



FALL 2026 CLASS SCHEDULE

Fall '26

**CAREER
CLASSES**

**FEE-BASED
CLASSES**

**EMERITUS
CLASSES**

Join us Online or In-Person!

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!

Community Education classes are held at Irvine Valley College main campus and at IVC’s satellite campus in Tustin (IVC at ATEP) listed on page 22.

Website: www.ivc.edu/community-education

Register: <https://ivc.augusoft.net>

Emeritus Institute classes are held at off-site locations and at IVC’s satellite campus in Tustin (IVC at ATEP) listed on page 20.

Website: www.ivc.edu/emeritus

Register: <https://mysite.socccd.edu>

OFFICE OF EXTENDED EDUCATION IDEA at ATEP

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 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.

Fall Classes '26

COMMUNITY & EMERITUS EDUCATION INSTITUTE

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UPCOMING DATES TO REMEMBER

FALL 2026

| | |
|----------------|--|
| June 8-11 | Emeritus Fall Registration |
| August 17 | Emeritus Fall Classes Begin |
| September 7 | Labor Day Holiday (No Classes) |
| September 8 | Community Education Fall Classes Begin |
| November 10 | Faculty Contractual Day (No Classes) |
| November 11 | Veteran's Day Holiday (No Classes) |
| November 17-23 | Emeritus Spring Registration |
| November 26-27 | Thanksgiving Break (No Classes) |
| December 16 | Last Day of Fall Semester |
| Dec 17-Jan 15 | Winter Break |

SPRING 2027

| | |
|-----------------|---|
| January 18 | Martin Luther King Jr. Holiday (No Classes) |
| January 19 | Emeritus Spring Classes Begin |
| January 25 | Community Education Spring Classes Begin |
| February 12-15 | Presidents Holiday (No Classes) |
| February 16 | Faculty Contractual Day (No Classes) |
| March 22-26 | Spring Break |
| March 31 | Farmworkers Day Holiday (No Classes) |
| April 5 | College For Kids Open Registration |
| April 21-23, 26 | Emeritus Summer Registration |
| May 26 | Last Day of Spring Semester |

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: Bring Your Program Idea to Life!

Ready to contribute your expertise and introduce a program of your own? Send an email to use at ivccommunityed@ivc.edu for more information.



REGISTRATION INFORMATION

REGISTRATION CAN BE COMPLETED ONLINE AND IN PERSON.

Registration questions, please call 949-367-8343.



Online:

<http://ivc.augusoft.net>
Our online registration is convenient: Available 24/7



Office of Extended Education

1624 Valencia Avenue
Tustin, CA 92782



Register early! Classes fill up quickly. Community Education classes may be canceled prior to the first-class meeting if minimum enrollment is not met. If a class is canceled by IVC, you will receive a full refund.

REFUND AND CANCELLATION POLICY

- Full refunds are issued for classes canceled by IVC.
- If you are unable to attend a class, please call the Extended Education Office at least three (3) full business days before the class begins. Your registration fee will be refunded, less a \$10 service charge.
- No refunds or class transfers on the day the class begins.
- Missed classes are not refundable.
- No make-up classes.

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.

100% ONLINE

Irvine Valley College



LEARN ANYWHERE, ANYTIME!

Advanced CAREER TRAINING

ONLINE COURSES

COURSE FEATURES:

- Start anytime
- 24/7 Access
- Books and materials included
- Certificate of Completion
- Certification Exam Voucher may be included
- Financial assistance available
- Student Advisors included
- Industry Recognized Certifications
- Counselors help match you to a training course

Learn in-demand skills around your schedule. These online, Advanced Career Training courses are designed to prepare you for entry or advancement in career opportunities.

POPULAR COURSES INCLUDE:

- Activity Director
- Advanced Medical Interpreter
- Certification of Capability in Business Analysis (CCBA) Prep
- Certified Brand Strategist
- Certified Business Analysis Professional (CBAP) Prep
- Certified Wedding Planner
- Chartered Tax Professional
- Digital Game Artist Certificate
- Financial and Career Coach (Exam Included)
- Hotel Management
- Hotel Management with Executive Housekeeper
- NASM Certified Personal Trainer + Corrective Exercise (Vouchers Included)
- NASM Corrective Exercise Specialist (CES) (Exam Included)
- Peer Support Specialist
- Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos
- Professional Interpreter
- Professional Recovery Coach
- Social Service Assistant
- Web Design Professional

COURSE CATEGORIES:

- Arts and Design
- Business
- Computer Science
- Health and Fitness
- Hospitality
- Language

To learn more and enroll, visit:

<https://www.ivc.edu/community-education/online>

COMMUNITY EDUCATION CLASSES



BUSINESS & CAREER

AI FOR THE WORKPLACE – STRATEGIC AI BUILDER

Hands-on AI training for adult learners — no coding required. In a single 3-hour session, participants build a sharable prototype and leave with 10 usable templates (decision memo, prompt pack, marketing playbook) and a simple KPI to track impact. The focus is strategy, step by step workflow design and safety. Please bring your own laptop. I recommend having access to one of the following LLMs: Google Gemini, Open AI

ChatGPT, Anthropic Claude. Digital Templates provided at no cost. Parking permits are required for this class. See page 5 for details.

Fee: \$195

Instructor: Michael Flynn Blackwell Meridian

| | | | |
|--------|----|------|--------|
| 6-8 pm | T | 10/6 | N5.104 |
| 6-8 pm | Th | 10/8 | N5.104 |

AN INTRODUCTION TO VOICEOVERS (GETTING STARTED IN VOICE ACTING)



Explore the voiceover industry with a professional working voice actor from Voices For All in a personalized, one-on-one video session. In this 90-minute introductory class, you'll learn about current industry trends, the different types of voiceover work, and how easy and affordable it can be to set up and work from home. During the session, you'll read a real script while your instructor records you and provides personalized coaching to help improve your delivery. Your performance will be evaluated, and you'll receive a professional voiceover

assessment after the class. By the end of the session, you'll have the knowledge needed to decide whether pursuing voiceover work is right for you. Participants must have reliable internet access and the ability to video chat using a platform such as Zoom, Skype (Win/Mac/mobile) or iChat/FaceTime (Mac/iOS). Classes must be held between 9/8/26-12/4/26.

