</td>
<td>Bulgarian Dance</td>
<td>CSC MPR 2</td>
</tr>
<tr>
<td>Sunday</td>
<td>2-5 PM</td>
<td>Adv. Badminton</td>
<td>North Gym</td>
</tr>
</tbody>
</table>

CLIMBING WALL
The Community Services Department is pleased to offer Open Rock Wall Climbing (see schedule above) In order to climb participants must either pass a belay certification test or attend an orientation class. Orientation classes are held once a month (call 818-947-2577 x. 4172 for schedule of orientation classes). Once you have completed the orientation class you may climb at any open climb time.

Did you know....
We also offer kids climbing wall birthday parties! See page 16 or call 818-947-2577 X.4172 for more information.
RETIREMENT PLANNING TODAY

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

Peter Han                                Fee: $69
(Spouse/Guest registers at no cost!)
# 13794     2 Tue.                 6:30 PM - 9:30 PM     Sep. 26 - Oct. 3
Note: Students enrolling in financial classes are responsible for making their own financial decisions.

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.
-Please read our refund policy on Page 4.
-Please ask about our multiple-months, 2nd class and sibling discounts.

Private Lessons
-Swim lessons are not confirmed until payment is received.
-We will do our best to honor requests for instructors but cannot guarantee this.
-If the Community Services Office cancels a class due to inclement weather*, instructor’s schedule, etc. we will provide a make-up class at a mutually agreeable date and time.

-Make-Up Policy is as Follows:
1. If you cannot attend a private swim lesson for any reason we will allow one make up lesson each month at no cost.
2. Make up lessons are offered only on Fridays and will not necessarily be with the instructor who you enrolled for.
3. Only one make-up lesson may be scheduled in a month. Any lessons missed other than one will not be allowed a makeup or a refund
4. If a make-up lesson is scheduled and missed it may not be rescheduled
-Participants in current month private swim lessons have priority registration over all others.
-Private Lesson Priority registration for the next month begins on the 1st day of the current month and continues until the Monday immediately after the 3rd Sunday of the month.
-Please read our refund policy on Page 4.

*All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 or visit us on facebook (www.Facebook.com/lavcaquaticscenter) 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 Friday from 3:30 PM - 6:30 PM and Saturday & Sunday from 10:00 AM - 12:30 PM. Please read the registration information/refund policy on page 36.

Do you like to swim?
Interested in teaching or know someone who is?
Contact the Community Services office at (818) 947-2577 Ext. 4172

Some November classes and all December classes are pro-rated
Please check with office for fees

Swimming & Aquatics Discounts

Sibling Discount=$10 off for second and each additional child enrolling at the same time for the same month.
2nd Class Discount=$15 off for second class enrolled in during same month. (Must be the same student enrolling in both classes at the same time for the same month). Only 1 discount per person per registration is allowed (we will apply only the greater of the two discounts).
If you wish to take advantage of a discount you must register in person or by phone. Discounts are not available for on-line registrations.
Ask about our multi-month discounts.
Discounts not available on Private Lessons.

SPOTLIGHT ON STAFF: Marelen Villalta
Marelen learned to swim at the early age of 5 but for her, things got interesting in the water when she started swimming competitively at age 16 for Van Nuys High School. During her high school years she became captain of both the water polo and the swim team. After graduating high school, Marelen accepted the position of assistant coach with her high school alma mater and at 19, became the Head Aquatics Coach after their coach left. She has been the volunteer head coach now for 4 years at the high school. During her busy life, Marelen also found time to play one season on LA Valley College’s water polo team as well as a season with the college’s diving team. "I realized I was good at teaching when I was captain of my high school team because I would teach some of the students how to swim, mainly because our coach didn’t know how to swim himself(!)." "Teaching and coaching is really enjoyable for me so that's why I decided to seek being a teacher as my career." Marelen has been a swim coach with LA Valley College Community Services Department since 2013. When she is not teaching or coaching, her hobbies include watching movies and going out with friends to find great food locations, (especially Korean BBQ restaurants).
AQUA FIT STRETCH & TONE
A class dedicated to easy and relaxed stretches to help loosen and tone the body, as well as isometric exercises designed to strengthen the muscles. A great way to improve blood flow and ease tension in the joints.
Sat. 10:00 AM - 10:55 AM $55/month

AQUA FIT
A combination of water aerobics, swimming, and more for a varied, challenging, and fun workout! If you want to get back into shape, keep yourself in shape, or are just looking for something different, then this is the class for you!
T/TH 6:00 PM – 6:55 PM $75/month
Sat. 11:00 AM – 11:55 AM $55/month

MASTERS SWIM TEAM
LAVC TriMasters offers adult swimmers (18 years old and up) a safe, clean, and friendly environment which promotes an enjoyable swimming experience for all levels: novice through collegiate level swimmers and triathletes. Includes participation in local and regional competitions through United States Masters Swimming.
M/W/F 7:30 PM – 8:55 PM
Fee: $55/month + $48 annual registration fee with USA Masters. Participants may attend any or all days each week.

