

COMMUNITY EDUCATION AND EMERITUS INSTITUTE



Join us this Spring online and in person!

Welcome to Community Education and Emeritus

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OFFICE OF EXTENDED EDUCATION

1624 Valencia Ave., Room 205
Tustin, CA 92782
949-367-8343

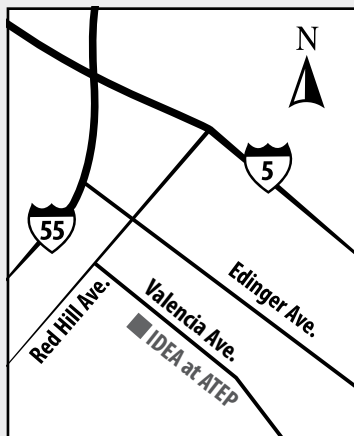
FALL AND SPRING OFFICE HOURS:

9am–5pm Monday through Friday

SUMMER OFFICE HOURS:

8am–6pm Monday through Thursday
Closed Friday

*Closed Saturday/Sunday, holidays,
and semester breaks.*



All Emeritus classes are held at the location listed in the individual course description.
List of Emeritus off-campus class locations on page 18.

GENERAL INFORMATION:

Community Education: www.ivc.edu/community-education

Emeritus: www.ivc.edu/emmeritus

REGISTRATION:

Community Education: <https://ivc.augusoft.net>

Emeritus Institute: <https://mysite.socccd.edu>

IMPORTANT DATES TO REMEMBER

January 15	Martin Luther King, Jr. Holiday (<i>No Classes</i>)
January 16	Emeritus Institute Classes Begin
January 22	Community Education Classes Begin
February 16–19	Presidents Holiday (<i>No Classes</i>)
February 20	Faculty Contractual Day (<i>No Classes</i>)
March 18	Emeritus Registration Dates and Times Available in MySite
March 18–22	Emeritus Spring Break
March 29	Cesar Chavez Holiday (<i>No Classes</i>)
April 8	Summer Registration Begins for College for Kids
April 23–26	Summer Priority Emeritus Registration
May 1	Open Registration
May 22	Last Day of Spring Semester

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. 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!

COMMUNITY EDUCATION REGISTRATION

Registration can be completed by mail, or online:



Online:

<http://ivc.augusoft.net>



Mail:

Office of Extended Education

1624 Valencia Ave.

Tustin, CA 92782

Registration questions and/or assistance, please call 949-367-8343

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.

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 ATEP is \$5 per day. Daily permits can be purchased at IVC in lots 4, 5, 8, and 10. At ATEP, there are two permit dispenser in the parking lot. The Campus Police Department is located on the IVC main campus. For hours and additional information, please visit www.ivc.edu/police for current information.

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 www.ivc.edu/community-education.

Chris LC Lee Authorized Testing Center

The Chris LC 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 – PearsonVue, Kryterion, Meazure Learning, ProctorU, and Talology.

For more information, including scheduling processes, visit:

www.ivc.edu/testing-center

IVC AT ATEP (Irvine Valley College satellite campus)

1624 Valencia Avenue
Tustin, CA 92782

Phone:

949-367-8340

Spring/Fall Hours:

Monday – Friday, 8am – 5pm
Closed weekends and
campus holidays

Summer Hours:

Monday – Thursday, 7:30am – 6pm
Closed weekends and campus holidays



COMMUNITY EDUCATION RELEASE OF LIABILITY

Acknowledgment 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.

ADULT CLASSES



CAREER

Become a Loan Signing Agent

Make the most of your Notary commission by becoming a Loan Signing Agent. Whether you are in the process of obtaining your first commission or fifth, adding loan signing services gives you another stream of income. Set your own hours notarizing real estate documents including refinances, seller, and buyer packages. Loan Signing Agents work with their own clients, loan signing agencies, escrow companies, real estate offices, lenders and more. Experts in the business will teach you best practices and also explain pitfalls to avoid that took them years to learn through experience. Class is three (3) Consecutive evenings.