Fee: \$49

Instructor: Voices for All Staff

ONLINE



HEALTH & WELLNESS

REIKI LEVEL I: ATTUNEMENT AND CERTIFICATION

Our certified Reiki Level I class introduces students to the fundamentals of energy healing through the Japanese technique of Reiki. Participants will learn about the history of Reiki, how energy flows through the body, and how to conduct self-healing and healing for others. This course includes an energetic attunement, hands-on practice, and a Level I Reiki Certification upon completion. It is perfect for individuals looking to begin their healing journey, supporting loved ones, or deepening their understanding of holistic wellness. Price includes course book. This is a 3-week course, with two class options

available. Parking permits are required for this class. See page 5 for details.

Fee: \$289 + \$35 material fee payable to instructor at first class

Instructor: Levitate Staff

| | | | |
|--------|---|---------------|--------|
| 6-9 pm | W | 10/7 | N5.104 |
| 6-8 pm | W | 10/14 & 10/21 | N5.104 |
| 6-9 pm | T | 12/1 | N5.104 |
| 6-9 pm | T | 12/8 & 12/15 | N5.104 |

SOUND FOR ALL — COMMUNITY SOUND BATH

This immersive sound healing session is designed to help participants release stress, reset their nervous system, and reconnect with themselves through intentional frequencies. Using crystal singing bowls, chimes, and other instruments, sound vibrations work through the body to help reduce anxiety, improve sleep, balance emotions, and enhance mental clarity. This course is ideal for anyone seeking natural stress relief, emotional healing, or deeper self-awareness. Please bring yoga mat and eye covers. Participants are welcome to bring pillows and blankets for extra comfort. The class will meet on the satellite campus of Irvine Valley College, IVC at ATEP, 1624 Valencia Avenue, Tustin. The class is being offered multiple times during the fall semester. Please arrive 15 minutes early to get checked in and space set up. Parking permits are required for this class. See page 5 for details.



Fee: \$30

Instructor: Levitate Staff

| | | | |
|-------|----|-------|----------|
| 7-8pm | W | 9/16 | IDEA 101 |
| 7-8pm | F | 10/9 | IDEA 101 |
| 7-8pm | Th | 11/12 | IDEA 101 |
| 7-8pm | W | 12/7 | IDEA 101 |

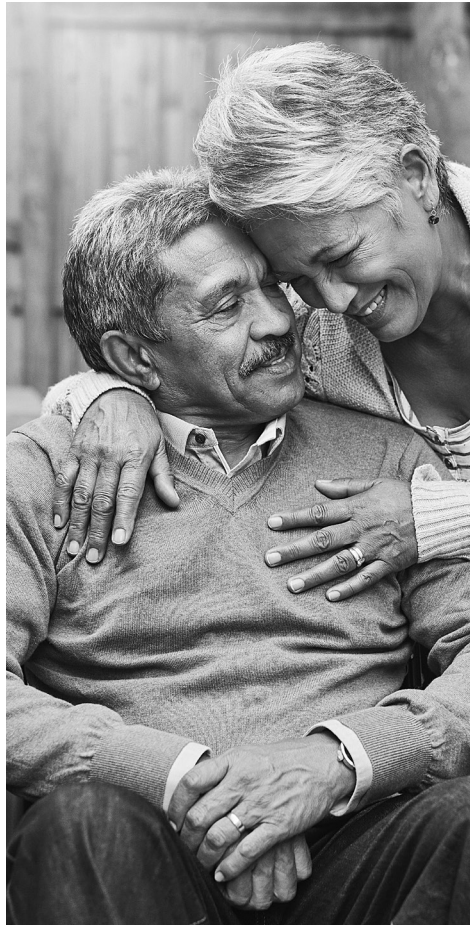
COPING WITH AGING LOVED ONES

Concerned about aging loved ones? Gain practical guidance to navigate caregiving challenges with confidence. Learn about housing, care options, finances, legal matters, communication, and end-of-life planning-while managing stress and avoiding caregiver burnout. Discover how to balance responsibilities and blessings as part of the sandwich generation. Parking permits are required for this class. See page 5 for details.

Fee: \$29

Instructor: Jeanne Gormick

6:30-9:30 pm M 10/12 N5.104



NEW BEGINNINGS AFTER WIDOWHOOD: REDISCOVERING PURPOSE AND TRANSFORMATION

Are you navigating grief recovery and searching for a new beginning? This class is designed to help individuals move forward with hope, purpose, and renewed direction after loss. Through encouragement and practical guidance, participants will explore ways to rebuild their lives and discover meaningful new opportunities. From painful endings can come transformation, growth, and a renewed sense of purpose. Topics include volunteering, career changes, starting a business or ministry, travel, relocation, and even the possibility of dating again. Parking permits are required for this class. See page 5 for details.

Fee: \$29

Instructor: Jeanne Gormick

6:30-8:30 pm M 10/19 N5.104

GRIEF AND GRACE: NAVIGATING LOSS AND FINDING HEALING

If you are grieving the loss of a loved one, this class offers compassionate support and practical guidance for navigating the journey of grief. Led by former widow Jeanne Gormick, the course provides meaningful “how-to” tools designed to inspire, encourage, and support individuals coping with loss. Drawing from her personal experience and resilience through multiple losses, Jeanne brings both empathy and insight to help others find hope, healing, and strength during difficult times. Parking permits are required for this class. See page 5 for details.