BEGINNING ADULT SWIM INSTRUCTION
Learn to swim! If you have never learned to swim and want to learn how, this is the class for you. Become comfortable in the water and learn the basics of swimming.
T/TH 5:00 PM - 5:55 PM $75/month
Sun. 11:00 AM - 11:55 AM $55/month

INTERMEDIATE ADULT SWIM INSTRUCTION
Know how to swim, but want to get better? Want to get a great workout? In this class you will learn to be a better, stronger swimmer, learn better technique, gain endurance and work on your overall strength.
T/TH 7:00 PM - 7:55 PM $75/month
W/F 7:00 PM - 7:55 PM $75/month
Sat. 12:00 PM - 12:55 PM $55/month
Sun. 12:00 PM - 12:55 PM $55/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: 7:00 PM - 7:45 PM $60/month
Sun. 10:00 AM - 10:55 AM $35/month

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

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

PARENT & ME LEVEL II
A class for parents to work with their children on the fundamentals of swimming. Child must be toilet-trained and/or wear swim diaper. Children must be between 2 ½ and 4 years old. Please note: One child per parent. Parent must be in the water with child at all times.

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

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

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

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

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

Some November classes and all December classes are pro-rated
Please check with office for fees
Some November classes and all December classes are pro-rated
Please check with office for fees

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

<table>
<thead>
<tr>
<th>M/W: 5:00 PM - 5:55 PM</th>
<th>$75/month</th>
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<tbody>
<tr>
<td>M/W: 6:00 PM - 6:55 PM</td>
<td>$75/month</td>
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<td>T/TH: 5:00 PM - 5:55 PM</td>
<td>$75/month</td>
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<tr>
<td>T/TH: 6:00 PM - 6:55 PM</td>
<td>$75/month</td>
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</tbody>
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PRE-TEAM
A group lesson for advanced swimmers who want to refine stroke mechanics, stroke efficiency, and endurance. Pre-team is a recreational program, but trains like a competitive team. **Tryout is required.** Ages 6 through 17.

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

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

Saturday & Sunday 10:00 AM - 1:00 PM
Fee: $3/person or $25 for 10 entries

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

Monday-Friday: 6:00 PM – 9:00 PM
Saturday/Sunday: 10:00 AM - 1:00 PM

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

Pool Office Phone Number: 818-778-5644
Stewart O’Dell, Coordinator
odellsa@lavc.edu
Follow us on Twitter: @LAVCPool
Like us on Facebook: www.facebook.com/lavcaquaticscenter
Pool Office Hours: M – F 3:00 PM – 9:00 PM; Sat./Sun: 10:00 AM – 1:00 PM
PAYMENT FOR ALL MONTHLY CLASSES IS DUE BY THE LAST DAY OF THE PREVIOUS MONTH
EXTENSION PROGRAM
EARN GREAT $$$ - Join our PROFESSIONAL CAREER ACADEMIES

✔ Professional Paralegal Academy
Less than 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 for 12 months • Class starts OCTOBER 2017

✔ 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 4 Saturdays!

Course fee: $750 • Ask about our discounts! • Classes start DECEMBER 2017

✔ Human Resource Assistant Academy

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

Payment plan only $295 for 4 months • 18 Weeks to a New Career!
Class starts OCTOBER 2017

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

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

Payment plan only $350 for 2 months • Only 7 Saturdays to a new career!
Class starts NOVEMBER 2017

✔ HR-Enhanced for Non-Profits

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

Payment plan only $325 for 3 months • Only 5 Saturdays to a new career!
Class starts soon, Call for Details!

Medical Training Classes
Clinical Medical Assistant or Administrative Medical Assistant
Courses available on the LAVC campus. Classes begin OCTOBER 2017. Saturdays only • Payment plan only $325 for 10 months • Ask about our discounts!

For information, call
(818) 997-0967
or visit our website
www.legalfieldcareers.com
English as a Second Language (ESL)
All classes are FREE and are Open-Entry/Open-Exit

English as a Second Language
Students learn speaking, listening, reading, and writing skills

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

English as a Second Language Speech
Students focus on speaking and listening skills

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

English as a Second Language and Civics
Students learn English along with U.S. History and Government for Citizenship

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

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

Easy Enrollment
1. New students may enroll online at www.lavc.edu/New-SIS/New-SIS.aspx
2. Returning students receive a registration appointment date and then may enroll in the Continuing Education office (ACA 1401), by phone (818.778.5594), or at http://www.lavc.edu.

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

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

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

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

If interested, please contact the number above and not Community Services
Whether you’re in pursuit of a career or attending college, earning a high school equivalency credential is vital!

Test Information:

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

Testing Dates (Paper-based - Must attend both days):

- September 15-16, Friday and Saturday
- October 13-14, Friday and Saturday
- November 17-18, Friday and Saturday
- December 8-9, Friday and Saturday

*Schedule subject to change without notice

Additional testing times are available based upon need.

