Join us this fall online and in person!
Register at ivc.augusoft.net
Welcome to Extended Education

The Irvine Valley College Extended Education department provides short-term, not-for-credit classes, workshops, career training programs and events designed for professional and/or personal development, with special emphasis on inspiring a sense of wonder and imagination toward life-long learning. College credit is not given for classes conducted by the Extended Education department. There are no transcripts or grades. Community Education is a self-supporting entity of the college and is not funded by taxpayer dollars. Our goal and commitment is to provide personal enrichment classes to help our students explore new talents, expand their minds, embrace new technology or become entrepreneurs. We wish you much success!

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IMPORTANT DATES TO REMEMBER

Aug. 22  Emeritus Institute Classes Begin
Sept. 5  Labor Day Holiday (No Classes)
Sept. 6  Community Education Classes Begin
Oct. 3  Emeritus Registration Dates and Times Available in MySite
Nov. 11  Veterans Day Holiday (No Classes)
Nov. 14 - 18  Spring 2023 Priority Emeritus Registration
Nov. 24 - 25  Thanksgiving Holiday (No Classes)
Dec. 21  Faculty Contractual Day (No Classes)
Dec. 22 - Jan. 13  Winter Break

ACCOMMODATION STATEMENT

It is the policy of the SOCCCD to fully comply with the requirements of the Americans with Disabilities Act. Consistent with this policy, this material is available in alternate formats such as large print, Braille, or accessible electronic text. Such materials and other disability accommodations will be provided as needed for program access, upon request. Please contact the Alternate Media Specialist at 949-451-5499 or ivcaltmedia@ivc.edu for needed accommodations or alternate formats.
ABOUT COMMUNITY EDUCATION

Irvine Valley College Community Education department provides short-term, not-for-credit classes, workshops, career training programs and events designed for professional and/or personal development with special emphasis on inspiring a sense of wonder and imagination toward life-long learning. College credit is not given for classes conducted by the Community Education department. There are no transcripts or grades. Community Education is a self-supporting entity of the college and is not funded by taxpayer dollars.

COVID-19 PROTOCOLS

Vaccination Mandate: Our District has approved a vaccine mandate for all students at IVC, Saddleback College, and ATEP. All students in hybrid (partly on-campus/partly online) or on-campus classes should be fully vaccinated. If you are neither vaccinated nor plan to be vaccinated, we encourage you to enroll only in online classes. Please check www.ivc.edu for COVID-19 updates and resources.

Masks Optional: The college will no longer require that you wear a mask indoors at IVC. We want to be clear that masks will continue to be welcome at IVC for all who wish to continue taking precautions. Masks will remain available in buildings/classrooms/offices throughout the campus. If you feel sick, stay or go home to keep yourself and others safe. Health and safety rules could evolve as conditions warrant, or if CDC, state, or county guidelines change. Check www.ivc.edu for current information.

REFUND POLICY

Full refunds are issued for classes cancelled by IVC. If you are unable to attend a class, notify the Extended Education Office at least three days before the class begins. Your registration fee, less a $5 service charge, will be refunded. No refunds on the day of class. If paying by check or cash, please allow 30 days to receive your refund. If paying with a credit card, allow 10 days to receive your refund. If you do not cancel at least three days before class begins and you do not attend, you will be charged the entire class fee. We will not issue any refunds after the class begins.

GENERAL PARKING INFORMATION

Parking at IVC and IDEA is $5 per day. Daily permits can be purchased at IVC in lots 4, 5, 8, and 10. At IDEA, there is one permit dispenser in the parking lot. The Campus Safety office is located on the IVC main campus. Office hours are from 8 am to 6 pm Monday - Thursday; closed Friday; and open from 8 am to noon Saturday.
COMMUNITY EDUCATION REGISTRATION

Registration can be completed by phone, mail or online:

Phone: 949-367-8343

Online: ivc.augusoft.net

Mail: Office of Extended Education
1624 Valencia Ave., Tustin, CA 92782

Register early! Many classes fill up quickly. Your registration will be accepted as long as there is room in the class. Community Education classes may be canceled prior to the first class meeting if minimum class size is not met. If cancelled, you will receive a refund.