Fee: \$29

Instructor: Jeanne Gormick

6:30-8:30 pm T 10/13 N5.104



PRE-ENGAGEMENT DATING TOWARD REMARRIAGE FOLLOWING YOUR LOSS

Ready to explore dating after the loss of your spouse? This class offers practical, real-life insight for navigating midlife dating after many years of marriage. Participants will gain guidance on rebuilding confidence, recognizing healthy relationships, and finding the right partner. The course also explores how to approach the possibility of remarriage with clarity, hope, and a renewed sense of purpose. Parking permits are required for this class. See page 5 for details.

Fee: \$29

Instructor: Jeanne Gormick

6:30-8:30 pm T 10/20 N5.104

MONEY MATTERS

FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

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



Saturday classes are two 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.

6:30-9:15 pm W 9/16-9/30 N5.104

6:30-9:15 pm Th 9/17-10/1 N5.104

8:30 am -1 pm Sa 9/19-9/26 N5.104

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 an application to receive a student profile and login information.
- **RETURNING STUDENTS** (those who skipped a fall or spring semester), will need to complete an application to reactivate their student profile before being able to register.
- Application can be found on the IVC Emeritus website, www.ivc.edu/emeritus, towards the bottom of the page under New or Returning Students, via the "Apply Online" button.

NEW REGISTRATION SYSTEM

To access the new registration system, follow these steps:

1. Locate the Applications Portal on IVC's website: www.ivc.edu
 - » Click on **Portal for Students, Faculty & Staff** (upper right side)
2. Sign in using your college email address and password
3. From the Applications Portal, click the **MySite image**
4. Select the appropriate semester
 - » This will open the new home page for MySite/Banner
5. Under the **Registration Self-Service tile**, select **Open Registration Dashboard**

SPECIAL NOTE: ALL EMERITUS INSTITUTE CLASSES ARE TUITION-FREE

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

• Terminology

- » Registration Appointment: This will show students their registration date, which is now called “Time Tickets.”
- » Registration Status: Look for this message — *Time Tickets do not allow registration at this time. Please register within these times: 11/7/2025 at 8:00am – 5/13/2025 11:59pm*
- » Registration is **date specific**. Students cannot register prior to their assigned Time Ticket (formerly known as “registration appointment”).
- Students are not permitted to attend classes in which they are not officially enrolled.
- If the class you wish to enroll in is full, please add your name to the waitlist. If and when a space becomes available, you will be notified by email (via assigned college email) and have 24 hours to add the class.
- Faculty reserve the right to drop students who do not attend the first class session.
- For the most current information, please visit www.ivc.edu/emeritus

RESOURCES

- How-To Videos: For registration guidance, check out our short videos: www.socccd.edu/banner/registration
- For the most up-to-date schedule: www.ivc.edu/class-schedule

ADDITIONAL FEES

- Students enrolled in on-campus courses at Irvine Valley College and IVC at ATEP are responsible for paying the associated health and parking fees.
- Health Fee: \$22 per college per semester for summer and \$28 per college per semester for Fall and Spring.
- Parking Fee: This fee applies to all students who park on campus. Automobile: \$25 for summer and \$40 for Fall and Spring. Parking permits can be purchased online through MySite Banner.



— EMERITUS NEWS —

HEALTH AND WELLNESS ROOM

Now Open at IVC at ATEP

- Chair
- Circuit Training
- Dyna-Band
- Line Dance
- Pilates
- Qigong
- Physical Fitness
- Strength & Balance
- Stretch & Flexibility
- Tai Chai
- Yoga

Learn More at: www.ivc.edu/emeritus

EMERITUS INSTITUTE CLASSES

EMERITUS ART

ART 403C: ART MEDIA (BEADING)

This noncredit course introduces older adults to various art media, which may include drawing, painting, printmaking, beading, stained glass, or ceramics. It is designed to develop students' appreciation of art and foster their creative expression. The course also includes the improving of fine motor skills and maintaining cognitive abilities. A list of instructional materials will be provided at the first class session.



(No class 9/1, 11/10, 11/11, 11/27, 11/28.)

| | | | | | |
|-------|---|-------------|------------|---------------|--------|
| 75062 | T | 12-2:50pm | 8/18-12/15 | Hernandez, A. | ONLINE |
| 75061 | T | 6-8:50pm | 8/18-12/15 | Hernandez, A. | ONLINE |
| 75063 | F | 9am-11:50pm | 8/21-12/11 | Hernandez, A. | RSC |

ART 403C: ART MEDIA (WIRE WRAPPING)

| | | | | | |
|-------|---|-----------|------------|-----------|--------|
| 75065 | M | 1-3:50pm | 8/17-12/14 | Sykes, E. | ONLINE |
| 75064 | W | 9-11:50am | 8/19-12/16 | Sykes, E. | FSSC |

ART 403C: ART MEDIA (DRAWING)

| | | | | | |
|-------|---|-------------|------------|-----------|--------|
| 75066 | W | 1:30-4:20pm | 8/19-12/16 | Sykes, E. | ONLINE |
|-------|---|-------------|------------|-----------|--------|

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 9/7, 11/10, 11/11, 11/26, 11/27.)

| | | | | | |
|-------|---|-----------|------------|------------|-----|
| 75060 | F | 9-12:15am | 8/28-12/11 | Gulino, M. | LSC |
|-------|---|-----------|------------|------------|-----|

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 9/7, 11/10, 11/11, 11/26, 11/27.)**

| | | | | | |
|-------|----|--------------|------------|------------|--------|
| 75058 | W | 9 am-11:50pm | 8/26-12/16 | Gulino, M. | ONLINE |
| 75059 | Th | 1-3:50pm | 8/27-12/10 | Gulino, M. | LBCC |

EMERITUS HEALTH AND FITNESS

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

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness activities aimed at maintaining an active, independent lifestyle. Topics include the physical and cognitive benefits of exercise, injury prevention, and special considerations to approaching exercise safely for the older adult. (No class 9/7, 11/10, 11/11, 11/26, 11/27.)

