

LAVC

COMMUNITY SERVICES

a lifetime of learning



WINTER/SPRING 2026



 818-947-2577 x4172

 <https://lavalley.augusoft.net>

LAVC

Community Services
FOR ANGELES VALLEY COLLEGE

ARTS & CRAFTS
CAREER TRAINING
FITNESS
LANGUAGES
SWIMMING
AND MORE...

a lifetime of learning

LAVC
Community Services
LOS ANGELES VALLEY COLLEGE



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DIRECTORY OF COURSES AND PROGRAMS

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☎ **818-947-2577 x4172**
🌐 **<https://lavalley.augusoft.net>**
✉ **comm_serv@lavc.edu**

REFUND POLICY

There will be a \$10 charge for each refund OR transfer requested. Refund or transfer requests may be granted if presented in writing at least 5 working days before the first class meeting unless otherwise noted. Please choose classes carefully, as refunds, transfers or credits CANNOT be granted once a class has begun.

Refunds or credits WILL NOT be issued for absences or late registrations. If you miss some meetings of a class you cannot make them up in another class. Refunds are not made on the basis of not receiving a confirmation.

Aquatics classes and lessons are offered rain or shine unless: a) It is raining so hard that the bottom of the pool is not visible, b) There is lightning in the immediate vicinity, or c) It is so cold that ice forms on the pool deck. If these conditions are not present and you decide to not attend a swim class or lesson due to inclement weather, there will be no refund, make-up lesson or credit granted.

Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

The Community Services Program is not responsible for lost or misdirected mail. There will be a \$10 charge to change a class. If you paid by credit card, your account will be credited.

All information listed herein is subject to change at any time without prior notice.

PARKING INFORMATION

A parking permit is required to park in any campus parking lot. Please visit the Community Services website to purchase a semester permit and get the latest updates on parking information.

REGISTER EARLY

Minimum enrollment is necessary to maintain each class. Unless the minimum is reached before the first meeting of the class, it will be canceled. Some classes fill rapidly and the maximum may be reached before the final registration date. A \$2 per class nonrefundable registration fee as mandated by the Board of Trustees at their Dec. 11, 1985 meeting, is included in class fees.

SUPPLY AND MATERIAL FEES

Please be aware that some Community Services classes have additional supply, handout or book fees. You MUST purchase the supplies necessary to take the class at the time you register. Supply fees are paid to the Community Services Department. You WILL NOT be able to participate in class unless you purchase the supplies. You will receive the supplies at the first class. Supply fees will only be refunded if class is canceled or the student withdraws from class at least 5 days prior to class start date.

ATTENDING FIRST SESSION

Preregistration is required for all classes and workshops. If you register late, you must show your receipt to the teacher at the first class meeting. The teacher will verify the program number, date and the student's name. Keep your receipt. Only persons with an appropriate receipt will be considered.

REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE

BOARD OF TRUSTEES

Kelsey K. Iino, President (Seat No. 7)
Sara Hernandez, 1st Vice President (Seat No. 4)
Andra Hoffman, 2nd Vice President (Seat No. 1)
Steven F. Veres, Member of the Board (Seat No. 2)
David Vela, Member of the Board (Seat No. 3)
Nichelle Henderson, Member of the Board (Seat No. 5)
Gabriel Buelna, Member of the Board (Seat No. 6)
Jasmine Monet Francis, Student Trustee

DISTRICT ADMINISTRATION

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Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer
James Lancaster, Ed.D., Vice Chancellor, Workforce and Economic Development
Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer
Maury Pearl, Vice Chancellor, Educational Programs and Institutional Effectiveness
Jeffrey Prieto, J.D., General Counsel
Leigh Sata, Ed.D., Vice Chancellor/Chief Facilities Executive
Teyanna Williams, J.D., Vice Chancellor, Human Resources

VALLEY COLLEGE ADMINISTRATION

Barry Gribbons, Ph. D., President
Matthew Jordan, Ed.D., V. P. of Academic Affairs
Larry Resendez, Psy.D, V.P. of Student Services
Sarah Song, V. P. of Admin. Services

COMMUNITY SERVICES PROGRAM STAFF

Debra Erickson, Community Services Manager
ChaQuanda Laughlin, Community Services Aide

DISCLAIMER POLICY

The Los Angeles Community College District and Valley College have made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice by the administration of the Los Angeles Community College District or Valley College for reasons related to student enrollment, level of financial support, or for any other reason, at the discretion of the District and the College. The District and the College further reserve the right to add, amend, or repeal any of their rules, regulations, policies and procedures. Note: Students enrolling in business and financial classes are responsible for making their own financial decisions.

COMMUNITY SERVICES

Classes and workshops are offered to meet community interests. These classes are not given for academic credits and are not part of any degree or certificate program offered by Los Angeles Valley College. The Community Services Program is self-supporting, and classes are not given at taxpayers' expense. Unless indicated, class instructors and workshop leaders are not members of the Los Angeles Valley College faculty. Financial aid is not available for these classes.

REGISTRATION INFORMATION



ONLINE

ANY TIME!

<https://lavalley.augusoft.net>



PHONE

**Monday - Friday
8:30am - 4:30pm**

818-947-2577 x4172

The easiest and quickest way to register is to visit us Online 24 hours a day at <https://lavalley.augusoft.net> where you can simply search for the class you want, add it to the cart then checkout as you would for other online sites. Once completed, you will be able to print your receipt and confirmation immediately.

Enrolling by phone is very simple. Just call 818-947-2577 x4172 during our office hours and be sure to have your credit/debit card handy so we can help you quickly. Receipt and confirmation will be e-mailed once transaction is completed.



WALK IN

**Monday - Friday
8:30am - 4:30pm**

Community Services Center

Stop by our office in the south lobby of the Community Services Center Building during our office hours to register using a debit/credit card.

This catalog is published 3 times per year (fall, winter/spring and summer) by the Los Angeles Valley College Community Services Department. It is sent to residences in the nearby zip codes and is available on campus at several locations.

If you'd like to be added to our mailing list please contact us at **818-947-2577 x4172** or send an email to comm_serv@lavc.edu.

Registration indicates that you (1) have read and understand the refund policy (2) understand that the Los Angeles Community College District has no insurance covering medical or hospital costs incurred by participants (3) recognize that there are risks inherent to participation in recreational activities and agree to release, indemnify and hold harmless the Los Angeles Community College District staff, employees, trustees and volunteers from and against any and all liability from bodily injury and/or property damage which may result from participation in the program. (4) fully consent to emergency medical treatment, should emergency personnel or a physician deem such attention necessary. (5) understand that photographs taken of Community Services programs may be used by the Community Services Department for promoting programs, classes, or events and agree that you will not seek compensation of any kind for use of photographic likeness. Receipt will be emailed.

Refund requests must be submitted in writing via email, along with the original receipt, at least 5 working days before the first class. No refunds will be issued if you enroll less than 5 working days before the class starts. No refunds after the class begins. A \$10 fee applies to each refund, credit, or transfer.

AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

All classes and events are wheelchair accessible. Individuals needing sign-language interpreters, assistive listening devices, large print or other alternative format materials, or other accommodations should contact the Community Services Office at 818.947.2577 x 4172 at least two weeks prior to the date of 1st class or event.

ACTING & PERFORMING ARTS

INTRODUCTION TO VOICEOVERS (ONLINE)

Personalized One-on-One Video Conference Class

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on one, video-chat class! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Voices for All

Fee: \$59

#24641 After registration you will receive a call to set up a time that works best for you.

IMPROV

Say "Yes and" to facing your fears of performing. "Walk on" to the stage and learn the basics of improv, conquer your fears, awaken your creativity, and make new friends while learning how the professionals make you laugh every week. "Wipe" away your hesitations for the most fun 2 hours of your week.

Michael Heiman **Fee: \$139**

BEGINNING IMPROV

#24847 6 Wednesdays
7:00pm - 9:00pm Feb. 25 - Apr. 1

INTERMEDIATE IMPROV

#24848 6 Wednesdays
7:00pm - 9:00pm Apr. 22 - May 27

WRITE A FEATURE SCREENPLAY IN 5 WEEKS

Learn the bare bones structure for working fast and smart in a style that fits your story. Bring your idea, whether it be a paragraph, a synopsis, a character, or an unfinished work and be ready to write.

