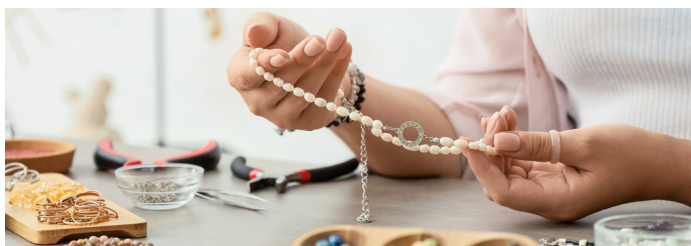


Emeritus Institute Classes: Fall 2025

Course Dates: August 18 – December 17, 2025

(No Classes on 9/1, 11/10, 11/11, 11/27, and 11/28)



ART 403C: ART MEDIA (BEADING)

72369	T	12-2:50pm	8/19-12/9	Hernandez, A.	ONLINE
72366	T	6-8:50pm	8/19-12/9	Hernandez, A.	ONLINE
72370	Th	9-11:50am	8/21-12/11	Hernandez, A.	ONLINE
72382	F	9-11:50am	8/22-12/12	Hernandez, A.	RSC

ART 403C: ART MEDIA (WIRE WRAPPING)

72371	M	1-3:50pm	8/18-12/15	Sykes, E.	ONLINE
72385	W	9-11:50am	8/20-12/3	Sykes, E.	FSSC

ART 403C: ART MEDIA (DRAWING)

72372	W	1:30-4:20	8/20-12/3	Sykes, E.	ONLINE
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ART 430C: WATERCOLOR PAINTING – BEGINNING

72387	F	8:45am-Noon	8/22-12/12	Gulino, M.	LSC
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ART 435C: WATERCOLOR PAINTING – INT/ADV

72363	W	9-11:50am	8/20-12/3	Gulino, M.	ONLINE
72388	Th	1-3:50pm	8/21-12/11	Gulino, M.	LBCC

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

AQUATIC FITNESS TRAINING

72119	T	10-10:50am	8/19-12/16	TBA	LBHSCP
72121	Th	10-10:50am	8/21-12/11	TBA	LBHSCP
71138	T	2-2:50pm	8/19-12/16	Dickenson, K.	LFBTC
71142	Th	2-2:50pm	8/21-12/11	Dickenson, K.	LFBTC

BALANCE AND MOBILITY

72637	W	1-1:50pm	8/20-12/3	Heumann, A.	LBCRC
72641	F	1-1:50pm	8/22-12/12	Heumann, A.	LBCRC

CHAIR EXERCISE

71158	M	11:30am-12:20pm	8/18-12/15	Dickenson, K.	LFCH
72141	T	10-10:50am	8/19-12/16	Lane, J.	LSC
72134	Th	9-9:50am	8/21-12/11	Mastin, K.	LSC
71132	Th	12:30-1:20pm	8/21-12/11	Dickenson, K.	LFCH

CIRCUIT TRAINING

72404	M	10:30-11:20am	8/18-12/15	Mastin, K.	LFCH Patio
72112	T	11-11:50am	8/19-12/16	Messenger, L.	ONLINE
72091	W	10:30-11:20am	8/20-12/3	Mastin, K.	LFCH Patio
72626	Th	11:30am-12:20pm	8/21-12/11	Gagnon, M.	LBCRC

PHYSICAL FITNESS

72629	M	2-2:50pm	8/18-12/15	Gagnon, M.	LFCH
72093	T	1-1:50pm	8/19-12/16	Messenger, L.	RSC
71172	W	9-9:50am	8/20-12/3	Lane, J.	LSC
71167	W	11:30am-12:20pm	8/20-12/3	Lane, J.	LFCH
71168	Th	10:30-11:20am	8/21-12/11	Lane, J.	LFCH
72095	Th	1-1:50pm	8/21-12/11	Messenger, L.	RSC

PILATES

72129	M	10:15-11:05am	8/18-12/15	Robitaille, J.	LBCC
72627	M	1-1:50pm	8/18-12/15	Gagnon, M.	LFCH
72127	W	10:15-11:05am	8/20-12/3	Robitaille, J.	LBCC
72086	Th	10:30-11:20am	8/21-12/11	Gagnon, M.	LBCRC
72128	F	10:15-11:05am	8/22-12/12	Robitaille, J.	LBCC

PILATES AND BALANCE

72122	T	9-9:50am	8/19-12/16	Ovadia, J.	RSC
72125	W	9-9:50am	8/20-12/3	Ovadia, J.	RSC

STRENGTH AND BALANCE

71154	M	10:30-11:20am	8/18-12/15	Dickenson, K.	LFCH
74575	T	11-11:50am	8/19-12/16	Dickenson, K.	LBCRC
71146	W	10-10:50am	8/20-12/3	Dickenson, K.	LFBTC
71161	F	9-10:05am	8/22-12/12	Dickenson, K.	LSC

STRENGTH AND PILATES

72350	Th	10:30-11:20am	8/21-12/11	Ovadia, J.	ONLINE
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TAP DANCE

71083	T	9-9:50am	8/19-12/16	Bregozzo, D.	RSC
71090	T	10-10:50am	8/19-12/16	Bregozzo, D.	RSC
71097	T	11-11:50am	8/19-12/16	Bregozzo, D.	RSC

