

# LAVC

## COMMUNITY SERVICES



A LIFETIME OF LEARNING



WINTER  
—  
SPRING

2024



Community Services  
LOS ANGELES VALLEY COLLEGE



818-947-2577 x4172

<https://lavalley.augusoft.net>

**BUSINESS**



**HOBBIES**

**COOKING  
HEALTH & FIRST AID  
OPEN RECREATION  
PERFORMING ARTS  
AND MORE...**

 <https://lavalley.augusoft.net>

 818-947-2577 x4172

**FITNESS**



Community Services  
LOS ANGELES VALLEY COLLEGE

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### WINTER/SPRING CLASS REGISTRATION BEGINS ON DECEMBER 1, 2023

 <https://lavalley.augusoft.net>  
 818-947-2577 x4172

### REFUND POLICY

There will be a \$10 charge for each refund OR transfer requested. Refund or transfer requests may be granted if presented in writing at least 5 working days before the first class meeting unless otherwise noted. Please choose classes carefully, as refunds, transfers or credits CANNOT be granted once a class has begun. Refunds or credits WILL NOT be issued for absences or late registrations. If you miss some meetings of a class you cannot make them up in another class. Refunds are not made on the basis of not receiving a confirmation.

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

Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

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

### PARKING INFORMATION

Please visit the Community Services website to get the latest updates on parking information.

### 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.

### 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.



Community Services  
LOS ANGELES VALLEY COLLEGE

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

# GENERAL & REGISTRATION INFORMATION

## **LOS ANGELES COMMUNITY COLLEGE**

### **BOARD OF TRUSTEES**

David Vela, President (Seat No. 3)  
Nichelle Henderson, 1st Vice President (Seat No. 5)  
Kelsey K. Iino, 2nd Vice President (Seat No. 7)  
Gabriel Buelna, Ph.D., Member of the Board (Seat No. 6)  
Steven F. Veres, Member of the Board (Seat No. 2)  
Andra Hoffman, Member of the Board (Seat No. 1)  
Sara Hernandez, Member of the Board (Seat No. 4)  
Alexy Cordova, Student Trustee

### **DISTRICT ADMINISTRATION**

Francisco C. Rodriguez, Ph.D., Chancellor  
Dr. Kathleen Burke, Interim Deputy Chancellor  
Dr. Nicole Albo-Lopez, Ed.D., Vice Chancellor of Educational Programs  
and Institutional Effectiveness  
Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer  
Maribel S. Medina, J.D., General Counsel  
Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer  
Teyanna Williams, J.D., Vice Chancellor of Human Resources  
Dr. Rueben C. Smith, D.C.Sc., Vice Chancellor/Chief Facilities Executive  
Dr. Jim Lancaster, Ed.D., Vice Chancellor, Workforce and Economic Development

### **VALLEY COLLEGE ADMINISTRATION**

Barry Gribbons, Ph. D., President  
Matthew Jordan, Ed.D., V. P. of Academic Affairs  
Florentino Manzano, V.P. of Student Services  
Sarah Song, V. P. of Admin. Services

### **COMMUNITY SERVICES PROGRAM STAFF**

Debra Erickson, Community Services Manager  
ChaQuanda Laughlin, 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**

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

### **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.

# REGISTRATION INFORMATION



## ONLINE

ANY TIME!

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



## PHONE

Monday - Friday  
8:30am - 4:30pm

Enrolling by phone is very simple. Just call 818-947-2577 x4172 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.

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.



## WALK IN

Monday - Friday  
8:30am - 4:30pm

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.

If you'd like to be added to our mailing list please contact us at **818-947-2577 x4172** or send an email to **comm\_serv@lavc.edu**.

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

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

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

All classes and events are wheelchair accessible. Individuals needing sign-language interpreters, assistive listening devices, large print or other alternative format materials, or other accommodations should contact the Community Services Office at 818.947.2577 x 4172 at least two weeks prior to the date of 1<sup>st</sup> class or event.

# GENERAL & REGISTRATION INFORMATION

## LAVC CAMPUS MAP



### Los Angeles Valley College

Abbreviations of buildings used in the class schedule

A	Art	E-14	LKVC RE A SMOKE FREE CAMPUS
ACA	Administration & Career Advancement	B-9	Parking Pay Station - Cash Only
AHS	Allied Health & Sciences Center	H-4	Parking Pay Station - Accepts Credit Cards
B	Bungtown Bldg	G-4	ATM Machine
BJ	Business Journalism	F-4	Access Services (push-up/step up)
BSC	Behavioral Science	D-6	Emergency Blue Phone
CC	Campus Center	E-9	Lactation Room
CDFC	Child Development & Family Complex	G-15	Concessions and Support Areas
CSC	Community Services Center	J-9	All Gender Restrooms
E	Engineering	C-4	ASD Device
EST	Emergency Services Training	F-6	
FL	Foreign Language	B-7	
H	Humanities	D-7	
LARC	Library & Academic Resource Center	C-12	
M	Music	B-15	
M&O	Maintenance & Operations	G-14	
MAC	Monarch Athletics Center	K-8	
MP STD	Motion Picture Studio	B-14	
MS	Math Science	E-4	
NGYM	North Gym	H-9	
PLN	Planetarium	D-4	
SGYM	South Gym	H-6	
SSA	Student Services Annex	C-5	
SSC	Student Services Center	B-6	
SU	Student Union	E-12	
TA	Theater Arts	B-14	
TV STD	Knappa Media Arts Center	B-14	

<b>A</b> Art Gallery & Patio	<b>CSC</b> Community Services Office Gymnastics Center (CSC GYM) Dance Rm. (CSC MP2) Rock Wall (CSC MP1)	<b>J-8</b> J-8 J-8 J-8	<b>SSA</b> Admissions & Records Career/Transfer Center Counseling Secs. for Students with Disabilities	<b>C-5</b> C-5 C-5 C-5	<b>Parking (cont.)</b> Lot D Lot E Lot F Lot G Parking Structure College Road North College Road South	<b>G-15</b> K-9 J-7 H-2 H-11 A-15 A-9
<b>ACA</b> Academic Affairs Office Academic Senate Room Administrative Services CallWORKS Conference Center Continuing Ed. Noncredit Cooperative Education Foundation / Institutional Effect. / PR Mailroom Master Calendar Office Ombudsman Office Personnel / Payroll President's Office Reprographics / Staff Services Windforce Development Ctr.	<b>LARC</b> Computer Commons General Tutoring Historical Museum Library Math Lab Prof. Development Ctr. / Media Svcs. Writing Center	<b>C-12</b> C-12 C-12 C-12 C-12 C-12 C-12 C-12	<b>SSC</b> Admissions & Records EOPS / CARE / Guardian Scholars Financial Aid GPS Center Mosaic Center Student Services Multipurpose Rm TRD / Upward Bound Welcome Center	<b>B-6</b> B-6 B-6 B-6 B-6 B-6 B-6	<b>Athletic Facilities</b> Archery Range Aquatics Center (POOL) Baseball Field Cross Soccer Field Monarch Stadium & Track Softball Field Tennis Courts (EAST CTS) Walking Track	<b>O-6</b> H-8 H-4 J-4 M-8 L-4 K-2 I-5
<b>CC</b> Omaha Black Scholars Fireside Room Information Technology Office Monarch Hall & Patio Multicultural Center STEM Office	<b>M&amp;O</b> Shant's Station MSO Office Receiving	<b>G-14</b> G-14 H-14	<b>SU</b> Bookstore (Monarch Student Store) Business Office Cafeteria (Monarch Cafe) Lion Cafe (Mounta Juice Bar) Student Liv. Office / ASU Slybox Conference Rm. Textbook Buyback Window Game Room (Lion's Den) YCH Student Health Center	<b>F-12</b> F-12 F-12 F-12 F-12 F-12 F-12 F-12	<b>Outdoor Areas</b> Free Speech Area Monarch Square North Mall Student Free Speech Areas Student Services Plaza Student Union Plaza	<b>D-9</b> D-15 D-13 C-6, C-16, F-11 F-11
<b>CDFC</b> Child Development Center Family Resource Center (CDFC FRC)	<b>MAC</b> Wright Room	<b>K-8</b> K-8	<b>TA</b> Horseshoe Theater Main Stage Theater	<b>B-14</b> C-14	<b>Other</b> Admin 1-3 Central Plant CPT Trailer Omega Juice Center	<b>F-9</b> E-6 E-16 C-14

## DIRECTIONS TO LOS ANGELES VALLEY COLLEGE

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

# ACTING/PERFORMING ARTS

## ACCENTS & DIALECTS FOR ACTORS/PERFORMERS

Learn how to speak in any accent! Students will learn several dialects of English, and accents from foreign languages. Learn the methodology that actors use to master accents from around the world.