AQUATIC FITNESS TRAINING

| | | | | | |
|-------|----|----------|------------|---------------|------|
| 75052 | T | 2-2:50pm | 8/19-12/16 | Staff | LBTC |
| 75055 | Th | 2-2:50pm | 8/21-12/11 | Dickenson, K. | LBTC |

BALANCE AND MOBILITY

| | | | | | |
|-------|---|--------------|------------|-------|------|
| 75054 | W | 12:30-1:20pm | 8/19-12/16 | Staff | LFCH |
|-------|---|--------------|------------|-------|------|

CHAIR EXERCISE

| | | | | | |
|-------|----|-----------------|------------|---------------|------|
| 75043 | M | 11:30am-12:20pm | 8/17-12/14 | Dickenson, K | LFCH |
| 75081 | T | 10-10:50am | 8/18-12/15 | Lane, J. | LSC |
| 75086 | Th | 9-9:50am | 8/20-12/10 | Mastin, K. | LSC |
| 75047 | Th | 12:30-1:20pm | 8/20-12/10 | Dickenson, K. | LFCH |

CIRCUIT TRAINING

| | | | | | |
|-------------------|----|-----------------|------------|---------------|------------|
| 75078 | M | 10:30-11:20am | 8/17-12/14 | Mastin, K. | LFCH Patio |
| 75089 | T | 11-11:50am | 8/18-12/15 | Messenger, L. | ONLINE |
| 75083 | W | 10:30-11:20am | 8/19-12/16 | Mastin, K. | LFCH Patio |
| 75057 | Th | 11:30am-12:20pm | 8/20-12/10 | Staff | LBCRC |
| New! 75108 | F | 9-9:50 am | 8/21-12/11 | Staff | CCWMPR |

DYNA-BAND

| | | | | | |
|-------|---|---------------|------------|----------------|------|
| 75106 | T | 11:30-12:20pm | 8/18-12/15 | Robitaille, J. | LFCH |
|-------|---|---------------|------------|----------------|------|

JOINT HEALTH AND BALANCE

| | | | | | |
|-------------------|---|----------|------------|------------|--------|
| New! 75072 | M | 2-2:50pm | 8/17-12/14 | Jimenez, J | ONLINE |
|-------------------|---|----------|------------|------------|--------|

MOBILITY AND FLEXIBILITY

| | | | | | |
|-------------------|---|----------|------------|------------|--------|
| New! 75070 | T | 9-9:50am | 8/18-12/15 | Jimenez, J | ONLINE |
|-------------------|---|----------|------------|------------|--------|



PHYSICAL FITNESS

| | | | | | |
|-------|----|-----------------|------------|---------------|------|
| 75051 | M | 2-2:50pm | 8/17-12/14 | Staff | LFCH |
| 75090 | T | 1-1:50pm | 8/18-12/15 | Messenger, L. | RSC |
| 75092 | W | 9-9:50am | 8/19-12/16 | Messenger, L. | LSC |
| 75053 | W | 11:30am-12:20pm | 8/19-12/16 | Dickenson, K. | LFCH |
| 75117 | Th | 10:30-11:20am | 8/20-12/10 | Staff | LFCH |
| 75048 | Th | 1-1:50pm | 8/20-12/10 | Staff | RSC |

PILATES

| | | | | | |
|-------|---|---------------|------------|----------------|------|
| 75104 | M | 10:15-11:05am | 8/17-12/14 | Robitaille, J. | Lbcc |
|-------|---|---------------|------------|----------------|------|

STRENGTH AND BALANCE

| | | | | | |
|-------------------|----|---------------|------------|---------------|--------|
| 75042 | M | 10:30-11:20am | 8/17-12/14 | Dickenson, K. | LFCH |
| 75506 | T | 11:30-12:20am | 8/18-12/15 | Dickenson, K. | LBCRC |
| 75045 | W | 10-10:50am | 8/19-12/16 | Dickenson, K. | LFBTC |
| New! 75071 | Th | 2-2:50pm | 8/20-12/10 | Jimenez, J. | ONLINE |
| 75049 | F | 9-10:05am | 8/21-12/11 | Dickenson, K. | LSC |

STRENGTH AND CONDITIONING

| | | | | | |
|-------------------|---|------------|------------|-------------|--------|
| New! 75073 | W | 2-2:50pm | 8/19-12/16 | Jimenez, J. | ONLINE |
| New! 75196 | F | 10-10:50am | 8/18-12/15 | Staff | CCWMPR |

STRETCH AND FLEXIBILITY

| | | | | | |
|-------|----|----------|------------|-------|-------|
| 75074 | Th | 9-9:50am | 8/20-12/10 | Staff | LBCRC |
|-------|----|----------|------------|-------|-------|

TAP DANCE

| | | | | | |
|-------|---|------------|------------|--------------|-----|
| 75023 | T | 9-9:50am | 8/18-12/15 | Bregozzo, D. | RSC |
| 75024 | T | 10-10:50am | 8/18-12/15 | Bregozzo, D. | RSC |
| 75026 | T | 11-11:50am | 8/18-12/15 | Bregozzo, D. | RSC |

TAI CHI

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|-------------------|---|------------|------------|-------|------|
| New! 75046 | T | 10-10:50am | 8/18-12/15 | Staff | SCCA |
|-------------------|---|------------|------------|-------|------|



YOGA

| | | | | | |
|-------|----|-----------------|------------|----------------|------|
| 75112 | M | 11-12:05pm | 8/24-12/14 | Staff | TUS |
| 75100 | W | 10:30-11:20am | 8/19-12/16 | Quibodeaux, N. | LFCH |
| 75116 | W | 1:30-2:20pm | 8/19-12/16 | Staff | LFCH |
| 75101 | Th | 10-10:50am | 8/20-12/10 | Quibodeaux, N. | RSC |
| 75118 | Th | 11:30am-12:20pm | 8/20-12/10 | Staff | LFCH |

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 9/7, 11/10, 11/11, 11/26, 11/27.)