You will receive a Certificate of Completion when the course is complete.

*Prerequisite: You must be a notary public or have taken a notary class.

Fee \$99 + \$30 materials fee payable day of class			
Material fee can be paid by going to: https://notarypublicseminars.com/product/ivclsamatfee40/			
Instructor: Notary Public Seminars, Inc.			
6-8pm	T-W-Th	3/19-3/21	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, 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. 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/000 to get a better sense of how the class works. You must be age 18 or over to attend. 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 1/22-5/10/24

Fee: \$49	
Instructor: Voices for All Staff	
Various (See Above)	ONLINE



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 (MBC P). 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 denied 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' 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, February 10, 2024.

To complete orientation, visit <https://forms.gle/bK2fX3VwArNy8oBBA>

Instructor: Kris G. Hall-Patterson

6:30-8:30pm	TU-TH	2/13-3/13	ONLINE
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REGISTER EARLY!

Classes may fill quickly or cancel due to low enrollment.

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, February 10, 2024

To complete orientation, visit <https://forms.gle/bK2fX3VwArNy8oBBA>

Instructor: Kris G. Hall-Patterson

6:30-8:30pm	TU/TH	2/6 & 2/8	ONLINE
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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 nsurance 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, February 10, 2024

To complete orientation, visit <https://forms.gle/bK2fX3VwArNy8oBBA>

Instructor: Kris G. Hall-Patterson

6:30-8:30pm	TH	3/14	ONLINE
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ARTS AND HOBBIES

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 their skills. You will 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 each class + \$10 materials fee payable day of class.

Instructor: Paintbox in Paradise, Amanda Freeman

Heart Jar	6-9pm	M	2/5	IVC B 327
Shamrock Gnome	6-9pm	M	3/4	IVC B 327
Hummingbird	6-9pm	M	4/1	IVC B 327
Sunflower Barn	6-9pm	M	5/6	IVC B 327

Floral Design Essentials (1-day class)

In this intro-level course, students will learn the basic principles of composition, color, and texture as they pertain to floral design. Students will get hands-on experience with fresh and dried flowers, learn how to properly use tools and supplies, and will leave the course with a comprehensive knowledge of flowers, foliage, color schema, and the ability to make simple floral compositions for friends and family. Class location: 17671 Cowan, Ste 175, Irvine, CA 92614

Fee: \$149

Instructor: Mina Design School

9am-2pm	SAT	2/10	Mina Design School
9am-2pm	SAT	3/9	Mina Design School
9am-2pm	SAT	4/13	Mina Design School



Quick. Affordable. Effective. Online Courses



Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.

Course Features:

- 24-Hour Access
- Online Discussion Areas
- 6 Week Format
- Monthly start sessions

A to Z Grant Writing

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

Accounting Fundamentals I & II

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. Follow up by giving yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Computer Skills for the Workplace

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

Creating Web Pages

Learn how to design, create, and post your very own site on the Internet's World Wide Web using HTML. Discover low-cost marketing techniques and search engine strategies.

Introduction to Microsoft Excel

Versions Available: 2007, 2010, 2013, 2016

Become proficient in using Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Introduction to Microsoft Word

Versions Available: 2007, 2010, 2013, 2016

Learn how to create and modify documents using MS Word, the world's most popular word processing program.

Introduction to SQL

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

Call or visit us for a full list of courses

949-367-8343

ed2go.com/ivcccommunityed

IRVINE VALLEY COLLEGE

MONEY MATTERS

Investing for Beginners

Whether you are preparing to do your own stock market investing or want to make sure your financial advisor is giving you good advice, this class is designed to help you answer common questions. You will learn what to look for in a good stock, bond, or mutual fund. Class topics include asset allocation vs managing exposure to stock market, detecting expenses on mutual funds, mutual funds vs private portfolio management, commission broker vs fee based financial advisor, and finding long-term stock investments. Learn to recognize and develop a good investment allocation in your portfolio. This class meets on two (2) consecutive Mondays.

