WELCOME TO EXTENDED EDUCATION

Irvine Valley College Extended Education believes in the value of lifelong learning. We offer fun, engaging courses for adults, and senior citizens. Courses are offered online and in person, on campus and in the community. Take a look at our offerings—you can learn a new skill, explore your talents, or train for a new career!

ivc.edu/community-education
ivc.edu/emeritus

Community Education classes are held at Irvine Valley College, 5500 Irvine Center Drive, Irvine. See campus map on page 18. Register: https://ivc.augusoft.net

Emeritus classes are held at the location listed in the individual course description. See list of Emeritus off-campus class locations on page 16. Register: https://mysite.socccd.edu

OFFICE OF EXTENDED EDUCATION
1624 Valencia Ave., Room 205
Tustin, CA 92782

Phone: 949-367-8343

Fall/Spring Hours:
9 am–5 pm Monday through Friday

Summer Hours:
8 am–6 pm Monday through Thursday
Closed Friday
Closed Saturday, Sunday, campus holidays, and semester breaks.

It is the policy of the SOC CCD 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.
TABLE OF CONTENTS

IMPORTANT DATES .................................................................................................................. see below
ABOUT COMMUNITY EDUCATION ................................................................................................. 4-5
  Registration Information .................................................................................................................. 4
  Chris LC Lee Testing Center ........................................................................................................... 5
  Release of Liability .......................................................................................................................... 6
  Chris LC Lee Testing Center ........................................................................................................... 7
  Adult Career Classes ......................................................................................................................... 8-9
  Art and Hobbies ............................................................................................................................... 10
  Money Matters ................................................................................................................................ 10
ABOUT EMERITUS CLASSES ........................................................................................................... 11
  Emeritus Registration Information ................................................................................................. 11
  Emeritus Art ...................................................................................................................................... 12
  Emeritus Health and Fitness ............................................................................................................. 13-15
  Emeritus Class Locations Map ......................................................................................................... 16-17
IRVINE VALLEY COLLEGE CAMPUS MAP ....................................................................................... 18
ED2GO ONLINE CLASSES ................................................................................................................ 19

IMPORTANT DATES

August 19  Emeritus Fall Classes Begin
September 2  Labor Day Holiday (No Classes)
September 3  Community Education Fall Classes Begin
October 2  Emeritus Spring Registration Dates and Times Available in MySite
November 11  Veterans Day Holiday (No Classes)
November 12–15  Spring 2025 Priority Emeritus Registration
November 28–29  Thanksgiving Holiday (No Classes)
December 11  Faculty Contractual Day (No Classes)
December 18  Last Day of Fall Semester
Dec 19–Jan 10  Winter Break
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!

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.

REGISTRATION INFORMATION

REGISTRATION CAN BE COMPLETED ONLINE OR BY MAIL.
Registration questions and/or assistance, please call 949-367-8343.

Online: http://ivc.augusoft.net
Mail: Office of Extended Education
      1624 Valencia Avenue
      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 canceled, you will receive a refund.
COMMUNITY EDUCATION REGISTRATION FORM

RECEIPTS SENT BY REQUEST

Payee Name:

Address: 
City: 
Zip: 

Daytime Telephone #: 
Email: 

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Birth Date</th>
<th>Class Name and Number</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Check # (Made Payable to IVC):

OFFICE USE ONLY

<table>
<thead>
<tr>
<th>Receipt #:</th>
<th>Date:</th>
<th>Other:</th>
</tr>
</thead>
</table>

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 #: 

IVC Community Education | http://ivc.augusoft.net | Fall 2024
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.
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 — PearsonVue, Kryterion, Meazure Learning, ProctorU and Talology.

For more information, including scheduling processes, visit: www.ivc.edu/testing-center

**REFUND POLICY**

Full refunds are issued for classes canceled 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.
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 your instructor, a professional, working voice actor from the voice acting training company Voices For All, in a one-on-one, personalized, video chat setting. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. In this one-time, 90-minute, introductory 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. Check out the video at http://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).

