Welcome back to campus! Come learn something new!
academics.ivc.edu/CommunityEd | academics.ivc.edu/Emeritus
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OFFICE OF EXTENDED EDUCATION
1624 Valencia Ave., Room 205
Tustin, CA 92782
949-367-8343

FALL AND SPRING OFFICE HOURS:
9am–5pm Monday through Friday
Closed Saturday/Sunday, holidays,
and semester breaks.

Note: This is an office location, not a classroom location.

All Community Education classes are held at Irvine Valley College,
5500 Irvine Center Drive, Irvine. Campus map and building list: Page 19.

All Emeritus classes are held at the location listed in the individual course
description. Map and list of Emeritus off-campus class locations: Pages 17-18.

GENERAL INFORMATION:
Community Education: https://academics.ivc.edu/communityed
Emeritus Institute: https://academics.ivc.edu/emeritus

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

SPRING 2022 ACADEMIC CALENDAR

Jan. 17  Martin Luther King Jr. Holiday (No Classes)
Jan. 18  Emeritus Institute Classes Begin
Jan. 24  Community Education Classes Begin
Feb. 18 - Feb. 21  Presidents’ Day (No Classes)
Feb. 22  Faculty Contractual Day (No Classes)
Mar. 21 - Mar. 25  Spring Break (No Classes)
Mar. 31  Cesar Chavez Day (No Classes)
May 25  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.
COVID-19 PROTOCOLS

Vaccination Mandate: Our District has approved the development of a vaccine mandate for all students taking spring semester classes at IVC, Saddleback College, or ATEP. All students enrolling for the spring semester hybrid (partly on-campus/partly online) or on-campus classes should be fully vaccinated or plan to meet the vaccination requirement by January 8, 2022. Adult students enrolling for hybrid or on-campus classes at satellite locations will also need to meet the vaccination requirement by January 8, 2022. If you are neither vaccinated nor plan to be vaccinated, we encourage you to enroll only in online classes for the spring semester. Please check www.ivc.edu for COVID-19 updates and resources.

Mask Mandate: The college requires that face masks or two-layer face gaiters be worn at all times in all indoor locations on campus and at satellite locations. You will need to wear a face mask indoors even if you are vaccinated. Masks are not required outdoors. If you feel sick, stay or go home to keep yourself and others safe. Health and safety rules could evolve as conditions warrant, or if CDC, state, or county guidelines change. Check www.ivc.edu for current information.

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, please 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

Due to the COVID-19 pandemic, parking is complimentary for visitors, students, staff, and faculty for the Spring 2022 term. A permit will not be required to be displayed. All other regulations will still be enforced (red curb, ADA, roadway, overnight, etc.).

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 http://academics.ivc.edu/communityed
COMMUNITY EDUCATION REGISTRATION

Registration can be completed by phone, mail or online:

Phone: 949-367-8343

Online: ivc.augusoft.net

Mail: Office of Extended Education
1624 Valencia Ave., Tustin, CA 92782

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.

Irvine Valley College ed2go

ONLINE CAREER TRAINING COURSES

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

MEDICAL BILLING AND CODING (Vouchers Included)
Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

PHARMACY TECHNICIAN (Voucher Included)
Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Vouchers Included)
Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

HUMAN RESOURCES PROFESSIONAL
Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR certification exam.

HVAC/R CERTIFIED TECHNICIAN
A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

LEAN SIX SIGMA GREEN BELT AND BLACK BELT (Exam Cost Included)
Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)
This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA).

careertraining.ed2go.com/ivccommunityed
Acknowledgement 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.
REGISTRATION FORM

Payee Name: ________________________________
Address: ________________________________ City: ________________________________ Zip: ________________________________

Daytime Telephone #: ________________________________ Email: ________________________________

Participant Name If Different from Payee: ________________________________ Birth Date: ________________________________ Class Name and Number: ________________________________ Fee: ________________________________

Check # (Made Payable to IVC)

This Section for Office Use Only: Receipt #: ________________________________ Date: ________________________________ Other: ________________________________

GENERAL PURPOSE LIABILITY WAIVER RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of accepting this registration, I hereby release, indemnify, and hold harmless South Orange County Community College District and its officers, clients, agents or employees from any and all claims, damages, or losses caused by the negligent or intentional acts or omissions of the SOCCCD’s officers, clients, agents or employees that result in bodily injury, property damage or any other injury or loss to myself (and to any minor children for whom I have the capacity to contract) arising out of the participation in this program or other classes sponsored by Irvine Valley College, for a calendar year, enrolled in by me (and by any minor children for whom I have the capacity to contract). I hereby give permission to IVC to videotape or photograph me or my children participating in the programs for use in future marketing, publicity, and advertising on behalf of Irvine Valley College, the Irvine Valley College Foundation, and/or the South Orange County Community College District and understand that I will not receive any compensation for such use. I further hold harmless IVC, the IVC Foundation, or the SOCCCD for any unintentional misuse or misrepresentation of any video or photographic image as part of the above-mentioned uses. I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AS IT APPLIES TO MYSELF.