**Mason Sperling**

**Fee: \$149**

# 22598

8 Mondays

6:00pm - 8:00pm

Feb. 26 - Apr. 15

## BEGINNING IMPROV

Say "Yes and" to facing your fears of performing. "Walk on" to the stage and learn the basics of improv, conquer your fears, awaken your creativity, and make new friends while learning how the professionals make you laugh every week. "Wipe" away your hesitations for the most fun 2 hours of your week.

**Michael Heiman**

**Fee: \$139**

# 22570

6 Wednesdays

7:00pm - 9:00pm

Feb. 21 - Mar. 27

## INTRODUCTION TO VOICEOVERS (ONLINE)

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

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on one, video-chat class! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

**Voices for All**

**Fee: \$59**

# 22597

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

## POP MUSIC THEORY: DECIPHERING MODERN MUSIC

This class is designed to help you understand, explore, analyze, and read your favorite music. Students will learn how all popular music is made, constructed, and performed! Class topics will include chords, intervals, ear training, scales, meter, and music reading. Some prior music experience is recommended, but not required.

**Mason Sperling**

**Fee: \$149**

# 22599

8 Wednesdays

6:00pm - 8:00pm

Feb. 28 - Apr. 17

# ARTS & CRAFTS/HOBBIES

## BATH PRODUCTS

Why purchase expensive commercial bath products when you can delight in making your own – reasonably? In this fun interactive class students will discover simple techniques for making one-of-a-kind bath products (shampoo, shower gel, bubble bath, bath salt & exfoliate).

**Quayum Abdul**

**Fee: \$45**

# 22602

1 Saturday

10:00am - 1:00pm

Mar. 16

**Supply fee: \$30**

## BODY BUTTER

Don't you agree that the hurried, stressful pace of your daily life often makes it difficult to find ways to relax? Making your own body butter lotion is a simple process using the same tools you already have in your kitchen. Most body butter recipes include just a handful of ingredients – you can make them with whatever scent and therapeutic qualities you desire to add to make your unique product.

**Quayum Abdul**

**Fee: \$45**

# 22604

1 Saturday

3:00pm - 6:00pm

May 4

**Supply fee: \$30**

# ARTS & CRAFTS/HOBBIES

## CANDLE MAKING

In this workshop you will get the chance to learn how to make a variety of candles using paraffin wax, essential oils, and candle dyes. You will also get to experiment with dried fruits and flowers to create unique designs. By the end of the workshop, you will have several high-quality candles to take home with you.

**Quayum Abdul** **Fee: \$45**

# 22600 1 Sunday 10:00am - 1:00pm Feb. 4

Supply fee: \$30

## COLD PROCESS SOAP MAKING

This class will explain the A to Z of Cold Process Soap Making so that you can create beautiful handmade soaps right in your home. Class is hands on and can be messy, dress accordingly.

**Quayum Abdul** **Fee: \$45**

# 22603 1 Saturday 3:00pm - 6:00pm Mar. 16

Supply Fee: \$30

## BUY ONE - GET ONE HALF OFF!

Register for any two craft classes taught by **Quayum Abdul** and get the second class for ½ off! You must register for both classes at the same time over the phone or in person in order to get the discount. Online registration will not receive the discount.

## FIZZY BATH BALLS

These bath bombs make fantastic gifts - they are just dropped into a hot bath and they fizz and dissolve releasing a beautiful fragrance! Surprisingly easy to make, let your imagination run WILD and experiment with different oils and colors - add dried rose petals, dried lavender and fine glitter. The possibilities are endless!

**Quayum Abdul** **Fee: \$45**

# 22605 1 Saturday 10:00am - 1:00pm May 4

Supply Fee: \$30

## SOAP MAKING

Making beautiful soaps is easy and enjoyable and expressing your creativity is part of the fun. In this course, students will create different types of soaps while learning how to use colors, molds, fragrances, essential oil, extract, herbs, and, novelties. We will also discuss how to make organic, natural or therapeutic soap.

**Quayum Abdul** **Fee: \$45**

# 22601 1 Sunday 3:00pm - 6:00pm Feb. 4

Supply fee: \$30

## LASH APPLICATION WORKSHOP

This fun and interactive class will give you the tools to apply your lashes correctly and in a natural manner. Raquel will cover basic lash application techniques, fitting string lashes, magnetic lash application, half lashes, doubles and safety.

**Raquel Fournier** **Fee: \$45**

# 22606 1 Saturday 12:30pm - 3:30pm Feb. 3

## 3D HAND EMBROIDERY

In this class, you will learn how to use sewing needles and embroidery threads to design 3D flowers, flamingos, and animals in multiple colors. By the end of the session, you will feel confident in designing your own 3D embroidery art for open shows or home decoration.

**Karima Williams** **Fee: \$169**

# 22662 6 Saturdays 1:00pm - 4:00pm Feb 10 - Mar. 16

Supply fee: \$30

# ARTS & CRAFTS/HOBBIES

## MAKEUP WORKSHOP

This workshop will change the way you approach makeup! Moisturizer and sunscreen application, exfoliation, foundation, perfectors, primers, stenciled eyes, blending, brushes and more. This is a hands on workshop like no other!

**Raquel Fournier**

**Fee: \$99**

# 22607

3 Saturdays

5:00pm - 8:00pm

Jan. 20 - Feb. 3

## ADVANCED MAKEUP TECHNIQUES

This course will teach you advanced make up techniques that will improve and enhance the results of your make up application, making it long lasting. Learn how to improve skin texture, and cover imperfections. Eyeshadow techniques will also be included.

**Raquel Fournier**

**Fee: \$89**

# 22608

2 Saturdays

9:00am - 1:00pm

Feb. 10 - Feb.17

## OUTDOOR PORTRAIT PHOTOGRAPHY

Learn to make beautiful outdoor portraits in daylight, with and without using flash. Workshop will focus on posing your subject, picking locations, observing ambient light, and enhancing it. We'll start in the classroom to discuss fundamental principles of light, cameras, and flash for portraiture, then go outdoors for students to create portraits that look professional—with flattering light and a blurred background. Manual exposure camera options are recommended for this class.

**Nancy Kaye**

**Fee: \$65**

# 22609

1 Saturday

12:30pm - 4:30pm

Mar. 23

## PHOTOGRAPHY SHOOTING TO A THEME

Connect with others interested in photography in an informal, social learning environment. Participants will take photos on their own and on their own schedule, shooting to fit the same class-assigned themes. Class meetings will be held in the LAVC Community Center to share photographs. Enjoy the stimulation of seeing how others interpreted the theme, get teacher and peer feedback, view work by master photographers, and be inspired to do more photography. Any camera can be used.

**Nancy Kaye**

**Fee: \$49**

# 22610

2 Thursdays

10:00am - 12:30pm

Feb. 15 - Mar. 21

# 22611

2 Thursdays

10:00am - 12:30pm

Apr. 18 - May 16

## FACE PAINTING

This course is an introduction to face painting. Participants will learn freehand stroke skills necessary to create swirls, teardrops, curlicues, dots, and teardrop flowers. Topics will also include tools and makeup selection, loading your brush with multiple colors, using split cakes, and proper hygiene.

**Carmen MacDonald**

**Fee: \$99**

# 22567

4 Thursdays

7:00pm - 9:00 pm

May 9 - May 30

## ONE STROKE PAINTING

This course will teach you the basics of decorative painting techniques to create detailed flowers and leaves in just one stroke. Create beautiful paintings and take them home on canvas, a ceramic vase, glass, fabric, or greeting cards.

