COMMUNITY EDUCATION
AND EMERITUS INSTITUTE

Join us this Spring online and in person!
Welcome to Community Education and Emeritus

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important Dates</td>
<td>3</td>
</tr>
<tr>
<td>About Community Education</td>
<td>4</td>
</tr>
<tr>
<td>Registration Information</td>
<td>4</td>
</tr>
<tr>
<td>Chris LC Lee Testing Center</td>
<td>5</td>
</tr>
<tr>
<td>Release of Liability</td>
<td>6</td>
</tr>
<tr>
<td>Adult Classes</td>
<td>7–10</td>
</tr>
<tr>
<td>Career</td>
<td>7–8</td>
</tr>
<tr>
<td>Art and Hobbies</td>
<td>9</td>
</tr>
<tr>
<td>Money Matters</td>
<td>10</td>
</tr>
<tr>
<td>About Emeritus Classes</td>
<td>11</td>
</tr>
<tr>
<td>Emeritus Institute Classes</td>
<td>12–17</td>
</tr>
<tr>
<td>Emeritus Art</td>
<td>18</td>
</tr>
<tr>
<td>Emeritus Health and Fitness</td>
<td>13–17</td>
</tr>
<tr>
<td>Emeritus Class Locations</td>
<td>18</td>
</tr>
<tr>
<td>Irvine Valley College Campus Map</td>
<td>19</td>
</tr>
</tbody>
</table>
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/emeritus

REGISTRATION:
Community Education: https://ivc.augusoft.net
Emeritus Institute: https://mysite.socccd.edu

IMPORTANT DATES TO REMEMBER

January 15  Martin Luther King, Jr. Holiday (No Classes)
January 16  Emeritus Institute Classes Begin
January 22  Community Education Classes Begin
February 16–19  Presidents Holiday (No Classes)
February 20  Faculty Contractual Day (No Classes)
March 18  Emeritus Registration Dates and Times Available in MySite
March 18–22  Emeritus Spring Break
March 29  Cesar Chavez Holiday (No Classes)
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, Measure 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
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.
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/ivclsamaftee40/

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/ooo 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 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, 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

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

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 HIPAA 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, February 10, 2024
To complete orientation, visit https://forms.gle/bK2fX3VwArNy8oBBA
Instructor: Kris G. Hall–Patterson
6:30–8:30pm TH 3/14 ONLINE
**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

<table>
<thead>
<tr>
<th>Art</th>
<th>Times</th>
<th>Date(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Jar</td>
<td>6-9pm</td>
<td>M 2/5</td>
<td>IVC B 327</td>
</tr>
<tr>
<td>Shamrock Gnome</td>
<td>6-9pm</td>
<td>M 3/4</td>
<td>IVC B 327</td>
</tr>
<tr>
<td>Hummingbird</td>
<td>6-9pm</td>
<td>M 4/1</td>
<td>IVC B 327</td>
</tr>
<tr>
<td>Sunflower Barn</td>
<td>6-9pm</td>
<td>M 5/6</td>
<td>IVC B 327</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Art</th>
<th>Times</th>
<th>Date(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am–2pm</td>
<td>SAT 2/10</td>
<td>Mina Design School</td>
<td></td>
</tr>
<tr>
<td>9am–2pm</td>
<td>SAT 3/9</td>
<td>Mina Design School</td>
<td></td>
</tr>
<tr>
<td>9am–2pm</td>
<td>SAT 4/13</td>
<td>Mina Design School</td>
<td></td>
</tr>
</tbody>
</table>

---

**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**
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**
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/ivccommunityed
IRVINE VALLEY COLLEGE

---

https://ivc.augusoft.net | IVC Community Education | Spring 2024 | 9
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

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 TH 4/4–4/18 IVC–CEC 2
8:30am–1pm SAT 4/6–4/13 IVC–CEC 2

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
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/emeritus
  - 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/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 2/16, 2/19, 2/20, 3/19, 3/21, 3/22, 3/29)

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62445</td>
<td>T</td>
<td>Noon–2:50pm</td>
<td>1/16–5/21</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
</tr>
<tr>
<td>62430</td>
<td>T</td>
<td>6–8:50pm</td>
<td>1/16–5/21</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
</tr>
<tr>
<td>62435</td>
<td>Th</td>
<td>9–11:50am</td>
<td>1/18–5/16</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
</tr>
<tr>
<td>62440</td>
<td>F</td>
<td>9am–12:15pm</td>
<td>1/19–5/17</td>
<td>Hernandez, A. &amp; 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 2/16, 3/22, 3/29, 4/19)

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62415</td>
<td>F</td>
<td>9am–12:15pm</td>
<td>1/19–5/17</td>
<td>Gulino, M.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62425</td>
<td>W</td>
<td>9am–11:50pm</td>
<td>1/17–5/15</td>
<td>Gulino, M.</td>
<td>ONLINE</td>
</tr>
<tr>
<td>62420</td>
<td>Th</td>
<td>1–3:50pm</td>
<td>1/18–5/16</td>
<td>Gulino, M.</td>
<td>LBCC</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.