Michael Morris **Fee: \$115**
#24782 5 Sundays
11:30am - 1:30pm Jan. 25 - Feb. 22

#24783 5 Sundays
11:30am - 1:30pm Apr. 12 - May 17

FIND YOUR VOICE

This singing workshop offers a judgment-free space to learn safe and effective vocal techniques. You'll release tension, master healthy breathing and posture, and develop flexibility and strength. Focus areas include placement, resonance, bridging vocal registers, range, and even voice singing. Enjoy weekly performance opportunities with feedback and coaching in a master class style.

Sophia Kaminski **Fee: \$120**
#24684 6 Tuesdays
6:00pm - 7:30pm Jan. 13 - Feb. 24

#24685 6 Tuesdays
6:00pm - 7:30pm Apr. 7 - May 12

WRITING FOR CHILDREN'S TELEVISION

Learn the fundamentals of writing for children's television from an Emmy winning writer with nearly two decades of industry experience. This class covers character development, story structure, age appropriate content, and what it takes to pitch a successful kids' TV show in today's marketplace.

Michael Rabb **Fee: \$129**
#24825 6 Tuesdays
7:00pm - 9:00pm Jan. 13 - Feb. 17

SEE MUSIC FOR MORE PERFORMING ARTS CLASSES PG. 24

TEACH WITH US!

Do you love teaching and sharing your skills? LAVC Community Services might be the perfect place for you to promote your craft, educate others, or revive lost arts. Almost any topic is welcome. For more info, email comm_serv@lavc.edu.

SEWING CLASSES

Ashley Trutanich

LEVEL 1: BASICS OF SEWING

Learn the basics of sewing! This class will cover both hand sewing and machine sewing techniques for practical use in everyday life. You will learn different types of stitches as well as how to do minor repairs, and by the end of the course, you will complete your very own patchwork pillow.

Tuesdays	Fee: \$129
#24849 Jan. 13 - Feb. 10	4:00pm - 6:00pm
#24850 Feb. 17 - Mar. 17	4:00pm - 6:00pm

Saturdays	Fee: \$129
#24806 Jan. 17 - Feb. 14	9:00am - 11:00am
#24807 Feb. 21 - Mar. 21	9:00am - 11:00am
#24808 Mar. 28 - Apr. 25	9:00am - 11:00am
#24809 May 2 - May 30	9:00am - 11:00am

LEVEL 3: SEWING TECHNIQUE

Mastered the basics? Level 3 expands your skills and teaches you new techniques to elevate your sewing to a more polished, professional, and advanced level. You'll learn zipper installation, sewing curves, different types of seam finishes, and 'sew' much more!

Wednesdays	Fee: \$139
#24853 Jan. 14 - Feb. 11	7:00pm - 9:00pm
#24854 Feb. 18 - Mar. 18	7:00pm - 9:00pm
#24855 Mar. 25 - Apr. 22	7:00pm - 9:00pm
#24856 Apr. 29 - May 27	7:00pm - 9:00pm

Tuesdays	Fee: \$139
#24852 Apr. 28 - May 26	4:00pm - 6:00pm

OPEN STUDIO

Missed a class, need help with your machine, or space for a project? Open Studio is where you can create, connect, and catch up. Enjoy time in the sewing room with instructor support without the structure of a class. Work at your own pace on any project you bring.

Wednesdays	Fee: \$199
#24857 Feb. 24	6:00pm - 8:00pm
#24858 Mar. 31	6:00pm - 8:00pm
#24872 May 5	6:00pm - 8:00pm
#24859 May 26	6:00pm - 8:00pm

Sewing machines provided in classroom!

LEVEL 2: PAJAMA PANTS

Ready to level up your sewing? This class builds on basic skills, teaching pattern use and advanced techniques to create clothing. By the end, you'll master essentials and finish your own custom-fit pajama pants.

Saturdays	Fee: \$129
#24810 Jan. 17 - Feb. 14	11:00am - 1:00pm
#24811 Feb. 21 - Mar. 21	11:00am - 1:00pm
#24812 Mar. 28 - Apr. 25	11:00am - 1:00pm
#24813 May 2 - May 30	11:00am - 1:00pm

Tuesdays	Fee: \$139
#24851 Mar. 24 - Apr. 21	4:00pm - 6:00pm

PATTERN MAKING

Don't just wear your clothes, create them! This class will guide you through making your very own custom t-shirt, from drafting a pattern to preparing your fabric, to sewing it all together. Students must have prior sewing knowledge and/or have completed Sewing Level 1 and Level 2.

Wednesdays	Fee: \$199
#24860 Jan. 14 - Feb. 11	5:00pm - 7:00pm
#24861 Feb. 18 - Mar. 18	5:00pm - 7:00pm
#24862 Mar. 25 - Apr. 22	5:00pm - 7:00pm
#24863 Apr. 29 - May 27	5:00pm - 7:00pm

ALTERATIONS 1: HEMMING

Alter your clothing with ease! Learn hemming for pants, skirts, and shirt. No tailor needed.

Saturdays	Fee: \$209
#24814 Jan. 17 - Feb. 14	1:00pm - 3:00pm
#24815 Mar. 28 - Apr. 25	1:00pm - 3:00pm

ALTERATIONS 2: THE PERFECT FIT

Tailor your clothing with darts, shaping, and tapering. Learn to mark, cut, and adjust for a custom fit. Practice on samples before your own projects. Ideal for those with basic experience or who've completed Level 1.

Saturdays	Fee: \$209
#24816 Feb. 21 - Mar. 21	1:00pm - 3:00pm
#24817 May 2 - May 30	1:00pm - 3:00pm

ARTS & CRAFTS

BUY ONE - GET ONE HALF OFF!

Register for any two craft classes taught by **Quayum Abdul** and get the second class for ½ off! You must register for both classes at the same time over the phone or in person in order to get the discount. Online registration will not receive the discount.

COLD PROCESS SOAP MAKING

Learn the complete process of Cold Process Soap Making and craft beautiful handmade soaps at home.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24787	1 Saturday
3:00pm - 6:00pm	Mar. 14
#24753	1 Sunday
3:00pm - 6:00pm	May 17

HOW TO MAKE BATH PRODUCTS: SHAMPOO, SHOWER GEL AND BUBBLE BATH

Skip pricey bath products and make your own! In this fun class, learn simple techniques to create unique shampoo, shower gel, bubble bath, bath salts, and exfoliants.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24786	1 Saturday
10:00am - 1:00pm	Mar. 14
#24752	1 Sunday
10:00am - 1:00pm	May 17

HOW TO MAKE BODY BUTTER

Making body butter is simple with basic kitchen tools and a few ingredients-customize with your favorite scents and benefits.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24784	1 Saturday
10:00am - 1:00pm	Mar. 7

PHOTOGRAPHY SHOOTING TO A THEME

Join a relaxed, social photography class at the LAVC Community Center. Shoot on your own schedule to match class themes, then share your work, explore how others approached the same ideas, and receive teacher and peer feedback. You'll also study master photographers for inspiration. Any camera is welcome.

Nancy Kaye			Fee: \$49
#24642	2 Thursdays	10:00am - 12:30pm	Jan. 22 - Feb. 19
#24643	2 Thursdays	10:00am - 12:30pm	Apr. 16 - May 14

FIZZY BATH BALLS

Bath bombs make perfect gifts! Drop one in a hot bath to fizz, fragrance, and delight. Customize with oils, colors, petals, or glitter. The possibilities are endless.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24785	1 Saturday
3:00pm - 6:00pm	Mar. 7

HOW TO MAKE YOUR OWN CANDLES

In this workshop, create candles with paraffin wax, oils, and dyes. Experiment with fruits and flowers for unique designs, and take home several high-quality candles.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24748	1 Saturday
10:00am - 1:00pm	Jan. 24
#24751	1 Sunday
10:00am - 1:00pm	Apr. 26

HOW TO MAKE YOUR OWN SOAPS

Creating soaps is fun and easy! Use colors, molds, oils, and herbs to craft organic, natural, or therapeutic varieties. Take home your own unique creations.