**Carmen MacDonald**

**Fee: \$99**

# 22568

4 Thursdays

7:00pm - 9:00 pm

Feb. 8 - Feb. 29

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

# ARTS & CRAFTS/HOBBIES

## **PAINTING WITH ACRYLIC**

This is a beginning level acrylic painting course. Learn basic skills like brushwork mechanics, how to apply acrylics to achieve the best fluid strokes, valuable color mixing theories, how to use values and end with light on form painting techniques.

**Carmen MacDonald**

**Fee: \$99**

# 22569

4 Wednesdays

7:00pm - 9:00pm

Mar. 6 -Mar. 27

## **PAINTING WITH ACRYLIC FLOWERS 3D**

**Carmen MacDonald**

**Fee: \$79**

# 22669

3 Wednesdays

7:00pm - 9:00pm

Apr. 10 - Apr. 24

## **PAINTING WITH CHARCOAL**

This course is for beginner artists and creatives that want to learn beginner Charcoal painting. Charcoal art is a form of art used as a dry art medium. Shading techniques, types of strokes, and blending with your fingers, scumbling and masking! Learn the medium that is prized for its ability to produce an interplay between light and shadow known as chiaroscuro.

**Carmen MacDonald**

**Fee: \$79**

# 22615

3 Thursdays

7:00pm - 9:00pm

Apr. 11- Apr. 25

## **PAINTING WITH PASTELS**

Calling all beginner and creatives that want to learn pastel techniques! Pastel is a colored drawing medium made from pure colored pigment mixed with a binder to form a stick. The soft texture of these pastels can create smooth, smudgy lines and intense colors.

**Carmen MacDonald**

**Fee: \$79**

# 22614

3 Wednesdays

7:00pm - 9:00pm

May 8 - May 22

## **PAINTING WITH WATERCOLOR**

This course offers students instruction on basic watercolor techniques in order to bring out their artistic expression. Topics covered in class include: color mixing, color application, brush stroke techniques, plus much more.

**Carmen MacDonald**

**Fee: \$79**

# 22613

3 Wednesdays

7:00pm - 9:00pm

Feb. 7 - Feb. 21

## **SPECIAL EFFECTS**

Create awesome & gruesome facial effects in this hands-on special effects class. 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.

**Carmen MacDonald**

**Fee: \$99**

# 22612

4 Thursdays

7:00pm - 9:00pm

Mar. 7 - Mar. 28

## **BALLOON TWISTING 101**

Have you ever wanted to do your own balloon, twisting and make some fun animals. This is a beginner class on how to make simple balloon animals and swords, etc. learn how to make simple twist. With 260 long balloons.

**Rosemary May**

**Fee: \$59**

# 22670

2 Mon/Tues

6:00pm - 8:00pm

Feb. 26 - Feb. 27

## **HENNA ART**

Ever wish you had the skills needed to create a beautiful henna tattoo? This class will teach students about the different kinds of henna, how to mix henna, and most importantly, the techniques needed to use henna to create stunning body art on yourself or others.

**Rosemary May**

**Fee: \$129**

# 22616

4 Tuesdays

6:00pm - 8:00pm

Jan. 23 - Feb. 13

1 Monday

6:00pm - 8:00pm

Feb. 12

# BUSINESS & CAREER TRAINING

## BECOME A NOTARY PUBLIC OR RENEW YOUR COMMISSION (REMOTE/LIVE VIA ZOOM)

Government institutions, banks, real estate and other companies are seeking notaries. All prospective notaries must complete a course approved by the California Secretary of State. Our approved course will give you the most updated notary information and the knowledge you need to perform the duties correctly and to pass the state exam. Class fee includes certificate of completion, and sample forms notaries use every day. The instructor will provide information about testing during the class. **PREREQUISITES:** 18 years of Age – Proper Government ID (For example: Driver License – DMV Identification Card – Current Passport).

**Rosie Reed**

**Fee: \$125**

# 22618

1 Saturday

7:30am - 4:00pm

Jan. 20

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

## NOTARY LOAN SIGNING SEMINAR (REMOTE/LIVE VIA ZOOM)

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

**Rosie Reed**

**Fee: \$105**

# 22638

1 Saturday

9:30am - 3:30pm

Jan. 27

## DMV AUTO WHOLE DEALER HOME BASED BUSINESS (ONLINE)

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. 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: \$119**

# 22619

Mon/Tues

6:00pm - 9:00pm

Feb. 12 - Feb. 13

# 22622

Wed/Thurs

6:00pm - 9:00pm

May 22 - May 23

**Fee includes materials and manual**

## ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND OPERATION

One of most growing businesses in USA and worldwide are electrical vehicle and EV charging station installation. Millions of electric cars, SUVs and trucks will be on the road by next 10 years. To offset the carbon load on the environment, the California Government is hoping to make 100% vehicles operating by battery powered by year 2035. This course will offer A to Z of EVCS design, Installation and operation, including troubleshooting the system.

**Quayum Abdul**

**Fee: \$159**

# 22620

4 Mon/Thurs

6:30pm - 9:30pm

Jan. 29 - Feb. 8

**Fee includes materials**

# BUSINESS & CAREER TRAINING

## SOLAR PANEL DESIGN AND INSTALLATION

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

**Quayum Abdul**

**Fee: \$239**

# 22642

6 Mon/Thurs

6:30pm - 9:30pm

Feb. 26 - Mar. 14

**Fee includes materials**

## LANDLORDS: 5 STEPS TO GAIN PROFITS & CONFIDENCE

Do you want to rent to qualified tenants so you can pay your bills on time? Would you like to build a team of experts to help you address tenant issues? Landlords who gain financial freedom from owning rentals know the secrets of good property management. In this class, you'll learn beyond the basics by doing hands-on exercises that will help you understand the importance of being a proactive landlord. Topics include common landlord mistakes and solutions, reducing tenant calls, building revenue, creating a vendors list, and more!

**Shiral Torres**

**Fee: \$119**

# 22621

1 Saturday

9:00am - 1:00pm

Jan. 27

# 22627

1 Sunday

9:00am - 1:00pm

Mar. 10

# 22635

1 Saturday

9:00am - 1:00pm

May 11

## LANDLORDS: THE BASICS

Do you own a rental property or are you interested in rental property ownership but unsure of where or how to start? This workshop covers the fundamentals of becoming a successful landlord, including finding tenants, managing move-in/move-out processes, essential rental forms, avoiding common mistakes, business and landlord tips, and simple bookkeeping tools. Join us to gain the knowledge and confidence to become a profitable landlord! Join us and learn how simple it is to become a confident, effective, and profitable Landlord!

**Shiral Torres**

**Fee: \$49**

# 22624

1 Sunday

9:00am - 11:00am

Jan. 28

# 22629

1 Saturday

9:00am - 11:00am

Apr. 6

# 22634

1 Thursday

6:00pm - 8:00pm

May 9

# 22631 **ONLINE** 1 Tuesday

6:00pm - 8:00pm

Apr. 23

## LANDLORDS: GET ORGANIZED & GAIN PROFITS

Owning and managing rental property used to be an easy, straightforward way to make income. Though now more complex, rental property still is a lucrative investment. If managing your rental property is more work than you thought it would be, and if you are wondering how to spend less time, assume less risk, and make more money, join us for an enlightening look at a simple system to manage income and expenses, and discover how staying organized is the key to success! This workshop covers how to simplify tax preparation, and effectively use a 12-month calendar to make property management easier. You will build a binder to keep your business organized, reduce worry, and ensure success.

**Shiral Torres**

**Fee: \$64**

# 22623

1 Sunday

12:00pm - 2:00pm

Jan. 28

# 22625

1 Saturday

9:00am - 11:00am

Feb. 24

# 22628

1 Saturday

12:00pm - 2:00pm

Apr. 6

# 22637

1 Thursday

6:00pm - 8:00pm

May 23

# 22632 **ONLINE** 1 Tuesday

6:00pm - 8:00pm

Apr. 30

# BUSINESS & CAREER TRAINING

## LANDLORDS: TAKE CONTROL OF YOUR FINANCES

Are you making a profit? No one likes bookkeeping; however, it is a necessary task to keep track of income and expenses. QuickBooks and Quicken are great tools but can be monsters to learn. Hiring someone to do the work is easy but costly. Would you believe that a worksheet is all you need to do the job? Join us in this lively and inspiring workshop and discover how to use a simple worksheet to keep track of your income and expenses so that you can have peace of mind and profitable results. Find out how to take control of your finances using a simple, yet effective, way to track your spending. As a bonus, receive Shiral's business tips, landlord tips, and updated landlord information.