PHYSICAL FITNESS

| | | | | | |
|-------|---|--------------|------------|------------|--------|
| 75094 | M | 1-2:50pm | 8/17-12/14 | Ovadia, J. | ONLINE |
| 75098 | W | 12:30-2:20pm | 8/19-12/16 | Ovadia, J. | LSC |

STRENGTH AND PILATES

| | | | | | |
|-------|---|-------------|------------|------------|--------|
| 75096 | T | 2:30-4:20pm | 8/18-12/15 | Ovadia, J. | ONLINE |
|-------|---|-------------|------------|------------|--------|

STRETCH AND FLEXIBILITY

| | | | | | |
|-------|------|----------|------------|---------------|--------|
| 75091 | T/Th | 9-9:50am | 8/18-12/10 | Messenger, L. | ONLINE |
|-------|------|----------|------------|---------------|--------|

TAI CHI

| | | | | | |
|-------|----|---------------|------------|--------|------|
| 75075 | W | 10:00-11:50am | 8/19-12/16 | Ma, M. | RSC |
| 75076 | W | 1-2:50pm | 8/19-12/16 | Ma, M. | LFCH |
| 75077 | Th | 2:30-4:20pm | 8/27-12/10 | Ma, M. | TUS |

YOGA

| | | | | | |
|-------|---|----------------|------------|-----------|------|
| 75027 | W | 11:30am-1:20pm | 8/17-12/16 | Burns, K. | LBCC |
| 75029 | F | 11:30am-1:20pm | 8/21-12/11 | Burns, K. | LBCC |

LINE DANCE

| | | | | | |
|--|----|-------------------|------------|-------------|------------|
| 75030 | M | 10:30am – 12:40pm | 8/17-12/14 | Carlson, D. | TRCP |
| Recommended for High Beginner/High Improver | | | | | |
| 75037 | M | 10:30am – 12:35pm | 8/17-12/14 | Chung, J. | LSC |
| Recommended for High Beginner/Improver | | | | | |
| 75080 | M | 12:30-1:20pm | 8/17-12/14 | Mastin, K. | IDEA101 |
| Recommended for Improver/Intermediate | | | | | |
| 75039 | M | 2-3:50pm | 8/17-12/14 | Decker, D | IDEA101 |
| Recommended for Improver/Intermediate | | | | | |
| 75067 | T | 9-9:50am | 8/18-12/15 | Jackson, V. | IDEA101 |
| Recommended for High Beginner/Improver | | | | | |
| 75068 | T | 10-10:50am | 8/18-12/15 | Jackson, V. | IDEA101 |
| Recommended for Improver/Easy Intermediate | | | | | |
| 75069 | T | 11-11:50am | 8/18-12/15 | Jackson, V. | IDEA101 |
| Recommended for Easy Intermediate/Intermediate | | | | | |
| 75110 | T | 10:30-11:20 am | 8/18-12/15 | Turi, R. | LFCH |
| Recommended for Improver/Intermediate | | | | | |
| 75111 | T | 11:30-12:20pm | 8/18-12/15 | Turi, R. | LFCH |
| Recommended for Improver/Intermediate | | | | | |
| 75082 | T | 1:30-2:40pm | 8/18-12/15 | Mastin, K. | TUS |
| Recommended for Beginners | | | | | |
| 75031 | W | 10:30-11:20am | 8/19-12/16 | Carlson, D. | IDEA101 |
| Recommended for High Beginner | | | | | |
| 75034 | W | 11:30am-12:20pm | 8/19-12/16 | Carlson, D. | IDEA101 |
| Recommended for Improver | | | | | |
| 75084 | W | 1-1:50pm | 8/26-12/16 | Mastin, K. | TUS Legacy |
| Recommended for Beginner/Improver | | | | | |
| 75085 | W | 2-2:50pm | 8/26-12/16 | Mastin, K. | TUS Legacy |
| Recommended for High Beginner/Improver | | | | | |
| 75109 | Th | 10-11:50am | 8/20-12/10 | Turi, R. | HPCC |
| Recommended for Intermediate | | | | | |
| 75087 | Th | 11-11:50am | 8/20-12/10 | Mastin, K. | IDEA101 |
| Recommended for Beginner/Improver | | | | | |
| 75088 | Th | 1:30-2:20pm | 8/20-12/10 | Mastin, K. | LFCH |
| Recommended for Beginners | | | | | |
| 75040 | Th | 1:30-3:20pm | 8/20-12/10 | Decker, D | IDEA101 |
| Improver/Easy Intermediate | | | | | |
| 75038 | F | 10:30am-12:40 pm | 8/21-12/11 | Chung, J. | LSC |
| Recommended for High Beginner/Improver | | | | | |
| 75277 | F | 1:30-2:40pm | 8/28-11/20 | Carlson, D. | TUS |
| Recommended for Improver/Easy Intermediate | | | | | |

NONCREDIT CAREER EDUCATION COURSES

To register for these classes, please log into Mysite. <https://mysite.socccd.edu>

CIM 502/MGT 502 - CYBER DEFENSE ESSENTIALS

Explores the cybersecurity landscape and teaches essential skills to protect your data while online. Includes the primary principles of security: basic networking, types of cyber-attacks and proper defenses, proactive measures for cybersecurity, secure password management, cyber-fraud, identity theft, and other related topics.