Fee: \$89.99 + \$10 material fee payable day of class

Instructor: James R. Wigen

6-9pm	M	2/5 & 2/12	CEC 2
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Are You Considered an Independent Contractor or GIG Worker?

In the U.S., 36% of ALL workers are Independent Contractors or GIG workers. Being a GIG or IC worker means you are Self-Employed, and you need to know the benefits of being Self-Employed. Class topics include, Increasing profits using Advertising & Marketing, reducing Taxable Income through Business Expenses including Retirement Account contributions like Solo 401 Ks & IRA accounts, Life/ Health Insurance options, and Pros & Cons to forming an LLC, S Corp, Sole Proprietorship, DBAs, and proper steps to filing a business. This class is for informational purposes only, will not offer specific tax advice.

Fee: \$39.99 + \$10 material fee payable day of class

Instructor: James R. Wigen

6-9pm	Th	2/8	CEC 4
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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. Wednesday and Thursday classes are 3 consecutive weeks, Saturday classes are 2 consecutive weeks. Daily parking permit required for this class. See page 5 for details.

Fee: \$59 per person / \$5 per guest

Instructor: Rod H. Kamps, Financial Advisors Network, Inc.

6:30-9:15pm	W	1/24-2/7	IVC-CEC 2
6:30-9:15pm	TH	1/25-2/8	IVC-CEC 2
8:30am -1pm	SAT	1/27-2/3	IVC-CEC 2
6:30-9:15pm	W	4/3-4/17	IVC-CEC 2
6:30-9:15pm	TH	4/4-4/18	IVC-CEC 2
8:30am-1pm	SAT	4/6-4/13	IVC-CEC 2

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.

EMERITUS 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.
- **NEW STUDENTS** (those who have never taken a class at IVC or Saddleback), will need to fill out the online Emeritus application to receive a student number and PIN to register.
- **RETURNING STUDENTS** (those who skipped a fall or spring semester), will need to complete an online Emeritus application to reactivate their student profile before being able to register.
- Online Emeritus application can be found on the Emeritus website: www.ivc.edu/emmeritus
 - Scroll to the bottom of the page and click “Apply Online” under “New or Returning Students.”
- MySite registration is date and time specific. Please log in to your MySite account for your specific date and time to register. Students cannot register prior to their assigned appointment.
- To register for a class, go to <https://mysite.socccd.edu>
- Each student has their own Student Identification Number and 4-digit PIN number. If you do not have one, you will not be able to register.
- Registration appointments are assigned by our District Office on a rotating basis using the first letter of your last name. If you have more questions about registration priorities, visit www.ivc.edu/admissions/registration/priorities
- 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. If and when a space becomes available, you will be notified by email and text. You will receive an APC (Add Permit Code) and have 24 hours to add the class by logging in to your MySite account.
- Faculty reserve the right to drop students who do not attend the first-class session.
- For the most current information, please visit the Emeritus website at www.ivc.edu/emmeritus

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

EMERITUS INSTITUTE CLASSES

EMERITUS ART

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 2/16, 2/19, 2/20, 3/19, 3/21, 3/22, 3/29)**

62445	T	Noon-2:50pm	1/16-5/21	Hernandez, A.	ONLINE
62430	T	6-8:50pm	1/16-5/21	Hernandez, A.	ONLINE
62435	Th	9-11:50am	1/18-5/16	Hernandez, A.	ONLINE
62440	F	9am-12:15pm	1/19-5/17	Hernandez, A. & Addington, T.	RSC

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 2/16, 3/22, 3/29, 4/19)**

62415	F	9am-12:15pm	1/19-5/17	Gulino, M.	LSC
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ART 435C: WATERCOLOR PAINTING-INT/ADV

Use and incorporate color mixing in broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with media. **(No class 3/20, 3/21, 5/22)**

62425	W	9am-11:50pm	1/17-5/15	Gulino, M.	ONLINE
62420	Th	1-3:50pm	1/18-5/16	Gulino, M.	LBCC



EMERITUS HEALTH AND FITNESS

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.