**Shiral Torres**

**Fee: \$64**

# 22626	1 Saturday	12:00pm - 2:00pm	Feb. 24
# 22630	1 Sunday	9:00am - 11:00am	Apr. 7
# 22636	1 Thursday	6:00pm - 8:00pm	May 16
# 22633 ONLINE	1 Tuesday	6:00pm - 8:00pm	May 7

## BLOGGING FOR FUN AND PROFIT (ONLINE)

Want to know why creators and marketers say a blog is the best type of website? Whether you want a website for personal or professional use. You can discover how a blog makes it easy to share your products, services, writing, pictures, and videos with family, friends, organizations, and customers. Find out the four most popular ways to use a blog to make money and how a blog makes your search and social media marketing easier! Topics include blogs for business, blog ads, blogs for marketing, and building blog communities.

**Bob Cohen**

**Fee: \$69**

# 22523	1 Tuesday	6:00pm - 9:00pm	Mar. 19
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## CONTENT CREATION IN FIVE STEPS (ONLINE)

Do you want or need to create content for your website, newsletter, or social media but struggle to do so? In this class, you'll discover the five steps used by the pros to produce articles, blog posts, product descriptions, social media posts, and more. Starting with the basics, this class will show you the five essential steps to writing, formatting, choosing images, and creating a calendar for scheduling. Learn about writing, photography, audio, and video tools, along with posting content applications.

**Bob Cohen**

**Fee: \$69**

# 22524	1 Tuesday	6:00pm - 9:00pm	Mar. 26
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## GOOGLE SEARCH, ADS, EMAIL, AND ECOMMERCE MARKETING (ONLINE)

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

**Bob Cohen**

**Fee: \$69**

# 22525	1 Tuesday	6:00pm - 9:00pm	Mar. 12
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## INTRODUCTION TO INTERNET MARKETING METHODS (ONLINE)

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

**Bob Cohen**

**Fee: \$69**

# 22526	1 Tuesday	6:00pm - 9:00pm	Feb. 27
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# BUSINESS & CAREER TRAINING

## HOW TO USE AI TOOLS FOR WRITING (ONLINE)

Learn how AI tools can be used to write, correct, and do almost anything with text. AI tools can write articles, social media posts, emails, website pages, blog posts, scripts, newsletters, and more. Get tips on getting the desired result by choosing the best way to ask your question or "prompt." Find out how what you need to do to evaluate your writing result, what you should check before using it as your own, the copyright ownership, and ethical use.

**Bob Cohen**

**Fee: \$55**

**# 22527**

1 Thursday

6:00pm - 9:00pm

Mar. 21

## BUILD AN APP/START A SMARTPHONE APP BUSINESS (ONLINE)

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

**Bob Cohen**

**Fee: \$69**

**# 22528**

1 Thursday

6:00pm - 9:00pm

Mar. 14

## MARKETING WITH FACEBOOK AND SOCIAL MEDIA (ONLINE)

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

**Bob Cohen**

**Fee: \$69**

**# 22529**

1 Tuesday

6:00pm - 9:00pm

Mar. 5

## LEARN FROM THE COMFORT OF YOUR HOME! INSTRUCTOR LED NON-CREDIT ONLINE COURSES [www.ed2go.com/lavc/](http://www.ed2go.com/lavc/) - Prices start as low as \$99

### 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.

[www.ed2go.com/lavc/](http://www.ed2go.com/lavc/)



## INSTAGRAM REEL MAKING

Level Up Your Instagram Game with DIY Reels! Want to take your Instagram presence to the next level? Join me for a hands-on workshop where you'll learn how to make fun and engaging reels using just your phone. In this class, you'll discover the secrets to creating eye-catching 15-60 second video clips tailored for Instagram's popular Reels feature.

**Shelly Gilad**

**Fee: \$120**

**# 22665**

4 Tuesdays

6:00pm - 8:00pm

Jan. 9 - Jan. 30

## YOUTUBE: CREATING CHANNELS, CONTENT, AND CAREERS

In this interactive class learn how to create, maintain, and grow a YouTube Channel. Students will create YouTube channels, while learning how to sustainably create the highest quality content that they can achieve. Students will learn the basics of filming, editing, and posting on YouTube and other internet media platforms.

**Mason Sperling**

**Fee: \$149**

**# 22666**

8 Mondays

6:00pm - 8:00pm

Feb. 27 - Apr. 16

# BUSINESS & CAREER TRAINING

## MEDICAL CODING & BILLING 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). After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC.

### MEDICAL TERMINOLOGY - CLASS 1 (ONLINE)

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

**Required text: The Language of Medicine 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> Edition by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.**

**Arlyn "Glady" Tagomolila-Que**

**Fee: \$199**

**# 22639**

Monday/Friday

6:00pm - 9:00pm

Feb. 23 - Mar. 25

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

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

**1. ICD-10-CM for Physicians 2021 or 2022 (Professional or Expert) any publisher.\***

**2. AMA Current Procedural Terminology Professional\***

**\*Older additions permitted up to 2018 if only to be used for practice. Current addition is to be used for current year's license exam. Please purchase or rent books on your own. (These books are to be used for Medical Billing so you will not need to purchase additional books if you are taking Medical Coding through LAVC Community Services).**

**Arlyn "Glady" Tagomolila-Que**

**Fee: \$199**

**# 22640**

Monday/Friday

6:00pm - 9:00pm

Apr. 1 - May 3

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

Students will learn the basic principles of medical billing, recognize the different forms used by third party payers, create a clean claim (CSM 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: \$169**

**# 22641**

Monday/Friday

6:00pm - 9:00pm

May 6 - May 31

**Enroll in Medical Coding and Medical Insurance Billing together for only \$349!  
Or enroll in ALL THREE COURSES for just \$499!**

*\*Must purchase series, adding classes individually to your cart will not activate the discount.*

# CLASSES FOR KIDS

## BABYSITTERS TRAINING (AGES 11-17)

Learn basic care for infants, toddlers and young children, how to handle various difficult situations, how to be a professional, fun activities while babysitting, and ways to keep yourself and those under your care safe. Whether looking after younger siblings, or earning income helping other families, this course is a must to help you get the job done! If you pass the exam and wish to have a certificate (to be mailed later), the cost is \$17.00 payable to the instructor at class. Please bring a snack.

**Margaret Noji**

# 22643

2 Saturdays

10:00am - 12:30pm

**Fee: \$75**

Mar. 2 - Mar. 9

**Supply Fee: \$5**

## HOME ALONE (AGES 11-15)

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

**Margaret Noji**

# 22644

1 Saturday

10:00am - 1:00pm

**Fee: \$49**

Mar. 23

# 22645

1 Saturday

10:00am - 1:00pm

Apr. 27

**Supply Fee: \$12**

## WANT MORE CLASSES FOR KIDS?

Swimming - pg. 27

Tennis - pg. 19

Spanish - pg. 21

Dance, Gymnastics, Theatre, & Art - pg. 30

# COOKING

## ONE-POT DINNER

Join me for a hands-on cooking class focused on nutritious one-pot vegetarian meals. As a recipe developer and food blogger, I'll share tips for building flavor and creating easy plant-based dishes like chana masala, vegetable couscous, and Thai coconut curry.

**Shelly Gilad**

# 22663

3 Mondays

6:00pm- 9:00pm

**Fee: \$160**

Jan. 8 - Jan. 29

# DANCE

## BALLET FOR ADULTS - ADVANCED BEG. - INTERMEDIATE

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

**Claudine Mason-Marx**

# 22530 \$79

6 Sundays

9:00am - 10:15am

Jan. 14 - Feb. 25

# 22531 \$79

6 Sundays

9:00am - 10:15am

Mar. 3 - Apr. 14

# 22532 \$69

5 Sundays

9:00am - 10:15am

Apr. 21 - May 19

# DANCE

## BEGINNING COUNTRY WESTERN LINE DANCING

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.