Signature of Participant: ________________________________ Date: ________________________________

(If participant is under 18, parent or guardian must sign)

Participant Name: ________________________________

Emergency Contact/Relationship (College for Kids):

Daytime Telephone #: ________________________________

Name of Parent or Legal Guardian: ________________________________

Daytime Telephone #: ________________________________
CAREER

ONLINE CLASS: 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 denied 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’ database for potential job leads. Information: Email: kris@kgpmedicalbilling.com 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 Mon., February 28, 2022.
To complete orientation, visit https://forms.gle/9bK2tX3WArNy8oBB

Instructor: Kris G. Hall-Patterson
6:30-8:30pm TU-TH 3/1-4/7 ONLINE

ONLINE CLASS: 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 Mon., April 11, 2022.
To complete orientation, visit https://forms.gle/bK2tX3WArNy8oBB

Instructor: Kris G. Hall-Patterson
6:30-8:30pm TU/TH 4/12-4/14 ONLINE
Optional Instructor Office Hours: 10-11am and/or 6-7pm SAT 4/16 ONLINE

ONLINE CLASS: 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 HIPPA 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 Mon., April 11, 2022.
To complete orientation, visit https://forms.gle/bK2tX3WArNy8oBB

Instructor: Kris G. Hall-Patterson
6:30-8:30pm W 4/13 ONLINE
ONLINE CLASS: 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, then 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 later. 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. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! 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 1/24-5/13.

Fee: $49
Instructor: Voices for All Staff

Cyber Security

Cyber security is the practice of protecting computers, laptops, tablets, and smart phones from cyber threats. In this class we will discuss the history of the internet, terminology used, how to secure passwords, email threats, malware, scams, and fraud used by cyber criminals and the steps to protect personal data from hackers.

Fee: $59 + $10 materials fee payable to instructor
Instructor: Munusamy Pandyarajan

NEW! Introduction to Microsoft Word

Students will learn the basic features and functions of Microsoft Word to create and format documents and create memos and flyers.

Fee: $79
Instructor: NR Computer Learning Center Staff

NEW! Introduction to Microsoft Excel

Students will learn the basic features and functions of Microsoft Excel to create, edit and format spreadsheets such as budget, inventory and financial statements.

Fee: $79
Instructor: NR Computer Learning Center Staff

NEW! Introduction to Microsoft PowerPoint

Students will learn the basic features and functions of Microsoft PowerPoint to create presentations with still and animated images. Students will also learn to convert their presentation into a movie that can be shared with friends and family or uploaded to YouTube.

Fee: $79
Instructor: NR Computer Learning Center Staff
ARTS & HOBBIES

NEW! Beginning Whimsical Watercolor
Learn to paint delightful landscapes, adorable little creatures, and inspirational quotes using one of the most enjoyable and pleasurable art mediums, watercolors. Each week we will cover one of the 7 fundamental skills needed to learn the basics of watercolor painting. Once a week, spend a relaxing morning indulging your creative side.

Fee: $60 + $5 materials fee payable to instructor
Instructor: Tanya Buckley
9-11:30am SAT 1/22-2/12 IVC - A 201B

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.

Fee: $59 per person/$5 per guest
Instructor: Rod H. Kamps, Financial Advisors Network, Inc.
6:30-9:15pm W 1/26, 2/2, 2/9 IVC - CEC 2
6:30-9:15pm TH 1/27, 2/3, 2/10 IVC - CEC 2
8:30am-1pm SAT 1/2, 2/5 IVC - CEC 2
6:30-9:15pm W 4/20, 4/27, 5/4 IVC - CEC 2
6:30-9:15pm TH 4/21, 4/28, 5/5 IVC - CEC 2
8:30am-1pm SAT 4/23, 4/30 IVC - CEC 2
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. Please see Page 4 for COVID-19 information.

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.

MySite registration is date- and time-specific. Please login to your individual MySite account for a specific date and time to register. Students cannot register prior to their appointment. If you are having trouble accessing MySite, please contact Admissions and Records at 949-451-5220. To register for a class, go to https://mysite.socccd.edu and enter your Student ID number and 4-digit PIN.

If you plan to enroll and are new or a returning student (those who skipped a fall or spring semester), you will need to fill out an application. Please contact the Extended Education Office at 949-367-8343 or by email ivcemeritus@ivc.edu.