AQUATIC FITNESS TRAINING

62460	T	10-10:50am	1/16-5/21	Otto, H.	LBHSCP
<i>*Skip dates: 2/20, 3/19</i>					
62670	Th	10-10:50am	1/18-5/16	Otto, H.	LBHSCP
<i>*Skip date: 3/21</i>					
62485	T	2-2:50pm	1/16-5/21	Dickenson, K.	LFBTC
<i>*Skip dates: 2/20, 3/19</i>					
62610	Th	2-2:50pm	1/18-5/16	Dickenson, K.	LFBTC
<i>*Skip date: 3/21</i>					

ASAP STRENGTH AND PILATES

62455	Th	10:30-11:20am	1/18-5/16	Ovadia, J.	ONLINE
<i>Skip dates: 3/21</i>					

CHAIR EXERCISE

62505	M	12-12:50pm	1/22-5/20	Dickenson, K.	LFCH
<i>Skip dates: 2/19, 3/18</i>					
62630	T	10-10:50am	1/16-5/21	Lane, J.	LSC
<i>Skip dates: 2/20, 3/19</i>					

NEW CLASS!

62555	W	10-10:50am	1/17-5/22	Ovadia, J.	TUS
<i>Skip date: 3/20</i>					

CIRCUIT TRAINING

NEW CLASS!

90115	T	11-11:50am	1/16-5/21	Messenger, L.	ONLINE
<i>Skip dates: 2/20, 3/19</i>					

DANCE (TAP)

62545	T	9–9:50am	1/16–5/21	Bregozzo, D.	RSC
<i>Skip dates: 2/20, 3/19</i>					
62650	T	10–10:50am	1/16–5/21	Bregozzo, D.	RSC
<i>Skip dates: 2/20, 3/19</i>					
62500	T	11–11:50am	1/16–5/21	Bregozzo, D.	RSC
<i>Skip dates: 2/20, 3/19</i>					

PHYSICAL FITNESS

62570	T	1–1:50pm	1/16–5/21	Messenger, L.	RSC
<i>Skip date 2/20, 3/19</i>					
62495	W	9–9:50am	1/17–5/22	Lane, J.	LSC
<i>Skip date 2/7, 3/20, 5/1</i>					
90120	W	11:30am–12:20pm	1/17–5/22	Lane, J.	LFCH
<i>Skip date 3/20</i>					
62585	TH	10:30–11:20am	1/18–5/16	Lane, J.	LFCH
<i>Skip date 3/21</i>					
62585	TH	1–1:50pm	1/18–5/16	Messenger, L. .	RSC
<i>Skip date 3/21</i>					

PILATES

62635	M	10:15–11:05am	1/22–5/20	Robitaille, J.	LBCC
<i>Skip dates: 2/19, 3/18</i>					
62625	W	10:15–11:05am	1/17–5/22	Robitaille, J.	LBCC
<i>Skip date: 3/20</i>					
NEW CLASS!					
90300	Th	2–2:50pm	1/18–5/16	Ovadia, J.	TUS
<i>Skip dates: 3/21</i>					
62470	F	10:15 –11:05am	1/19–5/17	Robitaille, J.	LBCC
<i>Skip dates: 2/16, 3/22, 3/29</i>					

