

Emeritus Institute Classes: Spring 2026

Course Dates: January 12 – May 20, 2026

(No Classes on 1/19, 2/13, 2/14, 2/16, 2/17, 3/16-3/20, 3/31)

ART 403C: ART MEDIA (BEADING)

32977	T	12-2:50pm	1/13-5/19	Hernandez, A.	ONLINE
32978	T	6-8:50pm	1/13-5/19	Hernandez, A.	ONLINE
32980	F	9-11:50am	1/16-5/15	Hernandez, A.	RSC

ART 403C: ART MEDIA (WIRE WRAPPING)

33824	M	1-3:50pm	1/12-5/18	Sykes, E.	ONLINE
33825	W	9-11:50am	1/14-5/13	Sykes, E.	FSSC

ART 403C: ART MEDIA (DRAWING)

33826	W	1:30-4:20pm	1/14-5/13	Sykes, E.	ONLINE
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ART 435C: WATERCOLOR PAINTING – BEGINNING

32976	F	9am-12:05pm	1/16-5/15	Gulino, M.	LSC
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ART 430C: WATERCOLOR PAINTING – INT/ADV

32974	W	9-11:50am	1/14-5/13	Gulino, M.	ONLINE
32975	Th	1-3:50pm	1/15-5/14	Gulino, M.	LBCC

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

AQUATIC FITNESS TRAINING

32971	T	10-10:50am	1/13-5/19	Gagnon, M.	LBHSCP
32964	T	2-2:50am	1/13-5/19	Dickenson, K.	LFBTC
32967	Th	2-2:50pm	1/15-5/14	Dickenson, K.	LFBTC

CHAIR EXERCISE

32962	M	11:30am-12:20pm	1/12-5/18	Dickenson, K.	LFCH
33798	T	10-10:50am	1/13-5/19	TBA	LSC
33788	Th	9-9:50am	1/15-5/14	Mastin, K.	LSC
32966	Th	12:30-1:20pm	1/15-5/14	Dickenson, K.	LFCH

CIRCUIT TRAINING

33783	M	10:30-11:20am	1/12-5/18	Mastin, K.	LFCH Patio
33793	T	11-11:50am	1/13-5/19	Messenger, L.	ONLINE
34348	W	10:30-11:20am	1/14-5/13	Mastin, K.	LFCH Patio
32973	Th	11:30am-12:20pm	1/15-5/14	Gagnon, M.	LBCRC

PHYSICAL FITNESS

32970	M	2-2:50pm	1/12-5/18	Gagnon, M.	LFCH
33974	T	1-1:50pm	1/13-5/19	Messenger, L.	RSC
33815	W	9-9:50am	1/14-5/13	TBA	LSC
33807	W	11:30am-12:20pm	1/14-5/13	Gagnon, M.	LFCH
33810	Th	10:30-11:20am	1/15-5/14	TBA	LFCH
33795	Th	1-1:50pm	1/15-5/14	Messenger, L.	RSC

PILATES

33814	M	10:15-11:05am	1/12-5/18	Robitaille, J.	LBCC
32969	M	1-1:50pm	1/12-5/18	Gagnon, M.	LFCH
33800	T	9-9:50am	1/13-5/19	Ovadia, J.	RSC
33803	W	9-9:50am	1/14-5/13	Ovadia, J.	RSC
33817	W	10:15-11:05am	1/14-5/13	Robitaille, J.	LBCC
32972	Th	10:30-11:20am	1/15-5/14	Gagnon, M.	LBCRC
33805	Th	10:30-11:20am	1/15-5/14	Ovadia, J.	ONLINE
33818	F	10:15-11:05am	1/16-5/15	Robitaille, J.	LBCC

STRENGTH AND BALANCE

32961	M	10:30-11:20am	1/12-5/18	Dickenson, K.	LFCH
32963	T	11-11:50am	1/13-5/19	Dickenson, K.	LBCRC
32965	W	10-10:50am	1/14-5/13	Dickenson, K.	LFBTC
32968	F	9-10:05am	1/16-5/15	Dickenson, K.	LSC

STRETCH, BALANCE, AND MOBILITY

34369	W	12:30-1:20PM	1/14-5/16	Gagnon, M.	LFCH
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TAP DANCE

34043	T	9-9:50am	1/13-5/19	Bregozzo, D.	RSC
32948	T	10-10:50am	1/13-5/19	Bregozzo, D.	RSC
32949	T	11-11:50am	1/13-5/19	Bregozzo, D.	RSC