**Linda Goldstein**

**Fee: \$79**

# 22539	6 Sundays	11:00am - 12:00pm	Feb. 4 - Mar. 10
# 22540	6 Sundays	11:00am - 12:00pm	Apr. 7 - May 19

## EAST COAST SWING

East Coast Single Time Swing can be done to Big Band, Country or Pop Rock and Roll. This class will teach you basic steps as well as variations. Men will learn how to lead and ladies will learn how to follow. Come have some fun! See you there!

**Linda Goldstein**

**Fee: \$79**

# 22537	6 Saturdays	11:00am - 12:00pm	Feb. 3 - Mar. 9
# 22538	6 Saturdays	11:00am - 12:00pm	Apr. 6 - May 11

## SALSA FOR BEGINNERS

This beginner class will teach you the basic steps and hip movements to this fun and exciting dance. Burn calories while having fun dancing! Get ready to move and groove to the best Latin music. Couple registration is not required.

**Linda Goldstein**

**Fee: \$79**

# 22541	6 Sundays	12:00pm - 1:00pm	Feb. 4 - Mar. 10
# 22542	6 Sundays	12:00pm - 1:00pm	Apr. 7 - May 19

## TAP FOR ADULTS

We will be focusing on the tap basics, developing proper tap technique, rhythm, and percussion. Classes will include a warm up, across the floor exercises, and center work. We will be learning choreography along with creativity and improvising tap techniques. This class will help build the elements of tap dance musicality, vocabulary, and individual style. The goal is to develop coordination and clarity with rhythm in a challenging, but fun way.

Must have Tap shoes.

**Alison Haggerty**

**Fee: \$69**

**Basics/Beginner**

# 22533	5 Thursdays	6:00pm - 7:00pm	Jan. 11 - Feb. 8
# 22535	5 Thursdays	6:00pm - 7:00pm	Feb. 29 - Mar. 28

**Intermediate**

# 22534	5 Thursdays	7:00pm - 8:00pm	Jan. 11 - Feb. 8
# 22536	5 Thursdays	7:00pm - 8:00pm	Feb. 29 - Mar. 28

## NOT STRICTLY COUNTRY LINE DANCE

Line dancing is not just for country music fans anymore! While many dances will be contemporary country pop or classic country, the line dances in this class will be from many different musical genres. You will dance to Hip Hop, R&B, Soul, Rock, Latin & "Oldies" music. There will also be many dancers with original, never before seen choreography. Artist will include Pit Bull, Lady Gaga, Led Zeppelin, Bruno Mars, Bette Middler & Elton John.

No partner needed. Wear comfortable shoes (no sandals)

It's great low impact exercise & a lot of FUN!

**Sue Reynolds**

**Fee \$99**

# 22544	8 Tuesdays	6:30pm - 8:00pm	Jan. 16 - Mar. 5
# 22545	8 Tuesdays	6:30pm - 8:00pm	Mar. 12 - May 14

# EXERCISE SPORTS & FITNESS

## TENNIS LESSONS

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

### Levels:

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

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

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

EACH student must bring 2 unopened cans of tennis balls & racket.

### CHILDREN'S SATURDAY CLASSES

# 22555	Age 6 - 9	5 Saturdays	11:00am - 12:00pm	Jan. 13 - Feb. 10	Fee: \$69
# 22556	Age 6 - 9	9 Saturdays	11:00am - 12:00pm	Mar. 16 - May 18	Fee: \$119
# 22557	Age 10 - 14	5 Saturdays	12:00pm - 1:00pm	Jan. 13 - Feb. 10	Fee: \$69
# 22558	Age 10 - 14	9 Saturdays	12:00pm - 1:00pm	Mar. 16 - May 18	Fee: \$119

### ADULT SATURDAY CLASSES

# 22551	Intermediate	5 Saturdays	9:00am - 10:00am	Jan. 13 - Feb. 10	Fee: \$69
# 22552	Intermediate	9 Saturdays	9:00am - 10:00am	Mar. 16 - May 18	Fee: \$119
# 22553	Beg-Adv	5 Saturdays	10:00am - 11:00am	Jan. 13 - Feb. 10	Fee: \$69
# 22554	Beg-Adv	9 Saturdays	10:00am - 11:00am	Mar. 16 - May 18	Fee: \$119
# 22559	Beg-Adv	5 Saturdays	1:30pm - 2:30pm	Jan. 13 - Feb. 10	Fee: \$69
# 22560	Beg-Adv	9 Saturdays	1:30pm - 2:30pm	Mar. 16 - May 18	Fee: \$119

### ADULT SUNDAY CLASSES

# 22561	Beginning	5 Sundays	9:00am - 11:00am	Jan. 14 - Feb. 11	Fee: \$129
# 22562	Beginning	9 Sundays	9:00am - 11:00am	Mar. 17 - May 19	Fee: \$219
# 22563	Intermediate	5 Sundays	11:00am - 12:00pm	Jan. 14 - Feb. 11	Fee: \$69
# 22564	Intermediate	9 Sundays	11:00am - 12:00pm	Mar. 17 - May 19	Fee: \$119
# 22565	Advanced	5 Sundays	12:00pm - 1:00pm	Jan. 14 - Feb. 11	Fee: \$69
# 22566	Advanced	9 Sundays	12:00pm - 1:00pm	Mar. 17 - May 19	Fee: \$119

## PRIVATE TENNIS LESSONS

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

**Raymond Finks, Tennis Pro**

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

## ZUMBA GOLD

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

**Linda Goldstein**

**Fee: \$79**

# 22591	6 Saturdays	9:30am - 10:30am	Feb. 3 - Mar. 9
# 22592	6 Saturdays	9:30am - 10:30am	Apr. 6 - May 11

# EXERCISE SPORTS & FITNESS

## RESTORATIVE YOGA

Come and enjoy a gentle journey through the practice of Yoga. Participants can use props to support, balance, or advance a pose. The instructor will provide a series of options for each posture. This class will explore alignment, strength, balance, flexibility, breath, and relaxation. Bring a yoga mat and a willing spirit.

**Margie Thomas**

**Fee: \$99/\$79**

# 22546	\$79	6 Tues/Thurs	10:00am - 11:00am	Jan. 16 - Feb. 1
# 22547	\$99	8 Tues/Thurs	10:00am - 11:00am	Feb. 6 - Feb. 29
# 22548	\$79	6 Tues/Thurs	10:00am - 11:00am	Mar. 5 - Mar. 21
# 22549	\$99	8 Tues/Thurs	10:00am - 11:00am	Apr. 9 - May 2
# 22550	\$99	8 Tues/Thurs	10:00am - 11:00am	May 7 - May - 30

## STRETCH & TONE

This class is designed to promote gentle stretches that help loosen and tone the body, alongside isometric exercises that strengthen muscles, improve blood flow and joint mobility. The class includes a variety of exercises and stretches that alleviate pain and soreness, while also enhancing range of motion and balance.

**Donald Lopez**

**Fee: \$69**

# 22658		6 Mon/Fri	6:30pm - 7:20pm	Feb. 5 - Mar. 1
# 22659		6 Mon/Fri	6:30pm - 7:20pm	Mar. 4 - Mar. 22
# 22660		6 Mon/Fri	6:30pm - 7:20pm	Apr. 8 - Apr. 26
# 22661		6 Mon/Fri	6:30pm - 7:20pm	May 6 - May 24

# HEALTH & WELLNESS

## AMERICAN RED CROSS CPR/AED

Learn or review the life-saving skill of CPR on adults, children and infants. This course includes instruction on how to use an AED, and what to do in the event of a Choking Emergency. This interactive and engaging course concludes with an exam. Upon passing, certification is available for an additional \$29, payable to the instructor in class. Ages 18+.