STRENGTH & BALANCE

62665	M	10:30–11:20am	1/22–5/20	Dickenson, K.	LFCH
<i>Skip dates: 2/19, 3/18</i>					
NEW CLASS!					
62515	W	10–10:50am	1/17–5/22	Dickenson, K.	LFBTC
<i>Skip date: 3/20</i>					
NEW CLASS!					
90310	F	9–10:05am	1/19–5/17	Dickenson, K.	LSC
<i>Skip dates: 2/16, 3/22, 3/29, 4/19</i>					

STRETCH & FLEXIBILITY

66100	T/Th	9–9:50am	1/16–5/21	Messenger, L.	ONLINE
<i>Skip dates: 2/20, 3/19, 3/21</i>					
62715	W	2–2:50pm	1/17–5/22	Mastin, K.	TUS LEGACY
<i>Skip date: 3/20</i>					

TAI CHI

62490	W	1–1:50pm	1/17–5/22	Ma. M.	LFCH
<i>Skip date: 3/20</i>					

QIGONG

62550	W	10–10:50am	1/17–5/22	Ma, M.	RSC
<i>Skip date: 3/20</i>					

YOGA

62595	M	11–11:50am	1/22–5/20	Lane, J.	TUS
<i>Skip dates: 2/19, 3/18</i>					
62705	W	10:30–11:20am	1/18–5/22	Nguyen, T.	LFCH
<i>Skip date: 3/20</i>					
62510	Th	11:30am–12:20pm	1/18–5/16	Lane, J.	LFCH
<i>Skip date: 3/21</i>					

NEW CLASS!

90315	F	11–11:50pm	1/19–5/17	Nguyen, T.	TUS LEGACY
<i>Skip dates: 2/16, 3/22, 3/29</i>					



HLTH 400B: HEALTH AND FITNESS FOR MATURE ADULTS (2 HOURS PER WEEK)

This course addresses the physical and mental health of older, mature adults 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 older adults.

ASAP STRENGTH AND PILATES

62580	T	2:30–4:20pm	1/16–5/21	Ovadia, J.	ONLINE
<i>Skip dates: 2/20, 3/19</i>					

DYNA – BAND

62525	T	12:30–2:20pm	1/16–5/21	Robitaille, J.	ONLINE
<i>Skip dates: 2/20, 3/19</i>					

PHYSICAL FITNESS

62640	M	1–2:50pm	1/22–5/20	Ovadia, J.	ONLINE
<i>Skip dates: 2/19, 3/18</i>					

62540	W	1–2:50pm	1/17–5/22	Ovadia, J.	LSC
<i>Skip dates: 2/7, 3/20, 5/1</i>					

PILATES

62655	T	10:30am–12:20pm	1/16–5/21	Robitaille, J.	LFCH
<i>Skip dates: 2/20, 3/19</i>					

TAI CHI

62590	Th	1–2:50pm	1/18–5/16	Ma. M.	TUS
<i>Skip date: 3/21</i>					

YOGA

62620	W	1–2:50pm	1/17–5/22	Lane, J.	LFCH
<i>Skip date: 3/20</i>					

62480	W	11:15am–1:05pm	1/17–5/22	Burns, K.	LBCC
<i>Skip date: 3/20</i>					

62535	F	11:15am–1:20pm	1/19–5/17	Burns, K.	LBCC
<i>Skip dates: 2/16, 3/22, 3/29</i>					

LINE DANCE

HLTH 400A: HEALTH AND FITNESS FOR MATURE ADULTS (1 HOUR PER WEEK)