PRESENTERS WANTED

Do you see a need for a class that is not offered? Do you have a special interest or talent that you think others might be interested in learning? We’d like to hear from you! Send an email to us at ivccommunityed@ivc.edu or visit http://academics.ivc.edu/communityed

Chris LC Lee Authorized Testing Center

The Chris LC Lee Authorized Testing Center offers the opportunity to test or certify at our state-of-the-art facility. The Center provides the opportunity for candidates from business, industry, and information technologies to become certified professionals in their chosen fields.

The Chris LC Lee Testing Center also offers students from IVC and other distance education institutions the opportunity to test remotely at our center. The Testing Center supports several professional certification/exam vendors - Pearson Vue, Kryterion, Certiport, Castle, and PAN.

For more information, including scheduling processes, visit academics-ivc.edu/testingcenter

IDEA at ATEP (Irvine Valley College satellite campus)
1624 Valencia Avenue
Tustin, CA 92782

Phone: 949-367-8340

Spring/Fall Hours:
Monday – Friday, 8 am – 5 pm
Closed Saturday, Sunday and holidays

Summer Hours:
Monday – Thursday, 7:30 am – 6 pm
Closed Saturday, Sunday and holidays
Acknowledgement of Voluntary Participation
Participant voluntarily wishes to participate in the above referenced Irvine Valley College Community Education class(es) and chooses to do so despite the possible dangers and inherent risks.

Code of Conduct
Participant fully understands that he/she is to abide by all rules and regulations, including and not limited to District policies and procedures governing conduct during participation in the above referenced class(es). Any violation of these rules and regulations may result in participant’s dismissal from the class with any expenses incurred being participant’s responsibility.

Internet Usage
Participant or Parent/Legal Guardian of Participant understands that South Orange County Community College District, Irvine Valley College Community Education is not liable for any actions resulting from the misuse of computers. Any misuse of computers must be reported to the Irvine Valley College Dean of Extended Education.

Medical Consent
In the event of an emergency and participant is injured or becomes ill during his/her participation in the above mentioned Community Education class(es), participant or Parent/Legal Guardian of Participant hereby authorizes and consents to x-ray, examination, anesthetic, medical, dental, or surgical diagnosis or treatment, emergency medical treatment, and hospital care from a licensed physician and/or surgeon, as well as emergency transportation as deemed necessary for my safety and welfare. Participant understands that all resulting expenses will be his/her responsibility. In addition, participant asks Irvine Valley College Community Education to call his/her emergency contact listed above.

Photograph/Video Release
Participant understands that Irvine Valley College Community Education may take photographs and/or video of participant during his/her participation in this Community Education class which may be used for the purposes of marketing and/or publicity of the program in print or on any social media platform.

Release Of Liability
In consideration of participant’s request for voluntary participation and registration in the above referenced Irvine Valley College Community Education class(es), and to the extent permitted by law, participant, his/her heirs, executors, administrators or assigns hereby agree to release, defend, indemnify, and hold harmless South Orange County Community College District, its Board of Trustees, officers, agents, employees, and volunteers from any and all claims, action, demands, damages, costs, losses, or expenses, including reasonable attorney’s fees of any kind or nature whether related to bodily injury, property damage, or loss of life, except to the extent that such loss or damage is caused by the negligence act or omission and willful misconduct of South Orange County Community College District, its Board of Trustees, its officers, agents, employees, and volunteers and no negligence on the part of the participant.

Participant or parent/legal guardian of participant fully understands the above terms and the legal consequences of signing this registration and release of liability form. Participant or parent/legal guardian of participant agrees to this freely and voluntarily.
REGISTRATION FORM

Receipts Sent by Request

Payee Name:

Address:     City:         Zip:  

Daytime Telephone #:   Email:  

Participant Name If Different from Payee        Birth Date      Class Name and Number      Fee  

Check # (Made Payable to IVC)

This Section for Office Use Only: Receipt #:  Date:           Other:

GENERAL PURPOSE LIABILITY WAIVER RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of accepting this registration, I hereby release, indemnify, and hold harmless South Orange County Community College District and its officers, clients, agents or employees from any and all claims, damages, or losses caused by the negligent or intentional acts or omissions of the SOCCCD’s officers, clients, agents or employees that result in bodily injury, property damage or any other injury or loss to myself (and to any minor children for whom I have the capacity to contract) arising out of the participation in this program or other classes sponsored by Irvine Valley College, for a calendar year, enrolled in by me (and by any minor children for whom I have the capacity to contract). I hereby give permission to IVC to videotape or photograph me or my children participating in the programs for use in future marketing, publicity, and advertising on behalf of Irvine Valley College, the Irvine Valley College Foundation, and/or the South Orange County Community College District and understand that I will not receive any compensation for such use. I further hold harmless IVC, the IVC Foundation, or the SOCCCD for any unintentional misuse or misrepresentation of any video or photographic image as part of the above-mentioned uses. I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AS IT APPLIES TO MYSELF.