Quayum Abdul	Fee: \$45
Supply fee: \$35	
#24749	1 Saturday
3:00pm - 6:00pm	Jan. 24
#24750	1 Sunday
3:00pm - 6:00pm	Apr. 26

CROCHET FOR BEGINNERS I

Learn the basics of crochet! From casting on to single, double, and triple stitches, increases, decreases, ribbing, and casting off. Each day features a new project such as phone cases, hats, bags, or throws.

Isabel Valencia **Fee: \$119**
#24837 5 Fridays
 4:00pm - 6:00pm Jan. 23 - Feb. 27
 Students must purchase the required materials

CROCHET FOR BEGINNERS II

Students in this class should already know crochet basics; single, double, triple stitches, increases, and decreases. We'll move on to more advanced projects such as shorts or pants, house booties or socks, and blouses or sweaters. Each session introduces new stitches and includes time to review ongoing projects.

Isabel Valencia **Fee: \$119**
#24838 5 Fridays
 4:00pm - 6:00pm Mar. 13 - Apr. 10
 Students must purchase the required materials

HENNA FOR BEGINNERS & MIXOLOGY

Have you ever wanted to create beautiful henna tattoos? In this beginner-friendly class, you'll explore the different types of henna, learn how to mix your own natural paste, and practice the techniques needed to design stunning body art. Whether you're decorating yourself or others, you'll leave with the skills and confidence to create elegant, eye-catching designs.

Rosemary May **Fee: \$89**
#24926 Mon/Tues
 6:30pm - 8:30pm Feb. 23 - Mar. 3
 Students must purchase the required materials

BLOOMING CENTERPIECES: A FLOWER CLASS

Discover the art of floral design in this hands-on workshop led by a professional florist. Learn essential techniques for arranging fresh flowers and greenery and create your own beautiful centerpiece to take home. All materials are provided, including flowers, vases, and tools. Ideal for event planners, wedding parties, DIYers, and anyone wanting to boost their floral skills.

Mihaela C., Diana's Flowers **Fee: \$150**
 Fee includes materials

#24803	Wednesday	6:30pm - 8:30pm	Feb. 25
#24846	Wednesday	6:30pm - 8:30pm	Mar. 18
#24804	Wednesday	6:30pm - 8:30pm	Apr. 8
#24805	Wednesday	6:30pm - 8:30pm	May 20

KNITTING FOR BEGINNERS

In this class, you'll learn knitting basics, from casting on to knit and purl stitches, combining techniques to create patterns, and practicing increases, decreases, and ribbing. Each session features fun projects like phone cases, bags, baby blankets, hats, scarves, and more.

Isabel Valencia **Fee: \$119**
#24839 5 Fridays
 6:00pm - 8:00pm Jan. 23 - Feb. 27
 Students must purchase the required materials

GLITTER TATTOO MASTERCLASS

Learn how to create safe, eye-catching glitter tattoos for parties, school events, or your own side hustle. This hands-on class covers everything from basic techniques and safety tips to setting up your own kit and attracting clients. No experience needed, just bring your creativity and love for sparkle.

Rosemary May **Fee: \$25**
#24925 1 Wednesday
 6:30pm - 8:30pm Mar. 4

INTRODUCTION TO BALLOON TWISTING

Discover the fun of balloon art. You will learn to twist and shape 260 balloons into playful creations like dogs, swords, and more. With step-by-step techniques and hands-on practice, you'll gain the skills to wow friends at parties, school events, or anytime you want to add a little fun.

Rosemary May **Fee: \$69**
#24927 Mondays
 6:30pm - 8:30pm Apr. 6 - Apr. 20
 Students must purchase the required materials

ARTS & CRAFTS

LASH APPLICATION WORKSHOP

This fun and interactive class will give you the tools to apply your lashes correctly and in a natural manner. Raquel will cover basic lash application techniques, fitting string lashes, magnetic lash application, half lashes, doubles and safety.

Raquel Fournier

#24754

1 Saturday

9:00am - 12:00pm

Fee: \$39

Mar. 28

MAKEUP TECHNIQUES

Transform your approach to makeup in this hands-on workshop! Learn skincare essentials, foundation, primers, eye techniques, blending, and brush skills to elevate your routine like never before.

Raquel Fournier

#24835

4 Sundays

9:00am - 11:30am

Feb. 22 - Mar. 15

Fee: \$115

MAKEUP ADVANCED TECHNIQUES

This course covers advanced makeup techniques to elevate and extend your look. Learn to refine skin texture, conceal imperfections, and master eyeshadow skills for flawless, long-lasting results.

Raquel Fournier

#24836

10:00am - 12:30pm

Fee: \$55

2 Sundays

Mar. 22 - Mar. 29

HAVE FUN WITH SUCCULENTS

Join our succulent workshop to design your own miniature garden in a pot. With step-by-step guidance, you'll learn how to keep your plants thriving and decorate with rocks, moss, and more. A creative and relaxing way to recharge.

Margie Thomas

Supply fee: \$25

Fee: \$30

#24755

Saturday

10:00am - 12:00pm

Mar. 21

#24756

Saturday

10:00am - 12:00pm

May 16

MIXED MEDIA ART CLASSES

Carmen MacDonald

Students must bring required materials to the first class See website for supply list..

BEGINNER ACRYLIC PAINTING

This beginner acrylic painting course starts with brushwork and fluid strokes, then builds into color mixing, values, and light-on-form techniques to help you create expressive, well-balanced paintings.

Carmen MacDonald **Fee: \$99**

#24789

4 Thursdays

7:00pm - 9:00pm

Mar. 5 - Mar. 26

Students must purchase the required materials

BEGINNER ONE STROKE PAINTING

Learn decorative painting basics to create detailed flowers and leaves in a single stroke. Design beautiful pieces on canvas, vases, glass, fabric, or greeting cards to take home.

Carmen MacDonald **Fee: \$99**

#24788

4 Thursdays

7:00pm - 9:00 pm

Apr. 9 - Apr. 30

Students must purchase the required materials

BEGINNER PASTEL PAINTING

Calling all beginners and creatives, discover pastel techniques! Made from pure pigment and binder, pastels offer a soft texture that creates smooth blends, smudgy lines, and vibrant colors.

Carmen MacDonald **Fee: \$99**

#24795

4 Thursdays

7:00pm - 9:00pm

May 7 - May 28

Students must purchase the required materials

BEGINNER WATERCOLOR PAINTING

This course introduces basic watercolor techniques to help students express their creativity. Learn color mixing, application, brushwork, and more.

Carmen MacDonald **Fee: \$99**

#24790

4 Thursdays

7:00pm - 9:00pm

Feb. 5 - Feb. 26

Students must purchase the required materials

BUSINESS & CAREER TRAINING

MEDICAL CODING & BILLING SERIES

Los Angeles Valley College Community Service Department will issue a certificate for the "Medical Insurance Billing Specialist" after the student has successfully completed all 3 classes: Medical Terminology, Coding, and Medical Insurance Billing classes (attendance & examination requirements must be met before each class ends). After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC.

PART 1: MEDICAL TERMINOLOGY (ONLINE)

This online introductory course is perfect for those pursuing or advancing a healthcare career. Students will study medical terminology, anatomy, organ system functions, and the causes, diagnosis, and management of common conditions. Weekly quizzes reinforce learning and track progress. This course also serves as a prerequisite for Medical Insurance Coding.

Required text: PURCHASE or RENT ON YOUR OWN: The Language of Medicine by Davi- Ellen Chabner (10th, 11th, 12th, or 13th edition accepted)

Arlyn "Glady" Tagomolila-Que

#24734

Monday/Friday

6:00pm - 9:00pm

Fee: \$199

Mar. 20 - Apr. 27

PART 2: MEDICAL CODING (ONLINE)

Accurate coding is essential for billing insurance companies. In this course, students will learn the rules of ICD-10-CM and CPT coding, with introductions to HCPCS Level II and ICD-10-PCS codes. These skills ensure proper billing and maximize reimbursement outcomes. After completion, students will be prepared to sit for the national certification exam. Weekly quizzes and homework will reinforce learning and track progress.