73005/73008 Online 6.23 hrs/wk 10/19-12/16 Mathur, R. Online

CIM 510 - INTRODUCTION TO COMPUTERS AND KEYBOARDING

Covers basic computer, keyboarding and document processing skills for personal and business applications. Introduces Windows, word processing, email, document formatting, composition/language skills for business writing, and keyboarding speed/accuracy. No prior computer experience is required.

74133 Th 10:30 am-12:20 pm
+1.56 hrs/wk online 8/31-12/16 STAFF IVC, N3.104

CIM 520 - GOOGLE WORKSPACE

Covers Google Workspace documents, spreadsheets, presentations, drive, and other collaboration tools for personal and business applications. No prior computer experience is required.

72760 M 12:30-2:20 pm +
1.40 hrs/wk online 8/31-12/16 Hogan-Mierts
chin, L. IVC, N3.104

CIM 530 - INTRODUCTION TO OFFICE COMPUTER APPLICATIONS

This course introduces Microsoft Office Professional applications. Topics covered include word processing (Word), spreadsheet (Excel), and presentation (PowerPoint).

75236 W 12:30-2:20 pm +
1.4 hrs/wk online 8/31-12/16 Hogan-Mierts
chin, L. IVC, N3.104

CIM 590 - INTRODUCTION TO GENERATIVE ARTIFICIAL INTELLIGENCE (AI)

This course provides an overview of Artificial Intelligence (AI) concepts, AI ethics, and Generative AI tools. Students will gain hands-on experience and explore the application of Generative AI in various fields.

75237 Online 6.2 hrs/wk 8/18-12/15 Tsai, C. Online

75238 Online 6.2 hrs/wk 10/19-12/16 Tsai, C. Online

CIM 591 - ARTIFICIAL INTELLIGENCE (AI) FOR COLLEGE AND CAREER

This course applies Generative Artificial Intelligence (AI) Tools for use in College and Career. Students will gain hands-on experience and explore prompt engineering, AI Ethics, AI Tools for College Success, Career Development and Exploration, Personal Assistant, and Business Presentations.

75290 Online 3.11 hrs.wk 8/31-12/16 Tsai, C. &
Patel, B. Online

DMA 520 - SOCIAL MEDIA DESIGN: CONTENT CREATION AND BRAND STRATEGY

This course covers the creative and technical aspects of social media content creation, focusing on storytelling, branding, and audience engagement. Students will use AI-driven tools and industry-standard software to generate, automate, and optimize content across various formats.

| | | | | | |
|-------|---|-----------------------------------|------------|------------|-------------|
| 75368 | M | 9-11:50 am + 3 hrs/wk online | 8/17-12/16 | Ying, N. | IVC, W3.105 |
| 75370 | W | 5:30-8:20 pm + 3 hrs/wk online | 8/17-12/16 | Hubler, M. | IVC, W3.105 |

DMA 556 - PRESENTATION DESIGN

Learn to design professional and engaging workplace presentations using visual communication principles. This course covers color theory, animation, interaction design, storytelling, and technical skills for creating impactful presentation assets. It is ideal for those with some experience in Microsoft PowerPoint.

| | | | | | |
|-------|---|-------------------------------|------------|---------|-------------|
| 75128 | M | 1-3:50 pm + 3hrs/wk online | 8/17-12/16 | Lee, B. | IVC, W3.105 |
|-------|---|-------------------------------|------------|---------|-------------|

ENTR 522 - STARTING A BUSINESS

This course examines the primary forms of business structure, i.e. sole proprietorship, partnership, and corporation, and legal elements needed to comply with regulations and guidelines of various governmental agencies and explores the steps and process to start a business.

| | | | | | |
|-------|---|---------------------------------------|------------|-----------|-------------|
| 73257 | M | 12:30-2:20 pm + 2.30 hrs/wk online | 8/17-10/11 | Russo, J. | IVC, N3.109 |
|-------|---|---------------------------------------|------------|-----------|-------------|

RE 503 - LAUNCH A CAREER IN REAL ESTATE & FINANCE

This noncredit course will review many job opportunities in the fields of real estate and finance. Discover when state or national licensing is required, what job opportunities come with licensing, if needed, and what educational paths to take next.

| | | | | | |
|-------|----|--------|-------------|-------|-------------|
| 75220 | MW | 3-5 pm | 10/19-12/16 | STAFF | IVC, N3.107 |
|-------|----|--------|-------------|-------|-------------|

RE 512 - REAL LIFE REAL ESTATE

This noncredit course covers the real-life topics of being a homeowner and tenant. It can help you decide if you want to attain your license, invest in real property or seek another goal. Additional topics include financing and credit, property inspections, technology in real estate and basic sales techniques as buyer or agent.

| | | | | | |
|-------|----|-------------------------------|------------|-------------|-------------|
| 72470 | MW | 3-5 pm + 0.4 hrs/wk online | 8/17-10/11 | Johnson, M. | IVC, N3.107 |
|-------|----|-------------------------------|------------|-------------|-------------|

RE 513 - SALES SKILLS & NEGOTIATIONS

This course will teach students how to succeed in sales, client development, and real estate negotiations. Students will develop a playbook that moves beyond theory and includes building a personal brand, leveraging technology, and negotiating contracts.

| | | | | | |
|-------|----------|-----------------------------------|------------|-----------|-------------|
| 75213 | Tu Th | 3-4:50 pm + 0.10 hrs/wk online | 8/17-10/11 | Sitea, J. | IVC, N3.105 |
|-------|----------|-----------------------------------|------------|-----------|-------------|

RE 514 - GOAL SETTING & ACHIEVEMENT

Successful outcomes are architected. This noncredit course will teach students how to master the art and science of effective goal achievement. Whether you want to enter sales, improve your sales, grow your business or personal life, or build an investment portfolio, this class will give you the blueprint to succeed.