### AQUATIC FITNESS TRAINING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62460</td>
<td>T</td>
<td>10–10:50am</td>
<td>1/16–5/21</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62670</td>
<td>Th</td>
<td>10–10:50am</td>
<td>1/18–5/16</td>
<td>Otto, H.</td>
<td>LBHSCP</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip date: 3/21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62485</td>
<td>T</td>
<td>2–2:50pm</td>
<td>1/16–5/21</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62610</td>
<td>Th</td>
<td>2–2:50pm</td>
<td>1/18–5/16</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip date: 3/21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ASAP STRENGTH AND PILATES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62455</td>
<td>Th</td>
<td>10:30–11:20am</td>
<td>1/18–5/16</td>
<td>Ovadia, J.</td>
<td>ONLINE</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 3/21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CHAIR EXERCISE

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62505</td>
<td>M</td>
<td>12–12:50pm</td>
<td>1/22–5/20</td>
<td>Dickenson, K.</td>
<td>LFCH</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 2/19, 3/18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62630</td>
<td>T</td>
<td>10–10:50am</td>
<td>1/16–5/21</td>
<td>Lane, J.</td>
<td>LSC</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW CLASS!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62555</td>
<td>W</td>
<td>10–10:50am</td>
<td>1/17–5/22</td>
<td>Ovadia, J.</td>
<td>TUS</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip date: 3/20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CIRCUIT TRAINING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>90115</td>
<td>T</td>
<td>11–11:50am</td>
<td>1/16–5/21</td>
<td>Messenger, L.</td>
<td>ONLINE</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## DANCE (TAP)

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62545</td>
<td>T</td>
<td>9–9:50am</td>
<td>1/16–5/21</td>
<td>Bregazzo, D.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62650</td>
<td>T</td>
<td>10–10:50am</td>
<td>1/16–5/21</td>
<td>Bregazzo, D.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62500</td>
<td>T</td>
<td>11–11:50am</td>
<td>1/16–5/21</td>
<td>Bregazzo, D.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## PHYSICAL FITNESS

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62570</td>
<td>T</td>
<td>1–1:50pm</td>
<td>1/16–5/21</td>
<td>Messenger, L.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date 2/20, 3/19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62495</td>
<td>W</td>
<td>9–9:50am</td>
<td>1/17–5/22</td>
<td>Lane, J.</td>
<td>LSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date 2/7, 3/20, 5/1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90120</td>
<td>W</td>
<td>11:30am–12:20pm</td>
<td>1/17–5/22</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date 3/20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62585</td>
<td>TH</td>
<td>10:30–11:20am</td>
<td>1/18–5/16</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date 3/21</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62585</td>
<td>TH</td>
<td>1–1:50pm</td>
<td>1/18–5/16</td>
<td>Messenger, L.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date 3/21</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## PILATES

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62635</td>
<td>M</td>
<td>10:15–11:05am</td>
<td>1/22–5/20</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/19, 3/18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62625</td>
<td>W</td>
<td>10:15–11:05am</td>
<td>1/17–5/22</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW CLASS!

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>90300</td>
<td>Th</td>
<td>2–2:50pm</td>
<td>1/18–5/16</td>
<td>Ovadia, J.</td>
<td>TUS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 3/21</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62470</td>
<td>F</td>
<td>10:15 –11:05am</td>
<td>1/19–5/17</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/16, 3/22, 3/29</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## STRENGTH & BALANCE

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62665</td>
<td>M</td>
<td>10:30–11:20am</td>
<td>1/22–5/20</td>
<td>Dickenson, K.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/19, 3/18</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW CLASS!

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62515</td>
<td>W</td>
<td>10–10:50am</td>
<td>1/17–5/22</td>
<td>Dickenson, K.</td>
<td>LFBTC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW CLASS!