Required text: PURCHASE or RENT ON YOUR OWN: ICD-10-CM (Any publisher) (2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026 accepted) CPT (published by AMA) (2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026 accepted)

Arlyn "Glady"

Fee: \$199

Tagomolila-Que

#24735

Monday/Friday

6:00pm - 9:00pm

May 1 - Jun. 5

PART 3: MEDICAL BILLING PRINCIPLES (ONLINE)

Billing patients and insurance providers is a vital aspect of medical office management. In this course, students will learn billing procedures, how to complete insurance forms, understand coverage types and terminology, and follow the full life cycle of an insurance claim. The class also explores the role of a medical insurance specialist and provides templates commonly used in commercial insurance billing.

Prerequisite: Medical Terminology & ICD-10-CM/CPT-HCPCS Coding

Purchase or rent text books (These are the same books used for Medical Coding.)

Arlyn "Glady"

Fee: \$169

Tagomolila-Que

#24845

Monday/Friday

6:00pm - 9:00pm

Jun. 8 - Jul. 10

Enroll in ALL THREE COURSES for just \$499!

Or enroll in Medical Coding (Part 2) and

Medical Insurance Billing (Part 3) together for only \$349!

* Must purchase series, adding classes individually to your cart will not activate the discount.

INTRODUCTION TO INTERNET MARKETING (ONLINE)

Learn the nine steps to market any business online. We'll cover SEO, advertising, social media, affiliates, e-commerce, content marketing, and Google's top approach. This course helps you start and elevate your marketing, whether you do it yourself or hire an agency.

Bob Cohen

#24611

1 Tuesday

6:00pm - 9:00pm

Fee: \$69

Mar. 3

Fee includes materials

BUSINESS & CAREER TRAINING

INTRODUCTION TO AI FOR EVERYDAY WORK (ONLINE)

Discover the potential of AI tools in this introductory session designed for professionals, educators, and small business owners. Learn how to integrate AI into your daily tasks, from simplifying workflows to boosting creativity and productivity. By the end, you'll understand how to interact with AI tools effectively and explore their endless possibilities.

Bob Cohen **Fee: \$57**
#24613 1 Thursday
6:00pm - 9:00pm Mar. 12

AI FOR MARKETING AND MEDIA CREATION (ONLINE)

Dive into the world of AI-powered marketing and media creation. Learn to craft engaging social media posts, design visuals, and generate video content using AI tools. This class is ideal for entrepreneurs, educators promoting programs, and professionals managing brand awareness with limited resources and time.

Bob Cohen **Fee: \$57**
#24606 1 Thursday
6:00pm - 9:00pm Apr. 2

MARKETING WITH FACEBOOK AND SOCIAL MEDIA (ONLINE)

Learn to market anything using Facebook, Twitter, Instagram, and other social media sites. Discover how Likes, Follows, Shares, and Comments impact organic marketing and how to use paid ads. Understand audience demographics and tools like RSS for automating social media marketing.

Bob Cohen **Fee: \$69**
#24614 1 Tuesday
6:00pm - 9:00pm Mar. 10
Fee includes materials

MAKE AN APP/HOW TO START AN APP BUSINESS (ONLINE)

Apps for iPhones and Android are in high demand. Learn to turn your app idea into income with tools requiring little or no programming experience. Discover what makes a successful app, find your market, and get your app on iTunes or Google Play. Learn to promote and price your app for maximum revenue.

Bob Cohen **Fee: \$69**
#24612 1 Thursday 6:00pm - 9:00pm Mar. 5
Fee includes materials

RESEARCH, ANALYSIS, AND LEARNING WITH AI (ONLINE)

Explore how AI can transform the way you conduct research and analyze information. This session will guide you through using AI to find relevant data, simplify complex materials, and produce actionable insights. Whether you're a business owner making strategic decisions or an educator curating knowledge, this class will enhance your capabilities.

Bob Cohen **Fee: \$57**
#24616 1 Thursday
6:00pm - 9:00pm Mar. 26

HOW TO WRITE WITH AI TOOLS (ONLINE)

Learn how AI tools can write, correct, and do almost anything with text. AI tools can write articles, social media posts, emails, websites, scripts, and more. Get tips on crafting effective prompts, evaluating results, and understanding copyright and ethical use.

Bob Cohen **Fee: \$57**
#24609 1 Thursday
6:00pm - 9:00pm Mar. 19

SEARCH, GOOGLE ADS, EMAIL, AND ECOMMERCE MARKETING (ONLINE)

Explore SEO and Google Ads to drive traffic to your site, find and use keywords, and understand the value of landing pages. Learn why email marketing is essential, how to create a successful opt-in newsletter, and discover top e-commerce sites. Compare search, social media, and email opt-in for your online marketing strategy.

Bob Cohen **Fee: \$69**
#24617 1 Tuesday
6:00pm - 9:00pm Mar. 17
Fee includes materials

BUSINESS & CAREER TRAINING

BLOGGING FOR FUN AND PROFIT (ONLINE)

Discover why creators and marketers love blogs! Easily share products, services, writing, pictures, and videos. Learn the top four ways to monetize a blog. Simplify search and social media marketing. Topics include business blogs, ads, marketing, and building communities.

Bob Cohen Fee: \$69
#24607 1 Tuesday
6:00pm - 9:00pm Mar. 24
Fee includes materials

CONTENT CREATION IN FIVE STEPS (ONLINE)

Struggling to create content for your website, newsletter, or social media? Learn five pro steps to craft articles, posts, and product descriptions. This class covers writing, formatting, images, and content calendars. Learn tools for writing, photography, audio, video, and publishing.

Bob Cohen Fee: \$69
#24608 1 Tuesday
6:00pm - 9:00pm Mar. 31
Fee includes materials

TAKE CHARGE OF YOUR FINANCIAL FUTURE

Leslie Crumley

MASTER YOUR MAIL: PROTECT YOUR FREEDOM

Mail matters more than you think. One missed notice can lead to late fees, missed benefits, or insurance issues. This session shows you how to create a simple system for managing important mail, especially during retirement, travel, or medical changes. Reduce clutter. Avoid mistakes. Stay in control.

Leslie Crumley Fee: \$69
#24826 1 Sunday
10:00am - 12:00pm Jan. 25

MONEY WITHOUT MAYHEM: RETIREMENT CASH FLOW INTRO

Learn to track money, align spending with your values, and keep room for fun. No shame, just smart strategy. This class is the ideal introduction to *Retire With Confidence*, where you'll begin building your personalized cash system.

Leslie Crumley Fee: \$69
#24774 1 Sunday
10:00am - 12:00pm Feb. 1

TRAVEL MORE, WORRY LESS

Want to travel more but think it's too expensive? This session teaches you how to make travel part of your financial plan using smart strategies that work. Discover clever ways to stretch your travel dollars, use rewards programs, and align everyday spending with travel goals. Yes, you can afford to go!

Leslie Crumley Fee: \$69
#24761 1 Sunday 1:00pm - 3:00pm Jan. 25
#24801 1 Sunday 1:00pm - 3:00pm Mar. 15

Fee includes materials

PEACE OF MIND PLANNING: BUILD YOUR FINANCIAL SYSTEM

Overwhelmed by your finances? In this hands-on workshop, you'll build a simple system to organize key information, documents, and decisions. We'll focus on what truly matters, without jargon or guilt. You will gain clarity and confidence to move forward. Building on *Secure What Matters Most*, this session turns ideas into action.

Leslie Crumley Fee: \$115
#24775 1 Sunday
1:00pm - 4:00pm Feb. 15

RETIRE WITH CONFIDENCE: BEYOND MONEY

Retirement isn't just about what you saved, it's about how you use it. This workshop gives you the tools to create a flexible spending plan, reduce financial anxiety, and make decisions that reflect what you want most out of life. Whether you're already retired or preparing, we'll help you feel more in control.

Leslie Crumley Fee: \$115
#24777 1 Sunday
1:00pm - 4:00pm Feb. 1

BUSINESS & CAREER TRAINING

SECURE WHAT MATTERS MOST

You don't need millions to protect what matters. This class helps you manage key documents, clarify your wishes, and create a values-based plan. An act of self-care for you and those who may one day help. It's the perfect introduction to Peace of Mind Planning, where you'll begin building your personalized system.