Fee: $49
Instructor: Voices for All Staff ONLINE

Once you have registered for the class, a representative from Voices For All will contact you to schedule your one-on-one, personalized, video chat class. Class must be held between 9/3-12/6.

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 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 www.paypal.me/krisgpatterson

**Orientation:** All students must attend an online orientation no later than Saturday, October 5, 2024. To complete orientation, visit https://forms.gle/bK2tX3VwArNy8oBBA

**Instructor:** Kris G. Hall-Patterson

**6:30–8:30 pm  T-Th  10/8-11/7  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 www.paypal.me/krisgpatterson

**Orientation:** All students must attend an online orientation no later than Saturday, November 9, 2024. To complete orientation, visit https://forms.gle/bK2tX3VwArNy8oBBA

**Instructor:** Kris G. Hall-Patterson

**6:30–8:30 pm  T-TH  11/12-11/13  ONLINE**

### 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, November 16, 2024. To complete orientation, visit https://forms.gle/bK2tX3VwArNy8oBBA

**Instructor:** Kris G. Hall-Patterson

**6:30–8:30 pm  TH  11/19  ONLINE**
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. Pictures can be found on ivc.augusoft.net

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

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.

Register Early! Classes may fill quickly or cancel due to low enrollment.
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

- 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/emeritus

- 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.

SPECIAL NOTE: ALL EMERITUS INSTITUTE CLASSES ARE TUITION-FREE

For the most current information, please visit www.ivc.edu/emeritus
If you need additional assistance, please contact the Extended Education Office at 949-367-8343 or by email at ivcemeritus@ivc.edu
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 9/2, 11/11, 11/28, 11/29, 12/11)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>64505</td>
<td>M</td>
<td>9–11:50 am</td>
<td>8/19-12/16</td>
<td></td>
<td>Addington, T.</td>
</tr>
<tr>
<td>64225</td>
<td>T</td>
<td>9-11:50 am</td>
<td>8/20-12/17</td>
<td></td>
<td>Hernandez, A.</td>
</tr>
<tr>
<td>64235</td>
<td>T</td>
<td>6-8:50 pm</td>
<td>8/20-12/17</td>
<td></td>
<td>Hernandez, A.</td>
</tr>
<tr>
<td>64230</td>
<td>Th</td>
<td>9-11:50 am</td>
<td>8/22-12/12</td>
<td></td>
<td>Hernandez, A.</td>
</tr>
<tr>
<td>64220</td>
<td>F</td>
<td>9-11:50 am</td>
<td>8/23-12/13</td>
<td></td>
<td>Hernandez, A. &amp; Addington, T.</td>
</tr>
</tbody>
</table>

ART 403C: ART MEDIA (WIRE WRAPPING)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>64500</td>
<td>W</td>
<td>9-11:50 am</td>
<td>8/21-12/18</td>
<td></td>
<td>Sykes, E.</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 8/23, 9/20, 10/18, 11/29)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>64245</td>
<td>F</td>
<td>8:45 am-12:10 pm</td>
<td>8/30-12/13</td>
<td></td>
<td>Gulino, M.</td>
</tr>
</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. An increasing emphasis will be placed on individual exploration with the media. (No class 8/21, 8/22, 11/28, 12/11)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>64240</td>
<td>W</td>
<td>9 am–11:50 pm</td>
<td>8/28-12/18</td>
<td></td>
<td>Gulino, M.</td>
</tr>
<tr>
<td>64250</td>
<td>Th</td>
<td>1–4:05 pm</td>
<td>8/29-12/12</td>
<td></td>
<td>Gulino, M.</td>
</tr>
</tbody>
</table>
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.