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>90310</td>
<td>F</td>
<td>9–10:05am</td>
<td>1/19–5/17</td>
<td>Dickenson, K.</td>
<td>LSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skip dates: 2/16, 3/22, 3/29, 4/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### STRETCH & FLEXIBILITY

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66100</td>
<td>T/Th</td>
<td>9–9:50am</td>
<td>1/16–5/21</td>
<td>Messenger, L.</td>
<td>ONLINE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/20, 3/19, 3/21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62715</td>
<td>W</td>
<td>2–2:50pm</td>
<td>1/17–5/22</td>
<td>Mastin, K.</td>
<td>TUS LEGACY</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TAI CHI

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62490</td>
<td>W</td>
<td>1–1:50pm</td>
<td>1/17–5/22</td>
<td>Ma. M.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### QIGONG

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62550</td>
<td>W</td>
<td>10–10:50am</td>
<td>1/17–5/22</td>
<td>Ma. M.</td>
<td>RSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### YOGA

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62595</td>
<td>M</td>
<td>11–11:50am</td>
<td>1/22–5/20</td>
<td>Lane, J.</td>
<td>TUS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/19, 3/18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62705</td>
<td>W</td>
<td>10:30–11:20am</td>
<td>1/18–5/22</td>
<td>Nguyen, T.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip date: 3/20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62510</td>
<td>Th</td>
<td>11:30am–12:20pm</td>
<td>1/18–5/16</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip date: 3/21</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW CLASS!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>90315</td>
<td>F</td>
<td>11–11:50pm</td>
<td>1/19–5/17</td>
<td>Nguyen, T.</td>
<td>TUS LEGACY</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/16, 3/22, 3/29</td>
<td></td>
<td></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.

### ASAP STRENGTH AND PILATES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62580</td>
<td>T</td>
<td>2:30–4:20pm</td>
<td>1/16–5/21</td>
<td>Ovadia, J.</td>
<td>ONLINE</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/20, 3/19

### DYNA – BAND

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62525</td>
<td>T</td>
<td>12:30–2:20pm</td>
<td>1/16–5/21</td>
<td>Robitaille, J.</td>
<td>ONLINE</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/20, 3/19

### PHYSICAL FITNESS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62640</td>
<td>M</td>
<td>1–2:50pm</td>
<td>1/22–5/20</td>
<td>Ovadia, J.</td>
<td>ONLINE</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/19, 3/18

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62540</td>
<td>W</td>
<td>1–2:50pm</td>
<td>1/17–5/22</td>
<td>Ovadia, J.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/7, 3/20, 5/1

### PILATES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62655</td>
<td>T</td>
<td>10:30am–12:20pm</td>
<td>1/16–5/21</td>
<td>Robitaille, J.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/20, 3/19

### TAI CHI

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62590</td>
<td>Th</td>
<td>1–2:50pm</td>
<td>1/18–5/16</td>
<td>Ma. M.</td>
<td>TUS</td>
</tr>
</tbody>
</table>

**Skip date:** 3/21

### YOGA

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62620</td>
<td>W</td>
<td>1–2:50pm</td>
<td>1/17–5/22</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

**Skip date:** 3/20

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62480</td>
<td>W</td>
<td>11:15am–1:05pm</td>
<td>1/17–5/22</td>
<td>Burns, K.</td>
<td>LBCC</td>
</tr>
</tbody>
</table>

**Skip date:** 3/20

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62535</td>
<td>F</td>
<td>11:15am–1:20pm</td>
<td>1/19–5/17</td>
<td>Burns, K.</td>
<td>LBCC</td>
</tr>
</tbody>
</table>

**Skip dates:** 2/16, 3/22, 3/29
## LINE DANCE

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

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

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>62600</td>
<td>M</td>
<td>10:30am–12:20pm</td>
<td>1/22–5/20</td>
<td>Stuart, I.</td>
<td>LSC</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/19, 3/18 *Recommended for Beginner/Improver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62560</td>
<td>M</td>
<td>10:30am–12:35pm</td>
<td>1/22–5/20</td>
<td>Chung, J.</td>
<td>TRCP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/19, 3/11, 3/18, 4/1 *Recommended for High Beginner/Improver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62660</td>
<td>T</td>
<td>1:30–3:20pm</td>
<td>1/16–5/21</td>
<td>Mastin, K.</td>
<td>TUS LEGACY</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/20, 3/19 *Recommended for Beginners</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62530</td>
<td>Th</td>
<td>10–11:50am</td>
<td>1/18–5/16</td>
<td>Turi, R.</td>
<td>HPCC</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 3/21, 4/4 *Recommended for Intermediate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62615</td>
<td>F</td>
<td>2–3:50pm</td>
<td>1/19–5/17</td>
<td>Mastin, K.</td>
<td>TUS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skip dates: 2/16, 3/22, 3/2 *Recommended for Improver</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### OFF–CAMPUS EMERITUS LOCATIONS

<table>
<thead>
<tr>
<th>CLASS SITE/CODE</th>
<th>LOCATION/CONTACT INFORMATION</th>
</tr>
</thead>
</table>
| 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 |
REGISTER FOR
SPRING 2024 CLASSES

Irving 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!

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

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