Signature of Participant:       Date:  

(If participant is under 18, parent or guardian must sign)

Participant Name:

Emergency Contact/Relationship (College for Kids):

Daytime Telephone #:

Name of Parent or Legal Guardian:

Daytime Telephone #:
ADULT PROGRAMS

CAREER

Medical Billing and Collections Certificate Program

Become an essential anchor for a medical practice and get a competitive edge in the job market by attending the updated Medical Billing & Collections Certificate Program (MBCCP). Learn medical billing & collections firsthand from Kris G. Patterson, an instructor with over 30 years of experience in the medical billing industry. An introduction to CPT®, ICD, HCPCS coding, and medical terminology. Become familiar with medical office operations, office policy, procedures, and processing of individual office forms. Learn how to bill Medicare, Medicaid, TRICARE, CHAMPVA, Concierge Medicine, Workers’ Compensation & Personal Injury, PPO, HMO, EPO, IPA, and a host of other payers. Develop an understanding of the components of the revenue cycle from the patient intake, process to the completion & submission of the medical claim. Introduction to managed care plan concepts and how to analyze and solve difficult billing problems, including rejected and defied claim management. Review and gain an understanding of various practice management reports. Critical thinking exercises to learn how to automate the billing process using cloud-based software. Set-up a mock medical practice and post charges, payments, and adjustments from patients and insurance companies. Learn about HIPAA mandates and rules for maintaining the privacy and security of medical claims information. Upon completing the MBCCP, students will receive a certificate from the college and be added to the instructor’s database for potential job leads. Information: Email: kris@kgpmedicalbilling.com and website: www.kgpmedicalbilling.com

Fee: $150 + $275 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: All students must attend an online orientation no later than Saturday, Sept. 3, 2022. To complete orientation, visit https://forms.gle/bK2fX3VwArNy8eBBA

Instructor: Kris G. Hall-Patterson
6:30-8:30pm TU-TH 9/6-10/6 ONLINE
Lab - Instructor’s Office Hours:
6:30-8:30pm TU-TH 10/11-10/13 ONLINE
Medical Front Office Procedures
This course is intended for students interested in becoming a medical front office assistant/medical receptionist, sometimes referred to as the intake coordinator. This class will ensure students are prepared to begin a rewarding career and to become an integral part of the medical office team.
Information: www.kgpmedicalbilling.com
Fee: $25 + $99 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: All students must attend an online orientation no later than Saturday, Sept. 3, 2022.

To complete orientation, visit https://forms.gle/bK2fX3VwArNy8oBBA
Instructor: Kris G. Hall-Patterson
6:30-8:30pm TU/TH 10/18-10/20 ONLINE
AND
10-11am & 6-7pm SAT 10/22 ONLINE

ONLINE CLASS: Start Your Own Billing Service
Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. In this class you will learn how to obtain clients, how to set your fees, what other services a billing service could offer, marketing your services, where to obtain HIPPA compliance software, a sample HIPAA business associate agreement and independent contractor agreement, what billing organizations you can join, how to obtain updates from insurance companies, and the differences between sole proprietorships, partnerships, corporations and LLCs.
Information: www.kgpmedicalbilling.com
Fee: $25 + $39 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: All students must attend an online orientation no later than Saturday, Sept. 3, 2022.

To complete orientation, visit https://forms.gle/bK2fX3VwArNy8oBBA
Instructor: Kris G. Hall-Patterson
6:30-8:30pm W 10/19 ONLINE

An Introduction to Voiceovers (Getting Started in Voice Acting)
“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with a professional, working voice actor from the voice acting training company Voices For All, in a one-on-one, personalized, video chat. Discover industry trends and how it’s easy and affordable for just about anyone to get involved. In this one-time, 90-minute class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. And then…we’re rolling! Your instructor will record you as you read a real script, then offer some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue. Visit www.voicesforall.com/ooo to get a better sense of how the class works. You must be age 18 or over to attend. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Students must have Internet access and video chatting capabilities using a method such as Zoom, Skype (Win/Mac/mobile) or iChat/FaceTime (Mac/iOS). Once you have registered, a representative from Voices For All will contact you to schedule your one-on-one, personalized, video chat class. Class must be held between 9/6-11/18.