**Margaret Noji**

**Fee: \$45**

# 22646		1 Thursday	6:00pm - 10:00pm	Jan. 25
# 22647		1 Thursday	6:00pm - 10:00pm	Apr. 4

**Supply fee: \$5**

## AMERICAN RED CROSS FIRST AID

Learn or review the steps to give aid in Emergencies such as bleeding wounds, burns, and bone injuries; and how to respond to sudden illnesses such as stroke, seizure, allergic reaction, and more. This course is recommended for parents, caregivers, coaches, athletes, and anyone willing to help others in a healthcare emergency. Upon passing the exam, certification is available for an additional \$29, payable to the instructor in class. Ages 18+.

**Margaret Noji**

**Fee: \$40**

# 22648		1 Thursday	6:00pm - 9:00pm	Feb. 1
# 22649		1 Thursday	6:00pm - 9:00pm	Apr. 11

**Supply fee: \$5**

## EARTHQUAKE PREPAREDNESS

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

**Margaret Noji**

**Fee: \$35**

# 22664		1 Thursday	6:00pm - 8:00pm	Feb. 22
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## HEALTH & WELLNESS

### HOMEOPATHY AND ACUPRESSURE TO REDUCE PAIN & STRESS

Learn the basics of Chinese healing as it relates to acupressure massage. This class will focus on self and couple acupressure massage and specific points to use for common problems such as: lack of energy and mental clarity, low back pain, neck and shoulder pain, etc. You will learn approximately 16 acupressure points you can perform on yourself and others. You will also learn basic head and neck massage techniques. Please have a small hand mirror and water-soluble marker.

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

# 22650

1 Thursday

7:30pm - 9:00pm

**Fee: \$35**

Feb. 8

## LANGUAGES

### CIAO VENEZIA - ITALIAN LIVE STREAM FROM VENEZIA, ITALY! (ONLINE)

Learn Italian directly from Venice, Italy!!! Our teacher, Mr. Lombardi will be in Venezia giving you the "real experience" no one else could! The class curriculum is designed for the beginner; with simple idiomatic phrases, you will be able to speak ITALIANO in no time. Divided into ten subject areas, Mr. Lombardi will guide you through the different phases of learning the language: building your vocabulary, grammar, and pronunciation. The program will cover ear-training exercises: greetings and introductions, people and family, numbers and plural, around home, describing things, around town, at the restaurant, at work and socializing.

**Giovanni Lombardi**

**Fee: \$69/\$59**

# 22573 \$69

6 Tuesdays

10:00am - 11:00am

Jan. 16 - Feb. 20

# 22574 \$69

6 Tuesdays

10:00am - 11:00am

Mar. 5 - Apr. 9

# 22575 \$59

5 Tuesdays

10:00am - 11:00am

Apr. 23 - May 21

### BEGINNING SPANISH FOR SENIORS (ONLINE)

This course is targeted for retirees, looking to keep their mind active through language learning. It is a basic language course with an introduction to the Spanish language. Students will learn starting from the alphabet to a basic simple conversation. Each week will cover different topics, and students will be able to practice actively in class what they learned.

**Teresa Hito**

**Fee: \$179**

# 22590

Fridays

2:00pm - 3:00pm

Feb. 2 - May 24

### SPANISH FOR CHILDREN (ONLINE)

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

**Teresa Hito**

**Fee: \$179**

**Children's Class - Beginners level (6 - 10 years old)**

# 22587

Mondays

5:00pm - 6:00pm

Jan. 22 - May 20

**Children's Class - Intermediate level (6 - 10 years old)**

# 22588

Tuesdays

5:00pm - 6:00pm

Jan. 30 - May 21

**Children's Class - Advanced level (6 - 10 years old)**

# 22586

Thursdays

5:00pm - 6:00pm

Feb. 1 - May 23

**Children's Class - Beginners level (11 - 15 years old)**

# 22589

Wednesdays

6:00pm - 7:00pm

Jan. 31 - May 22

# LANGUAGES

## SPANISH FOR ADULTS (ONLINE)

In this course students will use reading, writing, speaking, and listening skills to develop a basic level of proficiency in the Spanish language. Each week will present a topic with grammatical points of interest by using games, drills, and videos to cover all aspects of language learning. General topics will be addressed depending on the what is covered that week.

**Teresa Hito**

**Fee: \$139**

### Adult's Class - Beginners level

# 22578	Wednesdays	7:00pm - 8:30pm	Jan. 31 - Mar. 27
# 22579	Wednesdays	7:00pm - 8:30pm	Apr. 10 - May 29

**Teresa Hito**

**Fee: \$149**

### Adult's Class - Intermediate level

# 22580	Saturdays	9:00am - 10:30am	Jan. 27 - Mar. 23
# 22581	Saturdays	9:00am - 10:30am	Apr. 6 - June 1

### Adult's Class - Advanced level 1

# 22582	Saturdays	10:45am - 12:15pm	Jan. 27 - Mar. 23
# 22583	Saturdays	10:45am - 12:15pm	Apr. 6 - June 1

### Adult's Class - Advanced level 2

# 22584	Saturdays	12:30pm - 2:00pm	Jan. 27 - Mar. 23
# 22585	Saturdays	12:30pm - 2:00pm	Apr. 6 - June 1

## SPANISH FOR TRAVELERS (ONLINE)

This course is geared to travelers, who are planning to visit a Spanish country, and would like to have a basic Spanish language skill, to be able to communicate effectively with locals. Along with the language skill, students will be exposed to the culture by learning about places they will visit, important festivities and typical ethnic food.

**Teresa Hito**

**Fee: \$179**

# 22667	Saturdays	2:00pm - 3:30pm	Jan. 27 - May 25
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# MUSIC

## BEGINNING GUITAR

If you are just starting out on guitar this class is for you! The course will teach the basic fundamentals of music, power chords and the notes on the guitar. You will be introduced to guitar tablature which will build the foundation for a lifetime of enjoyment making music. Come join this class and learn how to play songs and make music in no time flat.

**Dan Sindel**

**Fee: \$149**

### Level 1

# 22668	5 Saturdays	12:30pm - 2:30pm	Jan. 20 - Feb. 17
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### Level 2

# 22674	5 Saturdays	12:30pm - 2:30pm	Mar. 2 - Mar. 30
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## THE BASICS OF HARMONY SINGING

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

**Dale LaDuke**

**Fee: \$99**

# 22653	5 Saturdays	11:00am - 12:00pm	Jan. 20 - Feb. 17
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# MUSIC

## UKULELE

Learn fundamental skills to get you playing ukulele in this entertaining hands-on class. We will work on rhythm, strumming, patterns, and some finger picking. With a few basic chords you can play along with others and accompany yourself on a multitude of songs. Learn to find the right key for your voice and where the notes are on the keyboard.

**Dale LaDuke**

**Fee: \$99**

### Level 1

# 22651                      5 Saturdays                      9:00am - 10:00am                      Jan. 20 - Feb. 17

### Level 2

# 22652                      5 Saturdays                      10:00am - 11:00am                      Jan. 20 - Feb. 17

## SONGWRITING (ONLINE)

Students will learn how to draw stories from daily life, song structure, the importance of song premise and title, use of vivid imagery, rhyme and meter, use of devices, melodic arc, harmonic structure and an understanding of basic music theory. Students will complete one song over the course of the class, each week building the song with the assigned steps. Students will share their assigned work in class and will be provided feedback and guidance in a participation driven master class setting.

**Anna Montgomery**

**Fee: \$99**

# 22593                      6 Thursdays                      7:30pm - 9:00pm                      Feb. 1 - Mar. 7

## JAZZ GUITAR (ONLINE)

The Jazz Guitar 1-on-1 is an affordable college-level jazz education course for intermediate to advanced guitarists. An admission test will determine eligibility. The course focuses on chord voicings, scales, arpeggios, and improvisation with jazz standards. Live streaming classes will be recorded for convenient weekly reinforcement, and a virtual classroom on WhatsApp will provide weekly feedback. The course is taught by Gio Lombardi, an experienced teacher, performer, and composer.

**Gio Lombardi**

**Fee: \$89**

# 22576                      6 Fridays                      9:50am - 10:50am                      Jan. 19 - Feb. 23

# 22577                      6 Fridays                      9:50am - 10:50am                      Apr. 5 - May 10

# PERSONAL ENRICHMENT

## ACT 3 "THE NEW RETIREMENT"

Are you ready for your retirement? "The New Retirement" prepares you for the NON-FINANCIAL aspects of retirement, and the opportunity to rehearse your transition from employment, which is as crucial as financial planning. "The New Retirement" course includes discussions, support materials, activities, resources, a Personality Profile instrument, and your personal strategic plan designed to support a meaningful and rewarding life journey in alignment with your financial goals.