Leslie Crumley **Fee: \$49**
#24776 1 Sunday
10:00am - 12:00pm Feb. 15

MASTER YOUR MAIL: FIND YOUR HIDDEN MONEY

That sinking feeling from overdue bills, missed refunds, or expired benefits doesn't have to continue. In this session, you'll learn how to set up a system that works. Even when life feels overwhelming, you're traveling, or dealing with health challenges. Stop the stress. Reclaim your money. Restore your peace of mind.

Leslie Crumley **Fee: \$69**
#24760 1 Sunday
10:00am - 12:00pm Mar. 15

CAREER TRAINING PROGRAMS *ONLINE COURSES* <https://careertraining.lavc.edu>

LANDLORD CLASSES: RENTAL PROPERTIES MADE SIMPLE

Shiral Torres

LANDLORDS: THE BASICS

New to rental property ownership or thinking about becoming a landlord? This introductory workshop covers essential topics including finding qualified tenants, managing move-in/move-out processes, avoiding common mistakes, and using simple tools for bookkeeping and organization. Build confidence and learn the basics to start your journey as a successful landlord.

Shiral Torres **Fee: \$55**
#24762 1 Saturday
9:00am - 11:00am Feb. 7

#24766 1 Sunday
9:00am - 11:00am Apr. 12

Fee includes materials

LANDLORDS: GET ORGANIZED AND GAIN CONFIDENCE

Struggling to locate your property paperwork? Securely storing sensitive documents is crucial. Join our workshop to learn a simple system for organizing lease agreements, maintenance logs, rent logs, and tenant notices. Build a binder to take control of your paperwork, reduce stress, and save time.

Shiral Torres **Fee: \$69**
#24763 1 Saturday
12:00pm - 2:00pm Feb. 7

#24767 1 Saturday
12:00pm - 2:00pm Apr. 12

LANDLORDS: TAKE CONTROL OF YOUR FINANCES

Are you making a profit? Bookkeeping is essential but often disliked. Hiring help is costly, but a simple worksheet can do the job! Join our workshop to learn how to track income and expenses easily, gain peace of mind, and achieve profitable results. Plus, get Shiral's business and landlord tips, and updated information.

Shiral Torres **Fee: \$69**
#24764 1 Saturday
9:00am - 11:00am Feb. 28

#24768 1 Sunday
9:00am - 11:00am May 3

LANDLORDS: FIND THE PERFECT TENANT

Worried about finding new tenants and potential income loss? Learn a step-by-step approach to secure ideal tenants in our class. From displaying the 'For Rent' sign to identifying qualified applicants, you'll gain confidence and receive all necessary forms and tips to be a successful landlord.

Shiral Torres **Fee: \$69**
#24765 1 Saturday
12:00pm - 2:00pm Feb. 28

#24769 1 Sunday
12:00pm - 2:00pm May 3

DANCE

SALSA FOR BEGINNERS

Feel the rhythm and bring the heat! Whether you're a beginner or think you have two left feet, this fun and energetic class will have you mastering the basics in just a few weeks. Dance confidently in any social setting, no partner required.

Jasmine Burgos **Fee: \$69**
#24627 5 Saturdays
3:00pm - 4:00pm Jan. 17 - Feb. 21

#24628 5 Saturdays
3:00pm - 4:00pm Feb. 28 - Mar. 28

#24629 5 Saturdays
3:00pm - 4:00pm Apr. 25 - May 30

BEGINNING BALLROOM/LATIN

This class will cover the basics of Fox Trot, Waltz, Cha Cha, and Rumba. Men will learn to lead, and ladies will learn to follow. When you go out dancing, you will have four dances to last the night. Partners are helpful, but not required.

Linda Goldstein **Fee: Varies**
#24623 \$109 8 Sundays
12:00pm - 1:00pm Jan. 25 - Mar. 15

#24624 \$79 6 Sundays
12:00pm - 1:00pm Mar. 22 - May 3

BEGINNING COUNTRY WESTERN LINE DANCING

If you want to learn Line Dancing or improve your technique, this is the class for you. Simple, slow to moderately paced line dances will be taught in a relaxed, pleasant atmosphere. Come have fun with us and get a great workout. Two levels: Beginner & Intermediate. No partners required. Cowboy boots or good dancing shoes suggested - no sandals allowed.

Linda Goldstein **Fee: Varies**
#24621 \$109 8 Sundays
11:00am - 12:00pm Jan. 25 - Mar. 15

#24622 \$79 6 Sundays
11:00am - 12:00pm Mar. 22 - May 3

BEGINNING EAST COAST SWING

East Coast Single Time Swing can be done to Big Band, Country or Pop Rock and Roll. This class will teach you basic steps as well as variations. Men will learn how to lead and ladies will learn how to follow. Come have some fun!

Linda Goldstein **Fee: Varies**
#24625 \$109 8 Saturdays
11:00am - 12:00pm Jan. 24 - Mar. 14

#24626 \$79 6 Saturdays
11:00am - 12:00pm Mar. 21 - Apr. 25

CLASSES FOR KIDS

Spanish - pg. 23 Swimming - pg. 29 Tennis - pg. 21 Gymnastics & Rock Climbing- pg. 30

EXERCISE, SPORTS, & FITNESS

ZUMBA GOLD

Are you 55 or older and looking for a good workout? Zumba Gold for older adults (ages 55+) blends Latin and International dance rhythms to give a fun, safe and different kind of work out for this age group. This is a great way to get in or stay in shape and meet new friends. It is required that participants wear supportive athletic shoes.

Linda Goldstein **Fee: Varies**
#24630 \$109 8 Saturdays
9:30am - 10:30am Jan. 24 - Mar. 14

#24631 \$79 6 Saturdays
9:30am - 10:30am Mar. 21 - Apr. 25

STRETCH & TONE

This class is designed to promote gentle stretches that help loosen and tone the body, alongside isometric exercises that strengthen muscles, improve blood flow and joint mobility. The class includes a variety of exercises and stretches that alleviate pain and soreness, while also enhancing range of motion and balance.

Donald Lopez **Fee: Varies**
#24833 \$89 8 Mondays
6:30pm - 7:20pm Jan. 26 - Mar. 30

#24834 \$79 7 Mondays
6:30pm - 7:20pm Apr. 6 - May 18

EXERCISE, SPORTS, & FITNESS

GROUP TENNIS LESSONS

Raymond Finks, Tennis Pro

Develop your tennis skills with veteran teaching pro Ray Finks. A certified member of the National Tennis Academy Professional Tennis Registry, Ray brings over a decade of competitive and professional experience, highlighted by multiple local tournament victories.

CLASS LEVELS

BEGINNER: Little to no prior experience or lessons

INTERMEDIATE: Reliable serve placement with basic singles and doubles strategy

ADVANCED: Strong consistency, endurance, and competitive play

*** EXPERT:** Highest level of competition, admission by tryout only

EACH student must bring 2 unopened cans of tennis balls & racket.

SESSION 1: SATURDAY

Jan. 17 - Feb. 7	Fee: \$60
#24689 Children 6-9	9:00am - 10:00am
#24690 Children 10-14	10:00am - 11:00am
#24697 Adult Beginning	11:00am - 12:00pm
#24706 Adult Adv-Beg	1:00pm - 2:00pm
#24712 Adult Interm.	2:00pm - 3:00pm
#24724 Adult Advanced	3:00pm - 4:00pm

SESSION 1: SUNDAY

Jan. 18 - Feb 8	Fee: \$60
#24698 Adult Beginning	9:00am - 10:00am
#24707 Adult Adv-Beg	10:00am - 11:00am
#24713 Adult Interm.	11:00am - 12:00pm
#24708 Adult Adv-Beg	1:00pm - 2:00pm
#24714 Adult Interm.	2:00pm - 3:00pm
#24827 Adult Expert*	3:00pm - 4:00pm

SESSION 2: SATURDAY

Feb. 21 - Mar. 21	Fee: \$60
#24691 Children 6-9	9:00am - 10:00am
#24692 Children 10-14	10:00am - 11:00am
#24699 Adult Beginning	11:00am - 12:00pm
#24709 Adult Adv-Beg	1:00pm - 2:00pm
#24715 Adult Interm.	2:00pm - 3:00pm
#24725 Adult Advanced	3:00pm - 4:00pm