62605	T	10:30–11:20am	1/16–5/21	Turi, R.	LFCH
<i>Skip dates: 2/20, 3/19 *Recommended for Beginner/Improver</i>					
62645	T	11:30–12:20pm	1/16–5/21	Turi, R.	LFCH
<i>Skip dates: 2/20, 3/19 *Recommended for Beginner/Improver</i>					
62710	W	1–1:50pm	1/17–5/22	Mastin, K.	TUS LEGACY
<i>Skip date: 3/20 *Recommended for Improver/Advanced Beginner</i>					
62465	Th	9–9:50am	1/18–5/16	Stuart, I.	LSC
<i>Skip dates: 3/21, 4/25 *Recommended for Improver/Advanced Beginner</i>					
62450	F	10–11:35am	1/19–5/17	Chung, J.	LSC
<i>Skip dates: 2/16, 3/22, 3/29, 4/19 *Recommended for Beginner/High Beginner</i>					
62675	F	11:45am–12:50pm	1/19–5/17	Chung, J.	LSC
<i>Skip dates: 2/16, 3/22, 3/29, 4/19 *Recommended for Beginner/Improver</i>					

HLTH 400B: HEALTH AND FITNESS FOR MATURE ADULTS (2 HOURS PER WEEK)

62600	M	10:30am–12:20pm	1/22–5/20	Stuart, I.	LSC
<i>Skip dates: 2/19, 3/18 *Recommended for Beginner/Improver</i>					
62560	M	10:30am–12:35pm	1/22–5/20	Chung, J.	TRCP
<i>Skip dates: 2/19, 3/11, 3/18, 4/1 *Recommended for High Beginner/Improver</i>					
62660	T	1:30–3:20pm	1/16–5/21	Mastin, K.	TUS LEGACY
<i>Skip dates: 2/20, 3/19 *Recommended for Beginners</i>					
62530	Th	10–11:50am	1/18–5/16	Turi, R.	HPCC
<i>Skip dates: 3/21, 4/4 *Recommended for Intermediate</i>					
62615	F	2–3:50pm	1/19–5/17	Mastin, K.	TUS
<i>Skip dates: 2/16, 3/22, 3/2 *Recommended for Improver</i>					



OFF-CAMPUS EMERITUS LOCATIONS

CLASS SITE/CODE	LOCATION/CONTACT INFORMATION
HPCC	Heritage Park Community Center 14301 Yale Ave., Irvine 92604 949-724-6750
LBCC	Laguna Beach Community Center 380 Third St., Laguna Beach 92651 949-464-9535
LBHSCP	Laguna Beach High School Community Pool 625 Park Ave., Laguna Beach 92651 949-464-9535
LFBTC	Lake Forest Beach and Tennis Club 22921 Ridge Route Dr., Lake Forest 92630 949-837-6100
LFCH	City of Lake Forest – The Clubhouse 100 Civic Center Dr., Lake Forest 92630 949-461-3408
LSC	Lakeview Senior Center 20 Lake Rd., Irvine 92612 949-724-6900
RSC	Rancho Senior Center 3 Ethel Coplen Way, Irvine 92612 949-724-6800
TRCP	Turtle Rock Community Park 1 Sunnyhill, Irvine 92603 949-724-6734
TUS	Tustin Area Senior Center 200 South C St., Tustin 92780 714-573-3340
TUS LEGACY	The Annex at Tustin Legacy 15445 Lansdowne Rd., Tustin 92782 714-573-3326
IVC	Irvine Valley College 5500 Irvine Center Dr., Irvine 92618 949-451-5100
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

IRVINE VALLEY COLLEGE CAMPUS MAP



A 100	Administration	HWC	Health and Wellness Center
A 200	Social Sciences	LA	Liberal Arts Building
A 300	Humanities, Fine Arts, and HR	LIB	Library
B 100	Classrooms, Offices, and Bookstore	LSB	Life Sciences Building (B 400)
B 200	Mathematics and Physical Sciences	M 100	Facilities Management Office
B 300	Classrooms and Labs	PAC	Performing Arts Center
BSTIC	Business Sciences and Technology Innovation Center	PE 100	Health Fitness Complex
CEC	Community Education Complex 1-7	PE 200	Hart Gymnasium
CEC 7	International Student Office	POLICE	IVC Police/Parking
DTC 1	DSPS Testing Center	SAC	Student Activities Center
		SSC	Student Services Center
		TER	Live Oak Terraces

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