Fee: $49
Instructor: Voices for All Staff
Various (see above) ONLINE

REGISTER EARLY!
Classes may fill quickly or be cancelled due to low enrollment.
ART AND HOBBIES

NEW! Acrylic on Canvas
This fun and easy-to-follow 3-hour class introduces the basics of acrylic painting. Great for first time painters, and those who have experience, but would like to expand on their acrylic skills. You will be able to explore your creative passion with step-by-step instruction and walk away with your very own masterpiece. This novice course will build knowledge of this versatile water-based medium including basic shading, coloring mixing, introduction of tools and technique, and how to set your composition. Come be creative and begin your artistic journey with acrylic paints on canvas.

Fee: $40 + $10 materials fee payable day of class
Instructor: Paintbox in Paradise, Amanda Freeman

MONEY MATTERS

Financial Strategies for Successful Retirement
Financial Advisors Network (FAN) presents Financial Strategies for Successful Retirement, a financial education class to help you plan your retirement. What you will learn: The truth about Social Security; how to avoid outliving your money; tax reduction strategies; ways to truly diversify to your advantage; health care costs and how to prepare; and how to protect yourself from fraud. Choose investments that match your tolerance for risk. This information-rich seminar introduces you to the concepts and practices that will help you spend your retirement comfortably and in control of your finances. It will show you a conservative approach to wise money management and will help you identify lifestyle issues facing retirees. You will learn to seek maximization of your income and more from your investments, Social Security and retirement plans. The course will also educate you on how to protect your hard-earned assets from erosion due to inflation and the possible cost of long-term health care. Your registration fee includes an in-depth workbook and a Retirement Planning Data Form that will help you develop a written inventory of your assets, income, Social Security and pension benefits. Daily parking permit required for this class. See page 4 for details.

Fee: $59 per person/$5 per guest
Instructor: Rod H. Kamps, Financial Advisors Network, Inc.

Hawaiian Flower:
6:9pm  T  9/6  IVC - A 202
Cactus Lemon Drop:
6:9pm  T  9/20  IVC - A 202
Halloween Gnome:
6:9pm  T  10/4  IVC - A 202
Sunflower Delight:
6:9pm  T  10/18  IVC - A 202
Fall Gnome:
6:9pm  T  11/1  IVC - A 202
Frosty:
6:9pm  T  11/8  IVC - A 202
ABOUT EMERITUS CLASSES

The Irvine Valley College Emeritus Institute program affirms the importance of intellectual activity, critical thinking and creative expressions for older adults. The curriculum challenges participants to formulate relationships between past experiences and new ideas, and to keep current in all academic areas. Courses are developed to stimulate participants’ intellectual and personal growth and to benefit their daily lives – personally, socially, culturally, economically and environmentally. While these courses meet the college’s academic standards, they are not degree-applicable.

REGISTRATION INFORMATION

Special Note: All Emeritus Institute classes are tuition-free.

The registration process occurs three times per year, in the fall, spring, and summer semesters.

MySite registration is date- and time-specific. Please log in to your individual MySite account for a specific date and time to register. Students cannot register prior to their appointment. If you are having trouble accessing MySite, please contact Admissions and Records at 949-451-5220. To register for a class, go to https://mysite.socccd.edu and enter your Student ID number and 4-digit PIN.

For new or returning students (those who skipped a fall or spring semester), you will need to fill out the online emeritus application. Please go to https://academics.ivc.edu/emeritus for more information.

Students are not permitted to attend classes in which they are not officially enrolled. If the class you wish to take is full, please add your name to the waitlist. When a space becomes available, you will be notified by email and text. Once you receive notification, please log in to your MySite account to register for the class. An Add Permit Code (APC) will be given to you in the email and text to add the class.

Faculty reserve the right to drop students who do not attend the first-class session.

For vaccination mandate and mask requirements, please see page 4 or visit https://academics.ivc.edu/schedule.

For the most current information, please visit the Emeritus website, https://academics.ivc.edu/emeritus.