SESSION 2: SUNDAY

Feb. 22 - Mar. 22	Fee: \$60
#24700 Adult Beginning	9:00am - 10:00am
#24710 Adult Adv-Beg	10:00am - 11:00am
#24716 Adult Interm.	11:00am - 12:00pm
#24711 Adult Adv-Beg	1:00pm - 2:00pm
#24717 Adult Interm.	2:00pm - 3:00pm
#24828 Adult Expert*	3:00pm - 4:00pm

SESSION 3: SATURDAY

Mar. 28 - Apr. 25	Fee: \$60
#24693 Children 6-9	9:00am - 10:00am
#24694 Children 10-14	10:00am - 11:00am
#24702 Adult Beginning	11:00am - 12:00pm
#24728 Adult Adv-Beg	1:00pm - 2:00pm
#24718 Adult Interm.	2:00pm - 3:00pm
#24726 Adult Advanced	3:00pm - 4:00pm

SESSION 3: SUNDAY

Mar. 29 - Apr. 26	Fee: \$60
#24703 Adult Beginning	9:00am - 10:00am
#24729 Adult Adv-Beg	10:00am - 11:00am
#24719 Adult Interm.	11:00am - 12:00pm
#24730 Adult Adv-Beg	1:00pm - 2:00pm
#24720 Adult Interm.	2:00pm - 3:00pm
#24829 Adult Expert*	3:00pm - 4:00pm

SESSION 4: SATURDAY

May 2 - May 30	Fee: \$60
#24695 Children 6-9	9:00am - 10:00am
#24696 Children 10-14	10:00am - 11:00am
#24704 Adult Beginning	11:00am - 12:00pm
#24731 Adult Adv-Beg	1:00pm - 2:00pm
#24721 Adult Interm.	2:00pm - 3:00pm
#24727 Adult Advanced	3:00pm - 4:00pm

SESSION 4: SUNDAY

May 3 - May 31	Fee: \$60
#24705 Adult Beginning	9:00am - 10:00am
#24732 Adult Adv-Beg	10:00am - 11:00am
#24722 Adult Interm.	11:00am - 12:00pm
#24733 Adult Adv-Beg	1:00pm - 2:00pm
#24723 Adult Interm.	2:00pm - 3:00pm
#24830 Adult Expert*	3:00pm - 4:00pm

EXERCISE, SPORTS, & FITNESS

FITNESS FOR LIFE

This class encourages an active lifestyle while highlighting the health benefits of regular exercise. Through a balanced mix of strength, cardio, balance, and mobility training, participants engage in a moderate-intensity, circuit-based group workout. Open to all ages, the class introduces a variety of exercise equipment and techniques to help you build strength, improve endurance, and enhance overall wellness.

Donald Brolsma Fee: **Monthly**
9:00am - 10:00am Friday

T'AI CH'I CH'UAN AND QI GONG HEALTH BREATHING

Experience relaxed, receptive energy through Tai Chi and Qi Gong to restore coordinated respiration, heart rate, pulse rate, and improve skin sensations. The course includes: Qi Gong basics for Tai Chi, Yang style Tai Chi movements, Kidney tonic Qi Gong for stress recovery.

Jack Neff Fee: **\$115**

6 Thursdays **6:30pm - 8:00pm**

#24686 Jan. 15 - Feb. 19

#24687 Feb. 26 - Apr. 2

#24688 Apr. 9 - May 14

RESTORATIVE YOGA

Come and enjoy a gentle journey through the practice of Yoga. Participants can use props to support, balance, or advance a pose. The instructor will provide a series of options for each posture. This class will explore alignment, strength, balance, flexibility, breath, and relaxation. Bring a yoga mat and a willing spirit.

Margie Thomas Fee: **Varies**
Tues/Thurs **10:00am - 11:00am**

#24652 \$109 Jan. 13 - Feb. 5

#24654 \$109 Feb. 10 - Mar. 5

#24656 \$79 Mar. 10 - Mar. 26

#24658 \$109 Apr. 7 - Apr. 30

#24660 \$109 May 5 - May 28

Tues/Thurs **11:30am - 12:30pm**

#24653 \$109 Jan. 13 - Feb. 5

#24655 \$109 Feb. 10 - Mar. 5

#24657 \$79 Mar. 10 - Mar. 26

#24659 \$109 Apr. 7 - Apr. 30

#24661 \$109 May 5 - May 28

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to enroll or for more information, visit: <https://careertraining.lavc.edu>

LANGUAGES

CIAO VENEZIA - ITALIAN LIVE STREAM FROM VENEZIA, ITALY! (ONLINE)

Learn Italian directly from Venice, Italy with Mr. Lombardi. This beginner-friendly course uses simple idiomatic phrases to get you speaking Italian quickly. Divided into ten subjects, you'll build vocabulary, grammar, and pronunciation skills. Topics include greetings, family, numbers, home, town, dining, work, and socializing. Enjoy ear-training exercises and the authentic experience of learning from Venice.

Giovanni Lombardi

Fee: **\$69**

#24639 6 Tuesdays 10:45am - 11:45am Jan. 20 - Feb. 24

#24640 6 Tuesdays 10:45am - 11:45am Mar. 17 - Apr. 28

SPANISH CLASSES FOR CHILDREN, ADULTS, AND SENIORS

Teresa Hito

SPANISH FOR CHILDREN 7 - 10 YEARS OLD (ONLINE)

Introduce your child to Spanish and Latin American culture through the alphabet, basic tenses, and interactive activities like role-playing, games, videos, and fun exercises.

CHILDREN'S BEGINNER

Tuesdays	5:00pm - 6:00pm
#24680 \$115	Jan. 20 - Mar. 24
#24681 \$105	Apr. 14 - Jun. 9

CHILDREN'S INTERMEDIATE

Wednesdays	5:00pm - 6:00pm
#24682 \$115	Jan. 21 - Mar. 25
#24683 \$105	Apr. 15 - Jun. 10

CHILDREN'S ADVANCED

Thursdays	5:00pm - 6:00pm
#24678 \$115	Jan. 22 - Mar. 26
#24679 \$105	Apr. 16 - Jun. 11

SPANISH FOR SENIORS (ONLINE)

An introductory language course for retirees to stay mentally active. Learn from the alphabet to simple conversations, with weekly topics and active in-class practice

SENIOR BEGINNERS

Fridays	12:00pm - 1:00pm
#24670 \$115	Jan. 23 - Apr. 3
#24671 \$105	Apr. 17 - Jun. 12

SENIOR INTERMEDIATE

Fridays	1:00pm - 2:00pm
#24672 \$115	Jan. 23 - Apr. 3
#24673 \$105	Apr. 17 - Jun. 12

SENIOR ADVANCED

Fridays	2:00pm - 3:00pm
#24668 \$115	Jan. 23 - Apr. 3
#24669 \$105	Apr. 17 - Jun. 12

SENIORS READING CLASS

Mondays	2:00pm - 3:30pm
#24674 \$139	Jan. 26 - Mar. 16
#24675 \$139	Apr. 13 - Jun. 8

Fee: Varies

SPANISH FOR ADULTS (ONLINE)

In this course, students build basic Spanish proficiency through reading, writing, speaking, and listening. Weekly lessons introduce grammar and key topics, reinforced with games, drills, and videos for a well-rounded learning experience.

ADULT BEGINNER

Wednesdays	7:00pm - 8:30pm
#24664 \$169	Jan. 21 - Mar. 25
#24665 \$155	Apr. 15 - Jun. 3

ADULT INTERMEDIATE 1

Saturdays	8:00am - 9:30am
#24666 \$155	Jan. 24 - Mar. 28
#24741 \$139	Apr. 18 - Jun. 6

ADULT INTERMEDIATE 2

Saturdays	9:40am - 11:10am
#24667 \$155	Jan. 24 - Mar. 28
#24742 \$139	Apr. 18 - Jun. 6

ADULT ADVANCED 1

Saturdays	11:20am - 12:50pm
#24662 \$155	Jan. 24 - Mar. 28
#24739 \$139	Apr. 18 - Jun. 6

ADULT ADVANCED 2

Saturdays	1:15pm - 2:45pm
#24663 \$155	Jan. 24 - Mar. 28
#24740 \$139	Apr. 18 - Jun. 6

SPANISH FOR TRAVELERS (ONLINE)

This course is designed for travelers heading to Spanish-speaking countries who want practical language skills to connect with locals. Alongside learning basic Spanish, students will explore culture through destinations, traditions, festivities, and authentic cuisine.