**Devra Korwin**

**Fee: \$89**

# 22654                      3 Wednesdays                      6:00pm- 8:30pm                      Feb. 21 - Mar. 6

## 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 give us a call at **(818) 947-2577 x4172**

# PERSONAL ENRICHMENT

## EMOTIONAL INTELLIGENCE:

### THE GATEWAY TO PROFESSIONAL AND PERSONAL SUCCESS

Emotional Intelligence capability is essential, in these challenging and stressful times, to effectively handle the changes and expectations in the workplace and personal life. Emotional Intelligence (EI) is the Self-Awareness to accurately perceive our emotions as they happen and Self-Manage them to positive outcomes, and Social-Awareness ability to accurately pick up other's emotions and use Relationship-Management skills to manage successful interactions. EI is a learned skill and can be developed. In this course EI competence is developed through discussions, EI assessments and behavior styles, resource materials, activities, and movie clips, concluding with a personal Emotional Intelligence Action Plan.

**Devra Korwin**

**Fee: \$89**

**# 22655**

3 Wednesdays

6:00pm- 8:30pm

Apr. 10 - Apr. 24

### HOW TO LIVE, WORK OR RETIRE ABROAD AFFORDABLY (ONLINE)

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

**Bob Cohen**

**Fee: \$49**

**# 22594**

1 Thursday

6:00pm- 9:00pm

Mar. 7

### NINE STEPS TO SELF-PUBLISH YOUR BOOK

Figuring out how self-publishing works does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your own manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your own book.

**Stacy Dymalski**

**Fee: \$64**

**# 22657**

1 Saturday

10:00am - 12:00pm

Mar. 2

**# 22596 ONLINE**

1 Saturday

10:00am - 12:00pm

May 11

### TURN YOUR STORY INTO A BOOK

Do you have a story idea that should be a book or movie? Unfortunately, an idea not a story. Every story has to have a message and a story arc that logically flows from beginning to middle to end. This course shows you first how to find your story's overall message, and then how to structure your story so that it logically progresses and supports your message. This is not just a writing class, but a story development class, designed to give you clarity when you sit down to write your story.

**Stacy Dymalski**

**Fee: \$49**

**# 22656**

1 Saturday

10:00am - 12:00pm

Feb. 17

**# 22595 ONLINE**

1 Saturday

10:00am - 12:00pm

Apr. 27

**LEARN FROM THE COMFORT OF YOUR HOME!  
INSTRUCTOR LED NON-CREDIT ONLINE COURSES  
www.ed2go.com/lavc/ - Prices start as low as \$99  
24 - Hour Access - Discussion Areas - 8 Week Format**

New course sessions begin monthly.

**www.ed2go.com/lavc/**



# OPEN RECREATION ACTIVITIES

Open Recreation (drop-in) activities are open to adults ages 18 and up in the community. Days and times are subject to change due to location availability. There is no instruction for Open Recreation activities. Coaching/teaching at any open recreation activity is prohibited.

We currently offer the following activities: Scottish Dance, Track, and Badminton.

Participants must purchase a 10 visit pass.

10 visits to any Open Recreation activity for \$50!

Passes are available at the Community Services office by phone with a credit card (818) 947-2577 x4172 or online at:

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

No refunds on Open Recreation passes will be issued.

Lost or stolen cards will not be replaced.

DAY	TIME	PROGRAM	LOCATION
Monday	7:30-10:00 pm	Scottish Dance	CSC MPR 2
Friday	7:00-11:00 pm	Badminton	North Gym
Sunday	2:00-5:00 pm	Adv. Badminton	North Gym
Saturday/Sunday	6:00-8:00 am	Track	Stadium Track

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

## ADULT LAP SWIM (18 AND OVER)

**Monday - Thursday:**

**6:00pm - 8:00pm**

**Friday:**

**5:00pm - 8:00pm**

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.

**ALL registrations must be done at the Community Services Office**

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

## ONLINE CAREER TRAINING PROGRAMS

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

**Online Learning**

anytime, anywhere...

just a click away!

**One-On-One Instructor Assistance**

**24-Hour Access**

**All Materials and Books Included**

**Certificate Upon Successful Completion**

**Start Anytime!**

Courses Include:

Arts & Design

Computer Programming

Construction and Trades

Hospitality

Information Technology

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

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

# SWIMMING & AQUATICS

## SWIM LESSON POLICIES AND REGISTRATION PROCEDURE

### Classes

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

### Private Lessons

- Swim lessons are not confirmed until payment is received.
- We will do our best to honor requests for instructors but cannot guarantee this.
- If the Community Services Office cancels a class due to inclement weather\*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time or a credit.
- Participants in current month private swim lessons have priority registration over all others.
- Private Lesson Priority registration for the next month begins on the 1st day of the current month and continues until the Monday immediately after the 3rd Sunday of the month.
- \*All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or if it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 approximately 30 minutes prior to class to see if a class has been canceled.
- \*Please read our refund policy on Page 4.

## ADULT SWIM CLASSES (18 YEARS OLD AND UP)

### SHALLOW WATER AEROBICS

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

**Monday/Wednesday/Friday**      **10:00am - 10:55am**      **\$105/month**

### WATER AEROBICS

A combination of shallow and deep water aerobics. This class is for anyone who wants to improve strength, flexibility, and cardiovascular endurance with a mixture of high and low intensity.

**Tuesday/Thursday**      **9:30am - 10:30am**      **\$95/month**

### AQUA FIT

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

**Tuesday/Thursday**      **4:00pm - 4:45 pm**      **\$90/month**

**Tuesday/Thursday**      **6:00pm - 6:45pm**      **\$90/month**

### AQUA TABATA

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. *All participants must be comfortable and water safe in deep water.*

**Monday/Wednesday**      **4:00pm - 4:45 pm**      **\$90/month**

**Monday/Wednesday**      **6:00pm - 6:45pm**      **\$90/month**

### BEGINNING/INTERMEDIATE ADULT SWIM INSTRUCTION

For students who have some previous swimming experience. Stroke instruction and basic water safety for adult 18+.

**Brian Delach**      **Fee: \$89/\$149**

**# 22572 \$89**      **5 Fridays**      **6:30pm - 7:45pm**      **Feb. 23 - Mar. 22**

**# 22571 \$149**      **8 Fridays**      **6:30pm - 7:45pm**      **Apr. 12 - May 31**

# SWIMMING & AQUATICS

## WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

ALL registrations must be done through the Community Services Office

### PRIVATE SWIM LESSONS (YOUTH & ADULT)

25 minutes of one-on-one instruction once a week. Prices based on number of weeks in the month. Children must be at least 5 years old and toilet trained. Call Community Services (818.947.2577 x4172) for times or to schedule a lesson. Lessons are available every half hour, Monday through Friday from 3:30pm - 6:30pm. Please read the registration information/refund on page 26..

### CHILDREN'S SWIM CLASSES

#### SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 5 through 16½. Group sizes are 4-8 students and are 30-55 minutes long.

**Assessment required for Levels 2 or higher and are by appointment only.**

**Contact Community Services at (818)947-2577 x4172 to schedule an appointment.**

#### LEVEL 1 - CLASS SIZE: 4 x 1 - 30 min

Monday/Wednesday	3:50pm - 4:20pm	\$85/month
Tuesday/Thursday	3:50pm - 4:20pm	\$85/month
Tuesday/Thursday	5:55pm - 6:25pm	\$85/month

#### LEVEL 2 - CLASS SIZE: 4 x 1 - 30 min

Monday/Wednesday	4:25pm - 4:55pm	\$85/month
Tuesday/Thursday	4:25pm - 4:55pm	\$85/month
Tuesday/Thursday	6:30pm - 7:00pm	\$85/month

#### LEVEL 3 - CLASS SIZE 6 X 1 - 45 min

Monday/Wednesday	4:00pm - 4:45pm	\$105/month
Monday/Wednesday	5:00pm - 5:45pm	\$105/month
Tuesday/Thursday	4:00pm - 4:45pm	\$105/month
Tuesday/Thursday	5:00pm - 5:45pm	\$105/month

#### LEVEL 4 - CLASS SIZE 6 X 1 - 45 min

Monday/Wednesday	5:00pm - 5:45pm	\$105/month
Tuesday/Thursday	5:00pm - 5:45pm	\$105/month
Tuesday/Thursday	6:00pm - 6:45pm	\$105/month

#### LEVEL 5 - CLASS SIZE 8 x 1 - 55 min

Monday/Wednesday	5:00pm - 5:55pm	\$105/month
Monday/Wednesday	6:00pm - 6:55pm	\$105/month
Tuesday/Thursday	5:00pm - 5:55pm	\$105/month

#### ADVANCED AQUATICS (LEVEL 6)

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.