75214 MW 3-5 pm 10/19-12/16 Johnson, M. IVC, N3.105

RE 520 - INTRO TO CONSTRUCTION & REAL ESTATE INSPECTIONS

This noncredit course covers the structure and systems of real estate buildings. If you own a home, rent an apartment or act as an agent, you will learn how it all should work and what to look for when inspecting a property.

72472 MW 4-6 pm +
0.40 hrs/wk online 8/17-10/11 Sitea, J. IVC, N3.105

RE 530 - REAL ESTATE INVESTMENT & FRANCHISING

This course identifies different types of real estate investments and tools to evaluate their potential. Development, construction, budgeting and financing are also discussed, including rehab, flipping, land development and franchise ownership. For licensed agents and aspiring investors alike.

72473 MW 1-2:50 pm 10/19-12/16 Dunham, J. IVC, N3.109

RE 540 - PERSONAL & REAL ESTATE FINANCE

This course presents methods and concepts used extensively in personal financial planning. Students will evaluate their current financial status and create a personal financial plan.

72471 Tu Th 9-11 am 8/17-10/11 Dunham, J. IVC, E2.204

RE 541 - STOCK MARKET INVESTING & RETIREMENT PLANNING

This course will teach the principles of saving, investing, and planning required to create an income stream and wealth for an enhanced lifestyle and comfortable retirement. Emphasis will be placed on savings vehicles, investment strategies and tax treatment of income and assets.

75215 Tu Th 9-11:05 am 10/19-12/16 Dunham, J. IVC, E2.104

RE 550 - FUNDAMENTALS OF REAL ESTATE

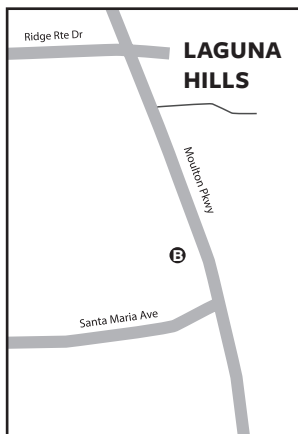
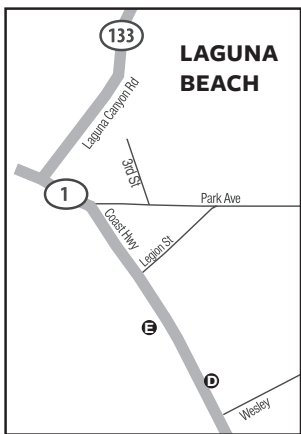
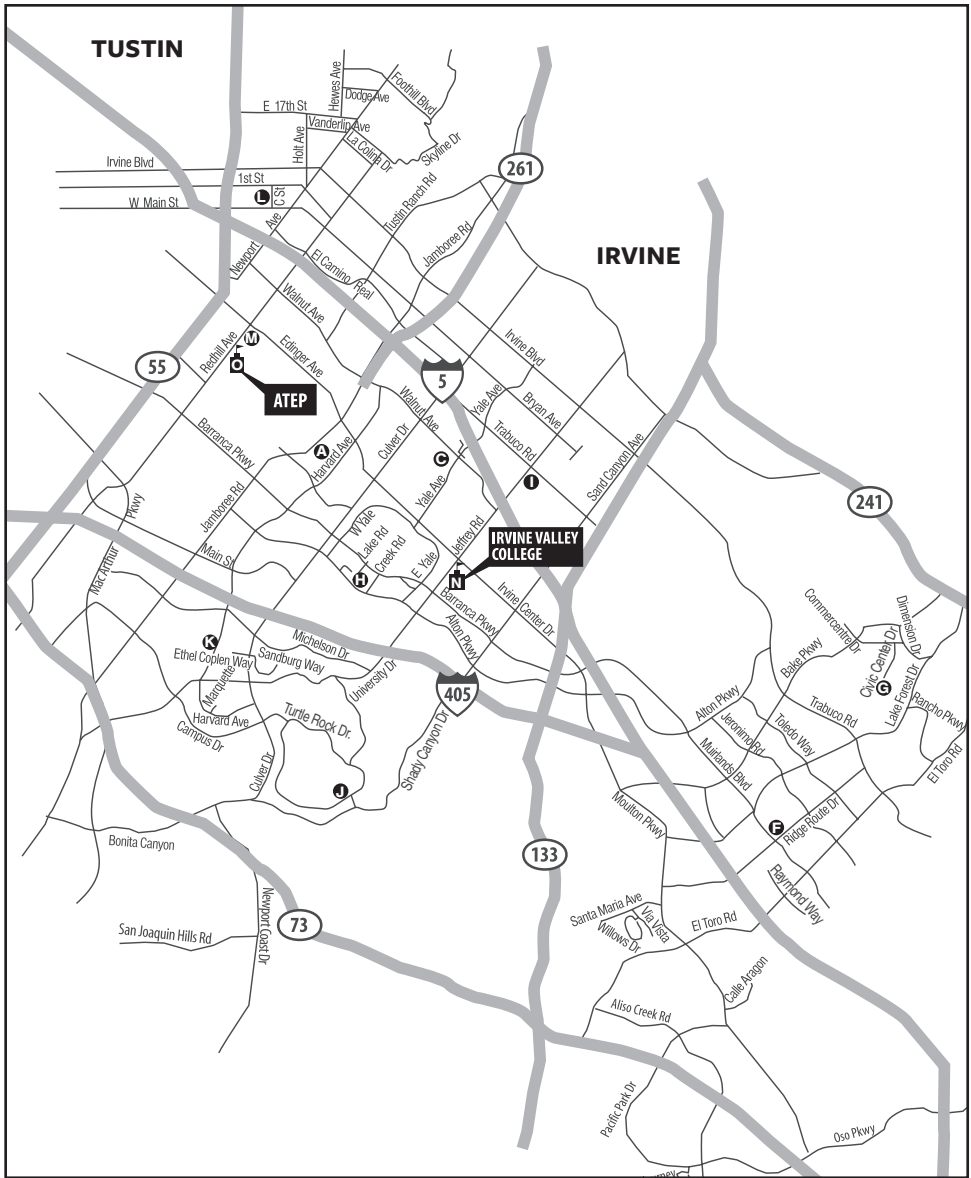
Covers fundamental information concerning the principles and practice of real estate and skills necessary to complete and pass the Cal-DRE Salesperson Examination. Emphasis placed on: Property ownership; Agency and fiduciary duties; Property valuation; Financing; Transfer; Practice; and Contracts.