ADULT TRAVELERS

Wednesdays	6:00pm - 7:00pm
#24676 \$115	Jan. 21 - Mar. 25
#24677 \$105	Apr. 15 - Jun. 10

MUSIC

UKULELE

Learn fundamental skills to get you playing ukulele in this entertaining hands-on class. We will work on rhythm, strumming, patterns, and some finger picking. With a few basic chords you can play along with others and accompany yourself on a multitude of songs. Learn to find the right key for your voice and where the notes are on the keyboard.

Dale LaDuke **Fee: \$99**

LEVEL 1

#24633 5 Saturdays
9:00am - 10:00am Jan. 17 - Feb. 21

LEVEL 2

#24634 5 Saturdays
10:00am - 11:00am Jan. 17 - Feb. 21

MUSIC THEORY FOR BEGINNERS

This class introduces the student to the basics of scales, chords and music theory based on the piano keyboard. Designed originally for children, Dale found that it was the perfect entry level music class for adults as well. Taught with cardboard cutout keyboards, it is fun and rewarding and sets the student up to pursue further music studies.

Dale LaDuke **Fee: \$99**
#24636 5 Saturdays
12:00pm - 1:00pm Jan. 17 - Feb. 21

BEGINNING GUITAR

If you are just starting out on guitar this class is for you! The course will teach the basic fundamentals of music, power chords and the notes on the guitar. You will be introduced to guitar tablature which will build the foundation for a lifetime of enjoyment making music. Come join this class and learn how to play songs and make music in no time flat.

Dan Sindel **Fee: \$149**

LEVEL 1 **#24831** 6 Mondays 6:30pm - 8:30pm Jan. 26 - Mar. 9

LEVEL 2 **#24832** 6 Mondays 6:30pm - 8:30pm Mar. 16 - Apr. 20

THE BASICS OF HARMONY SINGING

In this fun class, you will discover and hone your own vocal sound, learn breath control, experiment working with different ranges, train your ear to better understand pitch, and enhance your singing diction. We'll start with simple popular songs and learn to sing the correct melodies and then the harmonies that go with them in a very easy low pressure environment. This class will help you find your voice.

Dale LaDuke **Fee: \$99**
#24635 5 Saturdays
11:00am - 12:00pm Jan. 17 - Feb. 21

FEELING THE SPIRIT OF THE DRUM

Kick off 2026 with an energizing drum circle to rejuvenate your senses and uplift your soul. Community drumming boosts the immune system, provides an emotional outlet, and reduces stress. Learn to play hand drums like the djembe, ashiko, ngoma, and conga. No prior experience needed; all instruments provided..

"KongaKid" **Fee: \$25**
Roberto Gutierrez
#24823 1 Wednesday
7:00pm - 8:30pm Feb. 25

#24824 1 Thursday
7:00pm - 8:30pm May 21

SEE PERFORMING ARTS FOR MORE MUSIC CLASSES PG.8



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PERSONAL ENRICHMENT

INTRO TO TAROT CARD READING

Uncover the mystery and symbolism of tarot cards. Learn how to interpret the cards in a reading, tap into your intuition, and use tarot to support your well being. Bring your own deck - the Rider-Waite deck is highly recommended for beginners.

Michelle Nieweg **Fee: \$108**
#24840 6 Mondays
6:30pm - 7:30pm Feb. 23 - Mar. 30
Students must purchase the required materials

LOVE & TAROT

Discover how the Major Arcana can guide you toward a more aligned and positive love life. In this 2-hour workshop, you'll explore tarot's deep wisdom for understanding your romantic journey, uncovering hidden patterns, and learning actionable steps for attracting love and harmony. Open to all levels, this workshop is a perfect introduction to using tarot for self-growth and love.

Michelle Nieweg **Fee: \$35**
#24842 1 Thursday
6:30pm - 8:30pm Feb. 5

SENIOR LIVING COMMUNITIES: EXPLORING OPTIONS, DIFFERENCES, AND PRICING

Navigating senior living options can be overwhelming for families facing decisions about aging loved ones. This seminar empowers seniors, families, and caregivers with essential knowledge about senior living communities, including independent living, assisted living, and memory care. Participants will learn about key differences, costs, and decision-making strategies to navigate the complex landscape of senior housing with confidence and clarity.

Barbara Oberman **Fee: \$49**
#24843 1 Tuesday
7:00pm - 9:00pm Mar. 24

#24844 1 Tuesday
7:00pm - 9:00pm Apr. 14

ADVANCED TAROT CARD READING

Expand the depth of your tarot expertise. Gain deeper knowledge of the cards, create your own spreads, and gain experience by reading for others. For folks with prior tarot reading experience. Must have already taken "Intro to Tarot" or have over 1 year of tarot self-study. Bring Rider-Waite or your favorite deck to class

Michelle Nieweg **Fee: \$120**
#24841 4 Tuesdays
6:30pm - 7:30pm Apr. 7 - Apr. 28
Students must purchase the required materials

LIVE, WORK OR RETIRE ABROAD AFFORDABLY (ONLINE)

Enjoy a higher standard of living while living your dream! Learn how you can make your dream of living in a foreign country possible. Find out how to stretch a fixed retirement income, or how to find work overseas that pays your room and board. Discover the top ten countries where you can live better abroad than in the U.S., and how you can do it. Get tips on evaluating your finances, figuring out how far your dollar will go, housing, transportation, food, government discount programs, access to healthcare, job opportunities and more.

Bob Cohen **Fee: \$55**
#24632 1 Wednesday
6:00pm - 9:00pm Mar. 11

BUILD YOUR PERSONAL BRAND SEMINAR

Your personal brand makes an impression before you speak. In this interactive seminar, you'll learn to craft a confident, authentic image that highlights your strengths and goals. Through hands-on activities and practical guidance, you'll sharpen communication skills, enhance your presence, and leave a lasting impact. Whether advancing your career, preparing for interviews, or improving daily interactions, this class equips you to express your best self.

Raquel Fournier **Fee: \$49**
#24778 1 Saturday
10:00am - 2:00pm Mar. 21

All information listed herein is subject to change at any time without prior notice.

PERSONAL ENRICHMENT

NINE STEPS TO SELF-PUBLISH YOUR BOOK

Figuring out how self-publishing works does not have to be a time-consuming, research-laden mission. This course tells you everything you need to know about self-publishing by systematically walking you through the self-publishing process, using practical examples.

Stacy Dymalski **Fee: \$74**
#24797 1 Saturday
10:00am - 12:00pm Feb. 21

#24772 1 Saturday
10:00am - 12:00pm Apr. 18

TURN YOUR STORY INTO A BOOK

Do you have a story idea that should be a book or movie? Unfortunately, an idea not a story. This course shows you how to find your story's message, then how to structure your story so that it supports your message with a beginning, middle, and end.

Stacy Dymalski **Fee: \$59**
#24773 1 Saturday
10:00am - 12:00pm Jan. 10

#24796 1 Saturday
10:00am - 12:00pm Mar. 14

OPEN RECREATION ACTIVITIES

- Open Recreation (drop-in) activities are open to adults ages 18 and up in the community.
- Days and times are subject to change due to location availability.
- There is no instruction for Open Recreation activities.
- Coaching/teaching at any open recreation activity is prohibited.
- Participants must purchase a 10 visit pass for \$50!
- Passes are available at the Community Services office by phone with a credit card or Online.
- No refunds on Open Recreation passes will be issued.
- Lost or stolen cards will not be replaced.

DAY	TIME	PROGRAM	LOCATION
Monday	7:30pm -10:00pm	Scottish Dance	CSC 102
Thursday	6:30pm -10:30pm	Badminton	North Gym
Friday	7:00pm - 11:00pm	Badminton	North Gym
Sunday	2:00pm - 6:00pm	Adv. Badminton	North Gym

Please check our website lavalley.augusoft.net regularly for updates

ADULT LAP SWIM (18 AND OVER)

Monday - Thursday	6:30pm - 8:00pm
Friday	5:00pm - 8:00pm

Open to all adults 18 and up for lap swimming. Lap passes have 10 entries. Purchase one pass for \$45, 2 passes for \$70, 3 passes for \$100. No refunds will be given for lap swim passes. Lost or stolen passes will not be replaced.