(No class 9/2, 11/11, 11/28, 11/29, 12/11)

### AQUATIC FITNESS TRAINING

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Term</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64295</td>
<td>T</td>
<td>10-10:50 am</td>
<td>8/20-12/17</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
</tr>
<tr>
<td>64455</td>
<td>Th</td>
<td>10-10:50 am</td>
<td>8/20-12/12</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
</tr>
<tr>
<td>64490</td>
<td>T</td>
<td>2-2:50 pm</td>
<td>8/20-12/17</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
</tr>
<tr>
<td>64440</td>
<td>Th</td>
<td>2-2:50 pm</td>
<td>8/20-12/12</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
</tr>
</tbody>
</table>

### ASAP STRENGTH AND PILATES

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Term</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64310</td>
<td>Th</td>
<td>10:30-11:20 am</td>
<td>8/22-12/12</td>
<td>Ovadia, J.</td>
<td>ONLINE</td>
</tr>
</tbody>
</table>

### CHAIR EXERCISES

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Term</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64380</td>
<td>M</td>
<td>Noon–12:50 pm</td>
<td>8/19-12/16</td>
<td>Dickenson, K.</td>
<td>LFCH</td>
</tr>
<tr>
<td>90245</td>
<td>T</td>
<td>9-9:50 am</td>
<td>8/20-12/17</td>
<td>Dickenson, K.</td>
<td>LBCRC</td>
</tr>
<tr>
<td>64480</td>
<td>T</td>
<td>10–10:50 am</td>
<td>8/20-12/17</td>
<td>Lane, J.</td>
<td>LSC</td>
</tr>
<tr>
<td>90240</td>
<td>Th</td>
<td>12:30-1:20 pm</td>
<td>8/22-12/12</td>
<td>Dickenson, K.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

### CIRCUIT TRAINING

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Term</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64435</td>
<td>T</td>
<td>11-11:50 am</td>
<td>8/20-12/17</td>
<td>Messenger, L.</td>
<td>ONLINE</td>
</tr>
<tr>
<td>90230</td>
<td>W</td>
<td>10:30-11:20 am</td>
<td>8/21-12/18</td>
<td>Mastin, K.</td>
<td>LSC Patio</td>
</tr>
</tbody>
</table>

### DANCE (TAP)

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Term</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64375</td>
<td>T</td>
<td>9-9:50 am</td>
<td>8/20-12/17</td>
<td>Bregozzo, D.</td>
<td>RSC</td>
</tr>
<tr>
<td>64330</td>
<td>T</td>
<td>10-10:50 am</td>
<td>8/20-12/17</td>
<td>Bregozzo, D.</td>
<td>RSC</td>
</tr>
<tr>
<td>64400</td>
<td>T</td>
<td>11-11:50 am</td>
<td>8/20-12/17</td>
<td>Bregozzo, D.</td>
<td>RSC</td>
</tr>
</tbody>
</table>
## PHYSICAL FITNESS

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64355</td>
<td>T</td>
<td>1-1:50 pm</td>
<td>8/20-12/17</td>
<td></td>
<td>Messenger, L.</td>
<td>RSC</td>
</tr>
<tr>
<td>64265</td>
<td>W</td>
<td>9-10:05 am</td>
<td>8/21-11/27</td>
<td></td>
<td>Lane, J.</td>
<td>LSC</td>
</tr>
<tr>
<td>64450</td>
<td>W</td>
<td>11:30 am-12:20 pm</td>
<td>8/21-12/18</td>
<td></td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td>64395</td>
<td>Th</td>
<td>10:30-11:20 am</td>
<td>8/22-12/12</td>
<td></td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td>64325</td>
<td>Th</td>
<td>1-1:50 pm</td>
<td>8/22-12/12</td>
<td></td>
<td>Messenger, L.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

## PILATES

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64470</td>
<td>M</td>
<td>10:15-11:20 am</td>
<td>8/19-12/16</td>
<td></td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td>64390</td>
<td>W</td>
<td>10:15-11:20 am</td>
<td>8/21-12/18</td>
<td></td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td>64525</td>
<td>Th</td>
<td>2-3:05 pm</td>
<td>8/22-12/12</td>
<td></td>
<td>Ovadia, J.</td>
<td>TUS</td>
</tr>
<tr>
<td>64290</td>
<td>F</td>
<td>10:15-11:20 am</td>
<td>8/23-12/13</td>
<td></td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td><strong>New!</strong></td>
<td>T</td>
<td>9-9:50 am</td>
<td>8/20-12/17</td>
<td></td>
<td>Ovadia, J.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