Call to schedule!

Practice testing and workshops also available!

Visit us in the Administration & Career Advancement Building (room 1101) or contact Oysana Kazanchyan (kazanco@lavc.edu) for more information call (818) 947-2600 ext 4042 or (818) 947-2976.

www.lavc.edu/hiSET.html

If interested, please contact the number above and not Community Services
Give Your Job Search the Winning Edge!

Two free courses offered by
Los Angeles Valley College Workforce Training

“30 Ways to shine as a New Employee”

&

“Blueprint for Workplace Success”

✓ 30 Ways to Shine as a New Employee (16600)

Topics include:

• Effective communication in the workplace
• Developing successful workplace habits
• Satisfying employer expectations
• Understanding workplace culture
• Setting & meeting performance goals
• Getting hired and maintaining employment

✓ Blueprint for Workplace Success (21661)

Topics include:

• Creating effective resumes and cover letters
• Understanding the job market
• Personality assessment & setting goals
• Using social media in your job search
• Interviewing and networking skills

Classes begin:

September 1, 2017 • 8:30 a.m. - 1:00 p.m. • Behavioral Science 100

Attend 8 of 10 classes and receive a certificate recognized by the City of Los Angeles and the Los Angeles Chamber of Commerce

To register, visit lavc.edu and click the “Register” tab at the upper right:
1) On the LACCD page, choose Fall 2017
2) Log in or create your SIS account
3) Enter the class numbers in the box (16600 & 21661)
4) Click “next” and then “Proceed to Step 2 of 3”
5) Review your classes to confirm they are correct
6) Click “Finish Enrolling”

Enrollment questions? Contact Pat at 818.947.2334.

If interested, please contact the number above and not Community Services
Family Resource Center
Support Services for Student-Parents & Young Children

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

For Student and Community Parents:
• Infant and Toddler Playgroups (0 - 3 years)
• Creative Activities Playgroups (2 ½ - 4 years)
• Community Education Parenting Classes
• Parenting Workshops
• Free Baby Clothing Exchange (Newborn - 4T)
• Lactation Room and Refrigerator

For Students:*
• Textbook Lending Library
• Computer and Print Lab
• Kid-Friendly Study Lounge
• Advisor/Mentor
• Tutoring
• School Supplies
• Volunteer and Internship Opportunities

*Must be enrolled in 3 units at LAVC

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

Phone: (818) 778-5612

Website: www.lavcfamilyresourcecenter.com

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

If interested, please contact the number above and not Community Services
NO-COST Training Academies for Eligible Individuals
Offered Through the Office of Workforce Training

✔ Manufacturing  ✔ Biotech Manufacturing

✔ Metro Bridge  ✔ LA Fellows

**Manufacturing Academy** - Begin your career in the growing manufacturing industry. This six-week course includes lathe and mill operations, blueprint reading, inspection procedures, and more. For information and orientation schedule, call Roberto at 818.778.5610 or visit www.lavcjobtraining.org.

**Biotech Manufacturing Academy** - Be a part of this six-week pre-employment training and jumpstart your career into the growing field of biomanufacturing. Learn the skills necessary to be hired as a biomanufacturing technician Level I. Areas of instruction include workplace science (basic biology, chemistry math, and lean manufacturing) and workforce readiness skills (what hiring managers want you to know). For information, call Kristi or Dana at 818.947.5568, or visit lavcjobtraining.org.

**Metro Bridge Academy** - The Los Angeles County Metropolitan Transportation Authority (Metro) is continuing to look for qualified bus operators. Learn the fundamentals needed to get behind the wheel and restart your career in this comprehensive two-week course. Instruction covers air brakes, DMV regulations, customer service, and more. For information, call Michael at 818.778.5572 or visit lavcjobtraining.org.

**LA Fellows** - The LA Fellows program trains and empowers mid-to-upper level job seekers who need help rebranding, expanding their network, and going beyond the online job search. Participants volunteer at nonprofits to present a community-focused image, use their expertise, and get hired. For information, call Mary at 818.947.2926 or visit lafellows.org.

For more information, visit www.lavcjobtraining.org
or call 818.947.2941

*If interested, please contact the number above and not Community Services*
COOK WITH US THIS FALL
We offer classes for
KIDS & ADULTS
- Kids Baking
- Healthy Cooking
- Intuitive Cooking
  - Demo & Hands On
- Knife Skills
  See pages 20-22

FIRST AID CPR

Need to get certified or update your certification?
We offer First Aid & CPR classes
  See page 30

We also offer:
- Earthquake Preparedness
- Holistic Health & Acupressure
- Natural Hormone Balancing
Register on-line at http://lavalley.augusoft.net

FALL 2017

September - December 31, 2017

Registration For Fall Classes Begins on September 1, 2017!

For more Information, please call

PHONE: (818) 947-2577, Ext. 4172

FAX: (818) 947-2577, Ext. 4172

Catalog available in alternative medias

Residential Customer

Los Angeles Valley College