YOGA

74723	M	11-11:50am	8/21-12/11	Quibodeaux, N.	LBCRC
71174	M	11am-12:05pm	9/8-12/15	Lane, J.	TUS
71118	T	9:30-10:20am	8/19-12/16	Cofinco, S.	ONLINE
74742	T	12-12:50pm	8/19-12/16	Quibodeaux, N.	IDEA
71184	W	10:30-11:20am	8/20-12/3	Nguyen, T.	LFCH
71185	W	12:30-1:20pm	8/20-12/3	Nguyen, T.	IDEA
74730	Th	10-10:50am	8/21-12/11	Quibodeaux, N.	RSC
71169	Th	11:30am-12:20pm	8/21-12/11	Lane, J.	LFCH

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

DYNA-BAND

72229	T	12:30-2:20pm	8/19-12/16	Robitaille, J.	LFCH
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PHYSICAL FITNESS

72358	M	1-2:50pm	8/18-12/15	Ovadia, J.	ONLINE
72215	W	12:30-2:20pm	8/20-12/17	Ovadia, J.	LSC

PILATES

72224	T	10:30am-12:20pm	8/19-12/16	Robitaille, J.	LFCH
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QIGONG

73951	W	10:15am-12:05pm	8/20-12/3	Ma, M.	RSC
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STRENGTH AND PILATES

72359	T	2:30-4:20pm	8/19-12/16	Ovadia, J.	ONLINE
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STRETCH AND FLEXIBILITY

72355	T/Th	9-9:50am	8/19-12/11	Messenger, L.	ONLINE
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TAI CHI

72213	W	1-2:50pm	8/20-12/3	Ma, M.	LFCH
72211	Th	1-2:50pm	9/4-12/11	Ma, M.	TUS

YOGA

72190	W	11:30am-1:20pm	8/20-12/3	Burns, K.	LBCC
72210	W	1-2:50 pm	8/20-12/3	Lane, J.	LFCH
72192	F	11:30am-1:20pm	8/22-12/12	Burns, K.	LBCC

LINE DANCE

74110	M	10:30am – 12:45pm	8/25-12/15	Carlson, D.	TRCP
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Recommended for Intermediate

72195	M	10:30am – 12:35pm	8/18-12/15	Chung, J.	LSC
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Recommended for High Beginner/Improver

72246	M	2-3:50pm	8/18-12/15	Decker, D.	IDEA
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Recommended for Improver/Intermediate

72139	T	9-9:50am	8/19-12/16	Jackson, V.	IDEA
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Recommended for Beginner/Improver

72142	T	10-10:50am	8/19-12/16	Jackson, V.	IDEA
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Recommended for Improver/Easy Intermediate

72143	T	11-11:50am	8/19-12/16	Jackson, V.	IDEA
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Recommended for Easy Intermediate/Intermediate

72136	T	10:30-11:20 am	8/19-12/16	Turi, R.	LFCH
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Recommended for Improver/Intermediate

72137	T	11:30-12:20pm	8/19-12/16	Turi, R.	LFCH
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Recommended for Improver/Intermediate

72403	T	1:30-2:35pm	9/2-12/16	Mastin, K.	TUS
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Recommended for Beginners

72187	W	10:30-11:20am	8/20-12/17	Carlson, D.	IDEA
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Recommended for Beginner

72188	W	11:30am-12:20pm	8/20-12/17	Carlson, D.	IDEA
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Recommended for High Beginner/Improver

72087	W	1-1:50pm	8/27-12/3	Mastin, K.	TUS Legacy
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Recommended for Beginner/Improver

72090	W	2-2:50pm	8/27-12/3	Mastin, K.	TUS Legacy
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Recommended for High Beginner/Improver

74743	Th	10-11:10am	8/21-12/11	Turi, R.	HPCC
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Recommended for Intermediate

72092	Th	1:30-2:20pm	8/21-12/11	Mastin, K.	LFCH
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Recommended for Absolute Beginners

72193	F	10:30am-12:35pm	8/22-12/12	Chung, J.	LSC
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Recommended for High Beginner/Improver

74126	F	11am-12:50pm	8/22-12/12	Mastin, K.	IDEA
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Recommended for Beginner/Improver

72189	F	1-1:50pm	8/22-12/12	Mastin, K.	IDEA
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Recommended for Improver/Easy Intermediate

72253	F	1:30-3:45pm	8/22-12/12	Carlson, D.	TUS
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Recommended for Improver/Intermediate

LOCATIONS

FSSC	Florence Sylvester Senior Center, Laguna Hills
HPCC	Heritage Park Community Center, Irvine
IDEA	IVC at ATEP, Tustin
LBCC	Laguna Beach Community Center, Laguna Beach
LBCRC	Laguna Beach Community and Recreation Center, Laguna Beach
LBHSCP	Laguna Beach High School Community Pool, Laguna Beach
LFCH	Lake Forest Clubhouse, Lake Forest
LFBTC	Lake Forest Beach and Tennis Club, Lake Forest
LSC	Lakeview Senior Center, Irvine
RSC	Rancho Senior Center, Irvine
TRCP	Turtle Rock Community Park, Irvine
TUS	Tustin Area Senior Center, Tustin
TUS Legacy	Annex at Tustin Legacy



Online Class Schedule:
www.ivc.edu/emeritus

MySite Registration: <https://mysite.socccd.edu>

Canvas: <https://canvas.ivc.edu>

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1624 Valencia Avenue, Tustin, CA 92782

949-367-8343 • ivcemeritus@ivc.edu

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