## QIGONG

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64340</td>
<td>W</td>
<td>10-10:50 AM</td>
<td>8/21-12/18</td>
<td></td>
<td>Ma, M.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

## STRENGTH AND BALANCE

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64305</td>
<td>M</td>
<td>10:30-11:20 am</td>
<td>8/19-12/16</td>
<td></td>
<td>Dickenson, K.</td>
<td>LFCH</td>
</tr>
<tr>
<td>90250</td>
<td>T</td>
<td>10-10:50 am</td>
<td>8/20-12/17</td>
<td></td>
<td>Dickenson, K.</td>
<td>LBCRC</td>
</tr>
<tr>
<td>64360</td>
<td>W</td>
<td>10-10:50 am</td>
<td>8/21-12/18</td>
<td></td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
</tr>
<tr>
<td>64415</td>
<td>F</td>
<td>9-10:05 am</td>
<td>8/23-12/13</td>
<td></td>
<td>Dickenson, K.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

## STRETCH AND FLEXIBILITY

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64475</td>
<td>T/Th</td>
<td>9-9:50 am</td>
<td>8/20-12/17</td>
<td></td>
<td>Messenger, L.</td>
<td>ONLINE</td>
</tr>
<tr>
<td><strong>New!</strong></td>
<td>W</td>
<td>10-10:50 am</td>
<td>8/21-12/18</td>
<td></td>
<td>Augsburger, R</td>
<td>TUS</td>
</tr>
<tr>
<td>64320</td>
<td>W</td>
<td>2:15-3:20 pm</td>
<td>8/28-12/18</td>
<td></td>
<td>Mastin, K.</td>
<td>TUS LEGACY</td>
</tr>
<tr>
<td>90235</td>
<td>Th</td>
<td>1:30-2:35 pm</td>
<td>8/22-12/12</td>
<td></td>
<td>Mastin, K.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

## TAI CHI

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64405</td>
<td>W</td>
<td>1-1:50 pm</td>
<td>8/21-12/18</td>
<td></td>
<td>Ma, M.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

## YOGA

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>64385</td>
<td>M</td>
<td>11 am-12:05 pm</td>
<td>8/19-12/16</td>
<td></td>
<td>Lane, J.</td>
<td>TUS</td>
</tr>
<tr>
<td>64345</td>
<td>W</td>
<td>10:30-11:20 am</td>
<td>8/21-12/18</td>
<td></td>
<td>Nguyen, T.</td>
<td>LFCH</td>
</tr>
<tr>
<td>64485</td>
<td>Th</td>
<td>11:30 am-12:20 pm</td>
<td>8/22-12/12</td>
<td></td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td><strong>New!</strong></td>
<td>Th</td>
<td>1-1:50 pm</td>
<td>8/22-12/12</td>
<td></td>
<td>Nguyen, T.</td>
<td>FSSC</td>
</tr>
<tr>
<td><strong>New!</strong></td>
<td>Th</td>
<td>10-10:50 am</td>
<td>8/22-12/12</td>
<td></td>
<td>Confinco, S.</td>
<td>RSC</td>
</tr>
</tbody>
</table>
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. (No Class 9/2, 11/11, 11/28, 11/29, 12/11)

**ASAP STRENGTH AND PILATES**
- **64445** T 2:30-4:20 pm 8/20-12/17 Ovadia, J. ONLINE

**DYNA-BAND**
- **64350** T 12:30-2:20 pm 8/20-12/17 Robitaille, J. LFCH

**PHYSICAL FITNESS**
- **64425** M 1-2:50 pm 8/19-12/16 Ovadia, J. ONLINE
- **64365** W 12:30-2:35 pm 8/20-11/27 Ovadia, J. LSC

**PILATES**
- **64300** T 10:30 am-12:20 pm 8/20-12/17 Robitaille, J. LFCH

**TAI CHI**
- **64430** Th 1-3:05 pm 8/22-12/12 Ma, M. TUS

**YOGA**
- **64280** W 11:30 am-1:20 pm 8/21-12/4 Burns, K. LBCC
- **64460** W 1-2:50 pm 8/21-12/18 Lane, L. LFCH
- **64285** F 11:30 am-1:35 pm 8/23-12/13 Burns, K. LBCC