YOGA

33797	M	11-11:50am	1/12-5/18	TBA	TUS
32959	T	9:30-10:20am	1/13-5/19	Cofinco, S.	ONLINE
33812	W	10:30-11:20am	1/14-5/13	Quibodeaux, N.	LFCH
33813	Th	10-10:50am	1/15-5/14	Quibodeaux, N.	RSC
34163	Th	11:30am-12:20pm	1/15-5/14	TBA	LFCH

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

DYNA-BAND

33819 T 12:30-2:20pm 1/13-5/19 Robitaille, J. LFCH

PHYSICAL FITNESS

33799 M 1-2:50pm 1/12-5/18 Ovadia, J. ONLINE

33804 W 12:30-2:35pm 1/14-5/13 Ovadia, J. LSC

PILATES

32947 T 10:30am-12:20pm 1/13-5/19 Robitaille, J. LFCH

STRENGTH AND PILATES

33802 T 2:30-4:20pm 1/13-5/19 Ovadia, J. ONLINE

STRETCH AND FLEXIBILITY

33796 T/Th 9-9:50am 1/13-5/19 Messenger, L. ONLINE

TAI CHI

33777 W 10-11:50 am 1/14-5/13 Ma, M. RSC

33778 W 1-2:50pm 1/14-5/13 Ma, M. LFCH

33781 Th 2:30-4:20pm 1/15-5/14 Ma, M. TUS

YOGA

32950 W 11:30am-1:20pm 1/14-5/13 Burns, K. LBCC

32951 F 11:30am-1:20pm 1/16-5/15 Burns, K. LBCC

LINE DANCE

32952 M 10:30am – 12:35pm 1/12-5/18 Carlson, D. TRCP

Recommended for Intermediate

32957 M 10:30am – 12:20pm 1/12-5/18 Chung, J. LSC

Recommended for High Beginner/Improver

32960 M 2-3:50pm 1/12-5/18 Decker, D. IDEA

Recommended for Improver/Intermediate

32983 T 9-9:50am 1/13-5/19 Jackson, V. IDEA

Recommended for High Beginner/Improver

32984 T 10-10:50am 1/13-5/19 Jackson, V. IDEA

Recommended for Improver/Easy Intermediate

32986 T 11-11:50am 1/13-5/19 Jackson, V. IDEA

Recommended for Easy Intermediate/Intermediate

33820 T 10:30-11:20 am 1/13-5/19 Turi, R. LFCH

Recommended for Improver/Intermediate

33821 T 11:30-12:20pm 1/13-5/19 Turi, R. LFCH

Recommended for Improver/Intermediate

33784 T 1:30-2:35pm 1/13-5/19 Mastin, K. TUS

Recommended for Beginners

34365 T 2:30-4:20pm 1/13-5/19 Decker, D. IDEA

Recommended for Improvers

32953 W 10:30-11:20am 1/14-5/13 Carlson, D. IDEA

Recommended for Beginner/High Beginner

32955 W 11:30am-12:20pm 1/14-5/13 Carlson, D. IDEA

Recommended for High Beginner/Improver

33786 W 1-1:50pm 1/14-5/13 Mastin, K. TUS Legacy

Recommended for Beginner/Improver

33787 W 2-2:50pm 1/14-5/13 Mastin, K. TUS Legacy

Recommended for Beginner/Improver

33823 Th 10am-12:05pm 1/15-5/14 Turi, R. HPCC

Recommended for Intermediate

33789 Th 1:30-2:20pm 1/15-5/14 Mastin, K. LFCH

Recommended for Beginners

32958 F 10:30am-12:35pm 1/16-5/15 Chung, J. LSC

Recommended for High Beginner/Improver

34569 F 10:30am-12:20pm 1/16-5/15 Mastin, K. IDEA

Recommended for Beginner/Improver

33792 F 12:30-1:20pm 1/16-5/15 Mastin, K. IDEA

Recommended for Improver/Easy Intermediate

32956 F 1:30-3:45pm 1/16-5/15 Carlson, D. TUS

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



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www.ivc.edu/emeritus

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

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

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