Monday/Wednesday	6:00pm - 6:55pm	\$105/month
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**PLEASE NOTE:** We advance children to the next level based on Instructors recommendation and availability of the class. We cannot guarantee that the next level of class will always be available on your requested day/time, or at all.

## MONARCH CAMPS

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

### SUMMER CAMP OPEN HOUSE

Saturday, February 24th, 2PM-4PM

Sunday, March 10th 2PM-4PM

Saturday April 6th 2PM-4PM

Community Services Center

5792 Ethel Ave.

Sherman Oaks, CA 91401

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

### SINGLE DAY CAMP (7:30am TIL 5:30pm)

February 19th & April 24th

Schools Out, Come to Camp!!.

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

### SPRING BREAK CAMP

Monday, March 25th - Monday, April 1st

If you and your kids are looking for fun things to do on their week off from School, sign up for Spring Camp! Five full days of fun-filled delight from 7:30 in the morning until as late as 5:30 at night! We will have on campus day camp with swimming, rockwall, sports, a field trip on Wednesday, and culminating in our Friday Pizza Party and Egg-themed Scavenger Hunt! All groups are age separated (though sometimes 2 grades may be together) and gender mixed.

**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.



**SUMMER CAMP 2024**

**JUNE 11TH THROUGH AUGUST 10TH**  
**DROP OFF: 7:30AM-8:45AM**  
**PICK UP: 4:15AM-5:30PM**

DAILY RATES	SIBLING RATES
<b>\$100 per day</b>	<b>\$95 per day</b>
<b>3 day minimum per week</b>	

**OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP**

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

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder- Seventh	5-13
Fine Art Camp	Second - Seventh	7-12
Theatre Arts Camp	Third - Seventh	8-12
Nature Camp	Third - Seventh	8-12
Dance Camp	Second - Seventh	7-12
Gymnastics Camp	Second - Seventh	7-12
Soccer Camp	First - Seventh	6-12
Tennis Camp	Third - Seventh	8-12
Tumbling Camp	Kinder - Second	5-7
Basketball Camp	Third - Seventh	8-12
Counselor In Training	Eight-Ninth	13-14

**Registration opens at 8:00PM  
on the 15th of each month for  
the following month.**



## **DANCE CLASSES**

Watch as your child leaps and glides, twirls and moves to their own rhythm. Unleash their boundless energy and pure joy through our dynamic Dance Classes, meticulously tailored for children of all ages. Within the realm of dance, young enthusiasts will flourish as they express themselves and cultivate their dance talents. Our dedicated instructors are committed to nurturing and inspiring each child, creating a nurturing environment for their dance exploration. With intimate class sizes, we ensure personalized attention, empowering every young dancer to thrive in their own unique style. Become part of our vibrant and transformative journey through the captivating world of dance!

## **FINE ART CLASSES**

Discover the enchanting realm of creativity and self-expression through our captivating Fine Art Classes, thoughtfully designed for children aged 7-13. Within the world of visual arts, budding young talents will flourish as they unlock their imaginations and nurture their artistic abilities. Our skilled instructors are passionate about nurturing and igniting the artistic spark in each child, fostering a supportive atmosphere for their creative exploration. Embracing small class sizes, we ensure individualized attention, empowering every young artist to blossom in their own distinctive style. Join us for an exciting and transformative journey through the mesmerizing world of fine art!

## **GYMNASTICS CLASSES**

Children 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 and around the uneven bars, they will experience it all! We focus on knowledge of the equipment and their comfort level with each event they visit.

## **ROCK CLIMBING CLASSES**

Be brave and adventurous in this challenging physical activity for kids 6-11. 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 sizes limited.

## **THEATRE CLASSES**

Unlock the world of creativity and self-assurance in our engaging Theatre Classes, tailor-made for children aged 7-13. Within the realm of performance and storytelling, young minds will thrive as they embrace their imaginations and develop their artistic potential. Our experienced instructors are dedicated to guiding and inspiring each child, providing a nurturing environment for their theatrical exploration. With limited class sizes, we ensure personalized attention, allowing every young performer to flourish in their own unique way. Come join us on this exhilarating and transformative journey through the captivating world of theatre!

# MONARCH PARTIES

We make parties fun!

Have an easier experience by having the party on campus. We decorate and will clean up after! You'll get the convenience of easy parking and the use of our party room with a refrigerator, freezer, ice maker and sinks.

• You can also have our experienced and background checked staff come to your location for a fun and memorable experience. Our rentals will enhance any party or event.

## **PARTIES ON CAMPUS - CHOOSE ACTIVITIES**

- Gymnastics
- Sports
- Inflatables
- Rock Wall
- Arts & Crafts

## **WE HAVE SERVICES TO ADD TO YOUR PARTIES/EVENTS!**

- Airbrush Tattoo Artist
- Face Painting
- Art Instructor
- Sports Coach
- Mobile Rock Wall

**email: [party@monarchcamps.com](mailto:party@monarchcamps.com) to reserve your party**

## **ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING**

Adults can use the gymnastics center and the rock climbing wall during the hours below.

**\$20 Day Pass**

**\$60 Monthly Pass**

	Gymnastics Center	Rock Climbing Wall
Tuesday	7:00PM - 10:00PM	7:00PM - 10:00PM
Thursday	Closed	7:00PM - 10:00PM
Friday	7:00PM - 10:00PM	7:00PM - 10:00PM

**5792 Ethel Ave. Valley Glen, 91401**

**YOUR PATH TO CREDIT CLASSES, CITIZENSHIP & AND  
EMPLOYMENT STARTS HERE**

## Take Free Classes and Earn a Certificate in:

- ESL
- ESL SPEECH
- ESL AND CIVICS
- MICROCOMPUTER LITERACY

**SEE A COUNSELOR AND  
PLAN YOUR ACADEMIC FUTURE.**



## CITIZENSHIP CENTER



[GEVORGL@LACCD.EDU](mailto:GEVORGL@LACCD.EDU)

**PREPARE FOR YOUR  
CITIZENSHIP**

## We Offer

- FREE IN-PERSON AND ONLINE EL CIVICS/CITIZENSHIP CLASSES TO PREPARE FOR THE CITIZENSHIP INTERVIEW AND EXAM
- STUDY GUIDES
- ASSISTANCE TO QUALIFYING INDIVIDUALS WITH FILING VARIOUS IMMIGRATION FORMS
- ASSISTANCE WITH PASSPORT APPLICATION
- REFERRALS TO LEGAL SERVICES



**OPEN TO STUDENTS AND COMMUNITY RESIDENTS**



(818) 778 - 5594



[NONCREDIT@LAVC.EDU](mailto:NONCREDIT@LAVC.EDU)



**ADMINISTRATION & CAREER  
ADVANCEMENT BUILDING  
(ACA) ROOM 1401**

# WORKFORCE JOB-TRAINING

## BIOTECH & MANUFACTURING TRAINING ACADEMIES

DEVELOP SKILLS & EARN CERTIFICATION



### BIOTECH TRAINING ACADEMY



Spring Cohort:  
February 5, 2024  
- March 20, 2024

BE A PART OF OUR 6-WEEK IN-PERSON  
TRAINING ACADEMIES!

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Spring Cohort:  
March 2024



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The Training Academies are funded by various grants, are LAVC Job Department sponsored programs, and are not-for-credit classes.



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