**LINE DANCE**
- **64315** M 10:30 am-12:20 pm 8/19-12/19 Stuart, I. LSC
- **64270** M 10 am-12:15 pm 8/26-12/16 Chung, J. TRCP
- **64255** T 10:30 am-11:20 pm 8/20-12/17 Turi, R. LFCH
- **64335** T 11:30 am-12:20 pm 8/20-12/17 Turi, R. LFCH
- **64275** T 1:30-3:20 pm 8/20-12/17 Mastin, K. TUS
- **64420** W 1-2:05 pm 8/28-12/18 Mastin, K. TUS LEGACY
- **64260** Th 10 am-12:05 pm 8/22-12/12 Turi, R. HPCC
- **64410** Th 9:9:50 am 8/22-12/12 Stuart, I. LSC
- **90280** F 10:15 am-12:30 pm 8/30-12/13 Chung, J. LSC
- **90225** F 1:30-2:35 pm 8/23-12/16 Mastin, K. TUS
# CLASS LOCATIONS AND MAPS

<table>
<thead>
<tr>
<th>CLASS SITE</th>
<th>LOCATION/CONTACT INFO</th>
</tr>
</thead>
</table>
| FSSC       | Florence Sylvester Senior Center  
23721 Moulton Pkwy., Laguna Hills 92653  
949-380-0155 |
| 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 |
| LBCRC      | Laguna Beach Community and Recreation Center  
30516 Coast Hwy., Laguna Beach 92651  
949-464-6654 |
| 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 | 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 |
Community Education classes are held at Irvine Valley College.

All Emeritus classes are held at the location listed in the individual course description.
A 100  ADMINISTRATION
A 200  SOCIAL SCIENCES
A 300  HUMANITIES, FINE ARTS AND HR
B 100  CLASSROOMS, OFFICES AND BOOKSTORE
B 200  MATHEMATICS AND PHYSICAL SCIENCES
BSTIC  BUSINESS SCIENCES AND TECHNOLOGY INNOVATION CENTER
CEC  COMMUNITY EDUCATION COMPLEX 1-7
CEC 7  INTERNATIONAL STUDENT OFFICE
DTC 1  DSPS TESTING CENTER
FA  FINE ARTS AND GALLERY
HWC  HEALTH AND WELLNESS CENTER
LA  LIBERAL ARTS BUILDING
LIB  LIBRARY
LSB  LIFE SCIENCES BUILDING (B 400)
M 100  FACILITIES MANAGEMENT OFFICE
MD  MUSIC AND DANCE
PAC  PERFORMING ARTS CENTER
PE 100  HEALTH FITNESS COMPLEX
PE 200  HART GYMNASIUM
POLICE  IVC POLICE/PARKING INFORMATION
SAC  STUDENT ACTIVITIES CENTER
SSC  STUDENT SERVICES CENTER
TER  LIVE OAK TERRACES
VA  VISUAL ARTS

IRVINE VALLEY COLLEGE
5500 Irvine Center Dr., Irvine CA, 92618

For an online campus map, visit: www.ivc.edu/map
Learn ANYWHERE  Learn ANYTIME

ONLINE COURSES

450+ Courses, series and suites to choose from!

COURSE CATEGORIES:

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Legal Studies
- Math and Science
- Teacher Professional Development
- Test and Exam Prep
- Writing and Editing

COURSE FEATURES:

- 100% Online
- 24/7 Course access
- 6-Week instructor-moderated or 3-month self-guided formats
- Learn from industry experts
- Start anytime
- Receive a certificate of completion

Irvine Valley College

To view all courses, learn more and enroll, visit:
ivc.edu/community-education/online
Irvine Valley College Extended Education believes in the value of lifelong learning. We offer fun, engaging courses for kids, adults, and senior citizens. Courses are offered online and in person, on campus and in the community. Take a look at our offerings—you can learn a new skill, explore your talents, or train for a new career!

ivc.edu/community-education
ivc.edu/emeritus

If you require an accommodation, please submit your request three business days in advance at link.ivc.edu/event-accom