Please note: If you need additional assistance, please contact the Extended Education Office at 949-367-8343 or by email at ivcemeritus@ivc.edu.
EMERITUS ART CLASSES

ART 403C: ART MEDIA (BEADING)
This noncredit course introduces older adults to various art media, which may include drawing, painting, printmaking, beading, stained glass, or ceramics. It is designed to develop students’ appreciation of art and foster their creative expression. The course also includes the improving of fine motor skills and maintaining cognitive abilities. A list of instructional materials will be provided at the first class session. (No class 9/5, 11/11, 11/24, 11/25, 12/22)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor(s)</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>90060</td>
<td>M</td>
<td>Noon-2:50pm</td>
<td>8/22-12/19</td>
<td>Addington, T.</td>
<td>ONLINE</td>
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<tr>
<td>90040</td>
<td>T</td>
<td>Noon-2:50pm</td>
<td>8/23-12/20</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
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<tr>
<td>90050</td>
<td>T</td>
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<td>8/23-12/20</td>
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<td>ONLINE</td>
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<tr>
<td>90045</td>
<td>Th</td>
<td>9-11:50am</td>
<td>8/25-12/15</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
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<tr>
<td>90055</td>
<td>F</td>
<td>9-12:05pm</td>
<td>8/26-12/16</td>
<td>Hernandez, A./ Addington, T.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

ART 430C: WATERCOLOR PAINTING (BEGINNING)
This course for older adults introduces the materials and techniques used in watercolor painting. The course presents the basic methods of applying watercolor in washes, color mixing, and brush techniques, emphasizing the spontaneity of transparent watercolor. A list of instructional materials will be provided at the first-class session. (No class 8/26, 11/11, 11/25)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor(s)</th>
<th>Location</th>
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<tr>
<td>90070</td>
<td>F</td>
<td>9am-12:15pm</td>
<td>9/2-12/16</td>
<td>Gulino, M.</td>
<td>LSC</td>
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</tbody>
</table>

ART 435C: WATERCOLOR PAINTING (INTERMEDIATE/ADVANCED)
Use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. Increasing emphasis will be placed on individual exploration with the media. (No class 8/24, 8/25, 11/24, 12/21)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>90075</td>
<td>W</td>
<td>9-11:50am</td>
<td>8/24-12/14</td>
<td>Gulino, M.</td>
<td>ONLINE</td>
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<tr>
<td>90065</td>
<td>Th</td>
<td>1-3:50pm</td>
<td>8/25-12/15</td>
<td>Gulino, M.</td>
<td>LBCC</td>
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</table>

MUS 450: BEGINNING PIANO
This is a beginning course in popular and classical piano technique for older adults. The course focuses on music theory, note reading, scales, fingering, chording, sight reading, and performance techniques. (No class 9/5.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>90080</td>
<td>M</td>
<td>1-2:20pm</td>
<td>8/22-12/19</td>
<td>Lippert, C.</td>
<td>LSC</td>
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</table>
EMERITUS HEALTH AND FITNESS CLASSES

HLTH 400A: HEALTH AND FITNESS FOR MATURE ADULTS (1 HOUR PER WEEK)
This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness activities aimed at maintaining an active, independent lifestyle. Topics include the physical and cognitive benefits of exercise, injury prevention, and special considerations to approaching exercise safely for the older adult. (No class 9/5, 11/11, 11/24, 11/25, 12/21; some additional skip dates due to individual centers’ schedules)

AQUA FITNESS TRAINING

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
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<td>8/23-12/20</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
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<tr>
<td>90280</td>
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<td>10-10:50am</td>
<td>8/25-12/15</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
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<td>90260</td>
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<td>2-2:50pm</td>
<td>8/23-12/20</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
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<tr>
<td>90265</td>
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<td>8/25-12/15</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
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</table>

ASAP STRENGTH AND PILATES

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<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
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<tr>
<td>90090</td>
<td>Th</td>
<td>10:30-11:20am</td>
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<td>RSC</td>
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CHAIR EXERCISE

