

Emeritus Institute Classes: Fall 2026

Course Dates: August 17– December 16, 2026

(No class 9/7, 11/10, 11/11, 11/26, 11/27)

ART 403C: ART MEDIA (BEADING)

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

ART 403C: ART MEDIA (WIRE WRAPPING)

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

ART 403C: ART MEDIA (DRAWING)

75066	W	1:30–4:20 pm	8/19–12/16	Sykes, E.	ONLINE
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ART 435C: WATERCOLOR PAINTING– BEGINNING

75090	F	9–12:20 pm	8/28–12/11	Gulino, M.	LSC
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ART 430C: WATERCOLOR PAINTING– INT/ADV

75058	W	9–11:50 am	8/19–12/16	Gulino, M.	ONLINE
75059	Th	1–3:50 pm	8/27–12/10	Gulino, M.	LBCC

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

AQUATIC FITNESS TRAINING

75052	T	2–2:50 am	8/18–12/12	Staff	LBFTC
75055	Th	2–2:50 pm	8/20–12/10	Dickenson, K.	LBFTC

BALANCE AND MOBILITY

75054	W	12:30–1:20PM	8/19–12/16	Staff	LFCH
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CHAIR EXERCISE

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

CIRCUIT TRAINING

75078	M	10:30–11:20 am	8/17–12/14	Mastin, K.	LFCH Patio
75089	T	11–11:50 am	8/18–12/15	Messenger, L.	ONLINE
75083	W	10:30–11:20 am	8/19–12/16	Mastin, K.	LFCH Patio
75057	Th	11:30 am–12:20 pm	8/20–12/10	Staff	LBCRC

NEW!

75196	F	9–9:50 am	8/21–12/10	Staff	CCWMPR
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DYNA-BAND

75106	T	11:30 am–12:20 pm	8/18–12/15	Robitaille, J.	LFCH
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JOINT HEALTH AND BALANCE

NEW!

75072	M	2–2:50 pm	8/17–12/14	Jimenez, J.	ONLINE
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MOBILITY AND FLEXIBILITY

NEW!

75070	T	9–9:50 am	8/18–12/15	Jimenez, J.	ONLINE
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PHYSICAL FITNESS

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

PILATES

75104	M	10:15–11:05 am	8/17–12/14	Robitaille, J.	LBCC
75050	M	1–1:50 pm	8/17–12/14	Staff	LFCH
75095	T	9–9:50 am	8/18–12/15	Ovadia, J.	RSC
75105	T	10:30–11:20 am	8/18–12/15	Robitaille, J.	LFCH
75097	W	9–9:50 am	8/19–12/16	Ovadia, J.	RSC
75102	W	10:15–11:05 am	8/19–12/16	Robitaille, J.	LBCC
75056	Th	10:30–11:20 am	8/20–12/10	Staff	LBCRC
75099	Th	10:30–11:20 am	8/20–12/10	Ovadia, J.	ONLINE
75103	F	10:15–11:05 am	8/21–12/11	Robitaille, J.	LBCC

STRENGTH AND BALANCE

75042	M	10:30–11:20 am	8/17–12/14	Dickenson, K.	LFCH
75044	T	11–11:50 am	8/18–12/15	Dickenson, K.	LBCRC
75045	W	10–10:50 am	8/19–12/16	Dickenson, K.	LBFTC

NEW!

75071	Th	9–9:50 am	8/20–12/10	Jimenez, J.	ONLINE
75049	F	9–10:05 am	8/21–12/11	Dickenson, K.	LSC

STRENGTH AND CONDITIONING

NEW!