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. When a space becomes available, you will be notified by email and text. Once you receive notification, please log in to your MySite account to register for the class. An Add Permit Code (APC) will be given to you in the email and text. The APC must be used within 24 hours of receipt of the email or text. Once the APC expires, you cannot add the class and will need to add your name to the waitlist again. Faculty reserve the right to drop students who do not attend the first class session.
ART CLASSES

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 2/18, 2/21, 2/22, 3/21-3/25, 3/31.)*

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>65985</td>
<td>M</td>
<td>Noon-2:50pm</td>
<td>1/24-5/23</td>
<td>Addington, T.</td>
<td>LFCH</td>
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<tr>
<td>65990</td>
<td>T</td>
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<td>1/18-5/24</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
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<tr>
<td>65975</td>
<td>T</td>
<td>6-8:50pm</td>
<td>1/18-5/24</td>
<td>Hernandez, A.</td>
<td>ONLINE</td>
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<tr>
<td>65995</td>
<td>Th</td>
<td>9-11:50am</td>
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<td>FSSC</td>
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<tr>
<td>65980</td>
<td>F</td>
<td>9am-12:05pm</td>
<td>1/21-5/20</td>
<td>Hernandez, A.</td>
<td>RSC</td>
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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 2/18, 3/25, 4/22, 5/6.)*

<table>
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<tr>
<th>CRN</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Instructor</th>
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<td>1/21-5/20</td>
<td>Gulino, M.</td>
<td>LSC</td>
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</tbody>
</table>

ART 435C: WATERCOLOR PAINTING – INT/ADV
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 2/2, 3/23, 3/24, 3/31.)*

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<tr>
<th>CRN</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<td>66280</td>
<td>W</td>
<td>9-11:50am</td>
<td>1/19-5/25</td>
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<tr>
<td>66275</td>
<td>Th</td>
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<td>1/20-5/19</td>
<td>Gulino, M.</td>
<td>LBCC</td>
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</tbody>
</table>
LITERATURE CLASSES

NEW! HUM 435C: FILM GENRES
This noncredit course is a formal analysis of film as an art form for older adults. Films of various styles, periods, issues of plot, character, setting, dialogue, imagery, and symbolism. (No class 3/24, 3/31.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>90080</td>
<td>Th</td>
<td>Noon–2:50pm</td>
<td>1/20-5/19</td>
<td>Forry, S.</td>
<td>LFCH</td>
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</table>

MUSIC CLASSES

MUS 450: BEGINNING PIANO
This is a beginning course in popular and classical piano technique for older adults. The course focuses on music theory, note reading, scales, fingering, chording, sight reading, and performance techniques. (No class 2/21, 3/21.)

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<tr>
<th>Course</th>
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<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<td>LSC</td>
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</table>

MUS 451: INTERMEDIATE/ADVANCED PIANO
This is an intermediate-level course in classical and popular piano technique and performance for older adults. The course focuses on theory, fingering, interpretation techniques, sight reading, and repertoire development. (No class 2/21, 3/21.)

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<tr>
<th>Course</th>
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<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<td>66225</td>
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<td>1/24-5/23</td>
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<td>LSC</td>
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HEALTH AND FITNESS CLASSES

**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 2/2, 2/18, 2/21, 2/22, 3/21-3/25, 3/31, 4/22.)**

### ASAP STRENGTH AND PILATES

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Type</th>
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<tr>
<td>90260</td>
<td>T</td>
<td>2:30-4:20pm</td>
<td>1/18-5/24</td>
<td>Ovadia, J.</td>
<td>ONLINE</td>
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<tr>
<td>90265</td>
<td>Th</td>
<td>10:30-11:20am</td>
<td>1/20-5/19</td>
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### AQUATIC FITNESS TRAINING

<table>
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<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Type</th>
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### CHAIR EXERCISE

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### CHINESE FAN BOXING

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### DANCE (COUNTRY LINE)

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### DANCE (TAP)

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### DAYAN QIGONG

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PILATES

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STRETCH AND FLEXIBILITY

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TAI CHI (MOBILITY)

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HLTH 400B: HEALTH AND FITNESS FOR MATURE ADULTS (2 HOURS 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 2/18, 2/21, 2/22, 3/21-25, 4/7, 4/22, 5/4.)*

DANCE (COUNTRY LINE)

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</table>
| A FSSC         | Florence Sylvester Senior Center  
23721 Moulton Parkway, Laguna Hills 92653  
949-380-0155 |
| B HPCC         | Heritage Park Community Center  
14301 Yale Ave., Irvine 92604  
949-724-6750 |
| C LBCC         | Laguna Beach Community Center  
380 Third St., Laguna Beach 92651  
949-464-9535 |
| D LBHSCP       | Laguna Beach High School Community Pool  
625 Park Ave., Laguna Beach 92651  
949-464-9535 |
| E LFBTC        | Lake Forest Beach and Tennis Club  
22921 Ridge Route Dr., Lake Forest 92630  
949-837-6100 |
| F LFCH         | City of Lake Forest - The Clubhouse  
100 Civic Center Dr., Lake Forest 92630  
949-461-3408 |
| G LSC          | Lakeview Senior Center  
20 Lake Rd., Irvine 92612  
949-724-6900 |
| H RSC          | Rancho Senior Center  
3 Ethel Coplen Way, Irvine 92612  
949-724-6800 |
| I TUSTIN       | Tustin Area Senior Center  
200 South C St., Tustin 92780  
714-573-3340 |
| J IVC          | Irvine Valley College  
5500 Irvine Center Dr., Irvine 92618  
949-451-5100 |
| K 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 |
CLASS LOCATION MAPS
Irvine 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!

[link.ivc.edu/extended]