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<tr>
<th>Course</th>
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<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>90185</td>
<td>T</td>
<td>10-10:50am</td>
<td>8/23-12/20</td>
<td>Lane, J.</td>
<td>LSC</td>
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<tr>
<td>90250</td>
<td>F</td>
<td>9-9:05am</td>
<td>9/2-12/9</td>
<td>Ovadia, J.</td>
<td>LSC</td>
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<tr>
<td>Course</td>
<td>Code</td>
<td>Day</td>
<td>Time</td>
<td>Start Date</td>
<td>End Date</td>
<td>Instructor</td>
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<tr>
<td>CHINESE FAN BOXING</td>
<td>90295</td>
<td>Th</td>
<td>1-1:50pm</td>
<td>8/25-12/15</td>
<td>Schoon, J.</td>
<td>LFCH</td>
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<tr>
<td>DANCE (COUNTRY LINE)</td>
<td>90130</td>
<td>Th</td>
<td>9-9:50pm</td>
<td>8/25-12/15</td>
<td>Stuart, Ida</td>
<td>LSC</td>
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<tr>
<td>DANCE (TAP)</td>
<td>90195</td>
<td>T</td>
<td>9:10-10:05am</td>
<td>8/23-11/15</td>
<td>Bregozzo, D.</td>
<td>RSC</td>
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<tr>
<td>DAYAN QIGON</td>
<td>90245</td>
<td>W</td>
<td>10-10:50am</td>
<td>8/24-12/14</td>
<td>Ma, M.</td>
<td>RSC</td>
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<tr>
<td>PHYSICAL FITNESS</td>
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<tr>
<td>NEW 90595 M</td>
<td></td>
<td>M</td>
<td>10:30-11:20am</td>
<td>8/22-12/19</td>
<td>Dickenson, K.</td>
<td>LFCH</td>
</tr>
<tr>
<td>NEW 90600 M</td>
<td></td>
<td>M</td>
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<td>8/22-12/19</td>
<td>Dickenson, K.</td>
<td>FSSC</td>
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<tr>
<td>90235 T</td>
<td></td>
<td>T</td>
<td>1-1:50pm</td>
<td>8/23-12/20</td>
<td>Messenger, L.</td>
<td>RSC</td>
</tr>
<tr>
<td>90320 W</td>
<td></td>
<td>W</td>
<td>9-9:50am</td>
<td>8/24-12/14</td>
<td>Lane, J.</td>
<td>LSC</td>
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<tr>
<td>90125 TH</td>
<td></td>
<td>TH</td>
<td>1-1:50pm</td>
<td>8/25-12/15</td>
<td>Messenger, L.</td>
<td>RSC</td>
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<tr>
<td>90315 F</td>
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<td>9/2-12/9</td>
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<td>LFCH</td>
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<tr>
<td>NEW 90530 F</td>
<td></td>
<td>F</td>
<td>2-3:05pm</td>
<td>9/2-12/9</td>
<td>Mastin, K.</td>
<td>TUS</td>
</tr>
<tr>
<td>PILATES</td>
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<tr>
<td>90190 M</td>
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<td>M</td>
<td>10:15-11:05am</td>
<td>8/22-12/19</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
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<td>90135 W</td>
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<td>W</td>
<td>10:15-11:05am</td>
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<td>Robitaille, J.</td>
<td>LBCC</td>
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<tr>
<td>90100 F</td>
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<td>F</td>
<td>10:15-11:20am</td>
<td>8/26-12/16</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
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STRETCH AND FLEXIBILITY
90150  T  2:2:50pm  8/23-12/20  Messenger, L.  RSC

TAI CHI (BALANCE AND MOBILITY)
90210  W  1:1:50pm  8/24-12/14  Schoon, J.  LFCH

YOGA
90660  F  Noon-1:05pm  8/25-12/15  Lane, J.  LFCH

HLTH 400B: HEALTH AND FITNESS FOR MATURE ADULTS
(2 HOURS PER WEEK)
This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness activities aimed at maintaining an active, independent lifestyle. Topics include the physical and cognitive benefits of exercise, injury prevention, and special considerations to approaching exercise safely for the older adult. (No class 9/5, 11/11, 11/24, 11/25, 12/21; some additional skip dates due to individual centers’ schedules)

ASAP STRENGTH AND PILATES
90215  T  3:4:50pm  8/23-12/20  Ovadia, J.  RSC

DANCE (COUNTRY LINE)
90165  M  10:30am-12:20pm  8/22-12/19  Stuart, I.  LSC
NEW 90070  M  10:30am-12:20pm  8/22-12/19  STAFF  TRCPCP
90115  T  10:30am–12:20pm  8/23-12/20  Turi, R.  LFCH
NEW 90535  T  1:30-3:20pm  8/30-12/20  Mastin, K.  TUS
90230  Th  10:30am-12:20pm  8/25-12/15  Turi, R.  HPCC
90240  F  10:30am-12:45pm  9/2-12/16  STAFF  LSC