75073	W	2–2:50 pm	8/19–12/16	Jimenez, J.	ONLINE
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NEW!

75108	F	10–10:50 am	8/18–12/15	Staff	CCWMPR
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STRETCH AND FLEXIBILITY

75074	Th	9–9:50 am	8/20–12/10	Staff	LBCRC
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TAP DANCE

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

NEW!					
TAI CHI					
75046	T	10-10:50 am	8/18-12/15	Staff	SCCCA
YOGA					
75112	M	11-11:50 am	8/24-12/14	Staff	TUS
75100	W	10:30-11:20 am	8/19-12/16	Quibodeaux, N.	LFCH
75116	W	1:30-2:20 pm	8/19-12/16	Staff	LFCH
75101	Th	10-10:50 am	8/20-12/10	Quibodeaux, N.	RSC
75118	Th	11:30 am-12:20 pm	8/20-12/10	Staff	LFCH

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

PHYSICAL FITNESS

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

STRENGTH AND PILATES

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

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

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

YOGA

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

LINE DANCE

75030	M	10:30 am-12:35 pm	8/17-12/14	Carlson, D.	TRCP
<i>Recommended for High Beginner/High Improver</i>					
75037	M	10:30 am-12:20 pm	8/17-12/14	Chung, J.	LSC
<i>Recommended for High Beginner/Improver</i>					
75080	M	12:30-1:20 pm	8/17-12/14	Mastin, K.	IDEA101
<i>Recommended for Improver/Easy Intermediate</i>					

75039	M	2-3:50 pm	8/17-12/14	Decker, D.	IDEA101
<i>Recommended for Improver/Intermediate</i>					
75067	T	9-9:50 am	8/18-12/15	Jackson, V.	IDEA101
<i>Recommended for Beginner/Improver</i>					
75068	T	10-10:50 am	8/18-12/15	Jackson, V.	IDEA101
<i>Recommended for Improver/Easy Intermediate</i>					
75069	T	11-11:50 am	8/18-12/15	Jackson, V.	IDEA101
<i>Recommended for Easy Intermediate/Intermediate</i>					
75110	T	10:30-11:20 am	8/18-12/15	Turi, R.	LFCH
<i>Recommended for Improver/Intermediate</i>					
75111	T	11:30-12:20 pm	8/18-12/15	Turi, R.	LFCH
<i>Recommended for Improver/Intermediate</i>					
75082	T	1:30-2:35 pm	8/18-12/15	Mastin, K.	TUS
<i>Recommended for Beginners</i>					
75031	W	10:30-11:20 am	8/19-12/16	Carlson, D.	IDEA101
<i>Recommended for High Beginner</i>					
75034	W	11:30 am-12:20 pm	8/19-12/16	Carlson, D.	IDEA101
<i>Recommended for Improver</i>					
75084	W	1-1:50 pm	8/26-12/16	Mastin, K.	TUS Legacy
<i>Recommended for Beginner</i>					
75085	W	2-2:50 pm	8/26-12/16	Mastin, K.	TUS Legacy
<i>Recommended for Improver</i>					
75109	Th	10-11:50 am	8/20-12/10	Turi, R.	HPCC
<i>Recommended for Intermediate</i>					
75087	Th	10:30-11:20 am	8/20-12/10	Mastin, K.	IDEA101
<i>Recommended for Beginner/Improver</i>					
75088	Th	1:30-2:20 pm	8/20-12/10	Mastin, K.	LFCH
<i>Recommended for Beginners</i>					
75040	Th	2:30-4:20 pm	8/20-12/10	Decker, D.	IDEA101
<i>Recommended for Improvers</i>					
75038	F	10:30 am-12:35 pm	8/21-12/11	Chung, J.	LSC
<i>Recommended for High Beginner/Improver</i>					
75277	F	1:30-2:40 pm	8/28-11/20	Carlson, D.	TUS
<i>Recommended for Improver/Easy Intermediate</i>					

LOCATIONS

CCWMPR	Civic Center West, Irvine
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
SCCCA	South Coast Chinese Cultural Association, Irvine
TRCP	Turtle Rock Community Park, Irvine
TUS	Tustin Area Senior Center, Tustin
TUS Legacy	Annex at Tustin Legacy



Online Class Schedule:
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MySite Registration: <https://link.ivc.edu/mysite>

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

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