75226 Online 8.3 hrs/wk 9/21-10/4 Boone, R. Online

75229 Online 8.3 hrs/wk 10/19-12/13 Boone, R. Online

CLASS LOCATIONS AND MAPS

| CLASS SITE | LOCATION/CONTACT INFO |
|-----------------------------|--|
| A CCWMPR | Civic Center West 17101 Armstrong Ave., Irvine 92614 949-724-6620 |
| B FSSC | Florence Sylvester Senior Center 23721 Moulton Pkwy., Laguna Hills 92653 949-380-0155 |
| C HPCC | Heritage Park Community Center 14301 Yale Ave., Irvine 92604 949-724-6750 |
| D LBCC | Laguna Beach Community Center 380 Third St., Laguna Beach 92651 949-464-9535 |
| E LBCRC | Laguna Beach Community and Recreation Center 30516 Coast Hwy., Laguna Beach 92651 949-464-6654 |
| F LFBTC | Lake Forest Beach and Tennis Club 22921 Ridge Route Dr., Lake Forest 92630 949-837-6100 |
| G LFCH | City of Lake Forest—The Clubhouse 100 Civic Center Dr., Lake Forest 92630 949-461-3408 |
| H LSC | Lakeview Senior Center 20 Lake Rd., Irvine 92612 949-724-6900 |
| I SCCCA | South Coast Chinese Cultural Association 9 Truman, Irvine 92620 949-559-6868 |
| J RSC | Rancho Senior Center 3 Ethel Coplen Way, Irvine 92612 949-724-6800 |
| K TRCP | Turtle Rock Community Park 1 Sunnyhill, Irvine 92603 949-724-6734 |
| L TUS | Tustin Area Senior Center 200 South C St., Tustin 92780 714-573-3340 |
| M TUS LEGACY | Annex at Tustin Legacy 15445 Lansdowne Rd., Tustin 92782 714-573-3326 |
| N IVC | Irvine Valley College 5500 Irvine Center Dr., Irvine 92618 949-451-5100 |
| O IDEA (IVC AT 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 |



All Emeritus Institute classes are held at off-site locations and at IVC's satellite campus in Tustin (IVC at ATEP) listed on page 20.

Community Education classes are held at Irvine Valley College main campus and at IVC's satellite campus in Tustin (IVC at ATEP) listed on page 2 and 22.

IRVINE VALLEY COLLEGE CAMPUS MAP



- ★ DAY PERMIT KIOSKS: LOTS 2, 4, 5, 6, 8, 10
- Ⓟ 30 MINUTE PARKING: LOTS 2, 4, 5, 8, 10
- ♿ DP PARKING
- ▨ STAFF PARKING
- STUDENT PARKING
- 🏍️ MOTORCYCLE PARKING
- 🔌 EV CHARGING STATION
- LOADING ZONE
- 🚌 BUS STOP
- ☎️ EMERGENCY PHONE
- 🍽️ LASER CAFÉ (CAFETERIA)
- ♿ ALL-GENDER RESTROOM



NORTH QUAD

- N1 Liberal Arts
- N2 Conference Center and Classrooms
- N3 Business and Social Sciences
- N4 Library
- N5 English Learning Center (ELC) and Classrooms
- N6 Administration
- NC Patio Café
- NV North Village Classrooms
- NV 7 International Student Office

EAST QUAD

- SSC Student Services Center
- E2 Learning Centers and Classrooms
- E4 Green House
- E5 Life Sciences
- E6 Mathematics and Physical Sciences
- E7 Chemistry Annex
- E8 Human Development
- E9 Student Activities Center

SOUTH QUAD

- S1 Hart Gymnasium
- S2 Health Fitness Complex
- S3 Health and Wellness Center
- S4 Campus Police
- SM Facilities, Maintenance, and Operations
- SM6 DSPS Testing Center

WEST QUAD

- W1 Performing Arts Center
- W2 Music and Dance
- W3 Visual Arts
- W4 Fine Arts and Gallery
- WC Promenade Café
- W01, W02 Outdoor Learning Labs
- TER Live Oak Terraces

IRVINE VALLEY COLLEGE

5500 Irvine Gym Center Dr., Irvine CA, 92618



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



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- Certified Brand Strategist
- Certified Business Analysis Professional (CBAP) Prep
- Certified Wedding Planner
- Chartered Tax Professional
- Digital Game Artist Certificate
- Financial and Career Coach (Exam Included)
- NASM Certified Personal Trainer + Corrective Exercise (Vouchers Included)
- NASM Corrective Exercise Specialist (CES) (Exam Included)
- Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos
- Professional Interpreter
- Professional Recovery Coach
- Social Service Assistant
- Sterile Process Technician
- Web Design Professional

Irvine Valley College

To learn more and enroll, visit:

<https://www.ivc.edu/community-education/online>



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