DAYAN QIGONG
90220  F  10:30am-12:35pm  8/26-12/16  Schoon, J.  FSSC

DYNA-BAND
90205  T  1:2:50pm  8/23-12/20  Robitaille, J.  LFCH

PHYSICAL FITNESS
90180  M  1:2:50pm  8/22-12/19  Ovadia, J.  LSC
90160  W  1:2:50pm  8/24-12/14  Ovadia, J.  LSC
90685  W  1:2:50pm  8/24-12/14  Lane, J.  LFCH
90325  Th  10:30am-12:20pm  8/25-12/16  Lane, J.  LFCH
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<tr>
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<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<tr>
<td>90145</td>
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<td>8/23-12/20</td>
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**TAI CHI**

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<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>90155</td>
<td>T</td>
<td>1-2:50pm</td>
<td>8/30-12/20</td>
<td>Ma, M</td>
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<td>90270</td>
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<td>9/1-12/15</td>
<td>Ma, M</td>
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**TAIJIQUAN**

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**YOGA**

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<tr>
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<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>90170</td>
<td>M</td>
<td>10:30am-12:20pm</td>
<td>8/29-12/19</td>
<td>Michele, M.</td>
<td>ONLINE</td>
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<tr>
<td>90175</td>
<td>W</td>
<td>10:30am-12:20pm</td>
<td>8/25-12/15</td>
<td>Michele, M.</td>
<td>ONLINE</td>
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<tr>
<td>90095</td>
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<td>8/24-12/14</td>
<td>Burns, K.</td>
<td>LBCC</td>
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<tr>
<td>90225</td>
<td>F</td>
<td>11:30am-1:35pm</td>
<td>8/26-12/16</td>
<td>Burns, K.</td>
<td>LBCC</td>
</tr>
<tr>
<td>90600</td>
<td>F</td>
<td>Noon-1:05pm</td>
<td>9/2-12/9</td>
<td>Lane, J.</td>
<td>LFCH</td>
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</tbody>
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**Irvine Valley College ed2go**

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Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

**MEDICAL BILLING AND CODING (Vouchers Included)**
Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

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Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

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**HVAC/R CERTIFIED TECHNICIAN**
A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

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Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

**CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)**
This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA).
## OFF-SITE CLASS LOCATIONS

<table>
<thead>
<tr>
<th>Class Site/Code</th>
<th>Location/Contact Information</th>
</tr>
</thead>
</table>
| **A** FSSC      | Florence Sylvester Senior Center  
23721 Moulton Parkway, Laguna Hills 92653  
949-380-0155 |
| **B** HPCC      | Heritage Park Community Center  
14301 Yale Ave., Irvine 92604  
949-724-6750 |
| **C** LBCC      | Laguna Beach Community Center  
380 Third St., Laguna Beach 92651  
949-464-9535 |
| **D** LBHSCP    | Laguna Beach High School Community Pool  
625 Park Ave., Laguna Beach 92651  
949-464-9535 |
| **E** LFBTC     | Lake Forest Beach and Tennis Club  
22921 Ridge Route Dr., Lake Forest 92630  
949-837-6100 |
| **F** LFCH      | City of Lake Forest - The Clubhouse  
100 Civic Center Dr., Lake Forest 92630  
949-461-3408 |
| **G** LSC       | Lakeview Senior Center  
20 Lake Rd., Irvine 92612  
949-724-6900 |
| **H** RSC       | Rancho Senior Center  
3 Ethel Coplen Way, Irvine 92612  
949-724-6800 |
| **I** TUSTIN    | Tustin Area Senior Center  
200 South C St., Tustin 92780  
714-573-3340 |
| **J** IVC       | Irvine Valley College  
5500 Irvine Center Dr., Irvine 92618  
949-451-5100 |
| **K** ATEP      | School of Integrated Design, Engineering and Automation (IDEA) at the Advanced Technology and Education Park (ATEP)  
1624 Valencia Ave., Tustin 92782  
949-367-8300 |
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If you require an accommodation, please submit your request three business days in advance at link.ivc.edu/event-accom