Note: Purchase of the LAVC Community Services Lap Swim Pass does not guarantee that there will be lap space in the pool at all times during our regular lap swim hours. Please understand that we will try our best to find accommodations for lap swimmers but there may be times when it is not possible. Please also be aware that the Aquatic Staff and Lifeguards have the authority to move patrons as necessary.

All registrations must be done at the Community Services Office

TUITION-FREE CERTIFICATES WITH ADULT ED!



Adult Education
Noncredit
LOS ANGELES VALLEY COLLEGE

- NO ENROLLMENT/REGISTRATION FEES
- You must be an adult living in California, no GED required.
- Flexible Schedule (online, in-person, hybrid).
- Add/drop classes ANYTIME between the start and end date.
- Certificate of Completion awarded on academic transcripts for passing ("P") grades.

EXPLORE THESE PATHWAYS TO A NEW CAREER:

- Community Health Worker
- Certified Nurse Assistant
- Behavior Technician
- Behavior Technician Autism
- Basic Needs Navigation
- Parent & Family Development
- Childcare Nannyng
- Introduction to Nonprofit
- Nonprofit Management
- Workplace D.E.I.
- Mass Media & the Law
- Radio/Audio Industry
- TV/Video Industry
- DaVinci Resolve Techniques
- Working with Actors
- Motion Picture Sound Techniques
- Line Producing & Unit Production Management (UPM) Skills
- Cybersecurity Support Technician
- Networking Support Tech. Training
- Photography: Basic Techniques
- 21st Century Employability Skills

Visit our Adult Education webpage to learn more about our Tuition-Free Certificates!



(818) 947-2941



AdultEd@lavc.edu



lavc.edu/student-services/adult-education



LOS ANGELES
VALLEY COLLEGE

CONTINUING EDUCATION DEPARTMENT

YOUR PATH TO CREDIT CLASSES, CITIZENSHIP & AND EMPLOYMENT STARTS HERE

Take Free Classes and Earn a Certificate in:

- ESL
- ESL SPEECH
- ESL AND CIVICS
- MICROCOMPUTER LITERACY

SEE A COUNSELOR AND PLAN YOUR ACADEMIC FUTURE.



CITIZENSHIP CENTER



GEVORGL@LACCD.EDU

PREPARE FOR YOUR CITIZENSHIP

We Offer

- FREE IN-PERSON AND ONLINE EL CIVICS/CITIZENSHIP CLASSES TO PREPARE FOR THE CITIZENSHIP INTERVIEW AND EXAM
- STUDY GUIDES
- ASSISTANCE TO QUALIFYING INDIVIDUALS WITH FILING VARIOUS IMMIGRATION FORMS
- ASSISTANCE WITH PASSPORT APPLICATION
- REFERRALS TO LEGAL SERVICES

OPEN TO STUDENTS AND COMMUNITY RESIDENTS



(818) 778 - 5594



NONCREDIT@LAVC.EDU



ADMINISTRATION & CAREER
ADVANCEMENT BUILDING
(ACA) ROOM 1401

SWIMMING & AQUATICS

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

SWIM POLICIES AND REGISTRATION PROCEDURE

Classes

- Swim classes are not confirmed until payment is received.
- If you miss a group lesson, there will be no make-up scheduled. If the Community Services Office cancels a class due to inclement weather*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time. OR we will provide an electronic voucher or refund.

**All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or if it is raining so hard that lifeguards cannot see the bottom of the pool. Please read our refund policy on Page 4.*

ADULT SWIM CLASSES (18 YEARS OLD AND UP)

SHALLOW WATER AEROBICS

This class is perfect for those looking to enhance their strength, flexibility, and cardiovascular endurance while minimizing joint impact and stress. Ideal for beginners to intermediate participants.

Monday/Wednesday/Friday

Fee: Monthly 10:00am - 10:55am

WATER AEROBICS

A combination of shallow and deep water aerobics. This class is for anyone who wants to improve strength, flexibility, and cardiovascular endurance with a mixture of high and low intensity.

Tuesday/Thursday

Fee: Monthly 9:30am - 10:30am

ADULT BASIC/BEGINNER SWIM INSTRUCTION

For Adults 18+: Ideal for beginners, this program teaches essential water safety skills like floating, treading water, and basic swimming strokes.

Wetsuit Recommended

Monday/Wednesday 7:00pm - 7:45pm

#24745 \$109 Apr. 1 - Apr. 29

#24746 \$85 May 4 - May 27

Tuesday/Thursday 7:00pm - 7:45pm

#24743 \$109 Apr. 2 - Apr. 30

#24744 \$99 May 5 - May 28

AQUA HIIT

A combination of water aerobics and swimming for a varied, challenging, and fun workout! This class will begin with light stretching. HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high-intensity movements followed by short periods of lower-intensity movements. If you want to get back into shape, keep yourself in shape, or are just looking for something different, then this is the class for you! *All participants must be comfortable and water safe in deep water.*

Tuesday/Thursday 4:00pm - 4:55pm

Fee: Monthly 6:00pm - 6:55pm

Monday/Wednesday 4:00pm - 4:55pm

Fee: Monthly 6:00pm - 6:55pm

ADULT BEGINNER/INTERMEDIATE SWIM INSTRUCTION

For Adults 18+: For confident swimmers with basic strokes, looking to sharpen technique and build endurance.

Wetsuit Recommended

Friday 7:00pm - 8:00pm

#24747 \$109 Apr. 3 - May. 29

PRIVATE SWIM LESSONS (ADULT)

25 minutes of one-on-one instruction once a week. Personalized instruction for all skill levels. Flexible scheduling. Prices based on number of weeks in the month.

Fee: Monthly Call For Availability

SWIMMING & AQUATICS

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

SWIM POLICIES AND REGISTRATION PROCEDURE

Private Lessons

- Swim lessons are not confirmed until payment is received.
- We will do our best to honor requests for instructors but cannot guarantee this.
- If the Community Services Office cancels a class due to inclement weather*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time or an electronic voucher.
- Participants in current month private swim lessons have priority registration over others.

PRIVATE SWIM LESSONS (YOUTH)

25 minutes of one-on-one instruction once a week. Prices based on number of weeks in the month. Children must be at least 5 years old and toilet trained. Lessons are available every half hour, Monday through Friday.

CHILDREN'S SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 5 through 16½.

Group sizes are 4-12 students and lessons are 25-55 minutes long.

Swim assessment required and are by appointment only.

ALL REGISTRATIONS FOR CHILDREN'S PRIVATE AND GROUP LESSONS MUST BE PROCESSED THROUGH THE COMMUNITY SERVICES OFFICE.

SWIM SCHEDULE		
MONDAY/WEDNESDAY		TUESDAY/THURSDAY
WATER CONFIDENCE	\$85/month	3:30pm - 3:55pm
LEVEL 1	\$85/month	3:30pm - 3:55pm 4:00pm - 4:25pm 4:30pm - 4:55pm 5:00pm - 5:25pm
LEVEL 2	\$85/month	3:30pm - 3:55pm 4:00pm - 4:25pm 4:30pm - 4:55pm 5:30pm - 5:55pm
LEVEL 3	\$105/month	4:00pm - 4:45pm 5:00pm - 5:45pm 6:00pm - 6:45pm
LEVEL 4	\$105/month	4:00pm - 4:45pm 5:00pm - 5:45pm 6:00pm - 6:45pm
LEVEL 5	\$105/month	5:00pm - 5:55pm 6:00pm - 6:55pm

PLEASE NOTE: We advance children to the next level based on Instructors recommendation and availability of the class. We cannot guarantee that the next level of class will always be available on your requested day/time, or at all. Swim Schedule is subject to change without notice.

CONTACT COMMUNITY SERVICES AT (818)947-2577 x4172 TO REGISTER.

MONARCH CAMPS

MONARCHCAMPS.COM

(818) 304-3016 | INFO@MONARCHCAMPS.COM

AFTER SCHOOL PROGRAM

EVERY DAY UNTIL 6:30PM PICK UP AT LAVC

TK through Eighth Grade
School Year 2025-2026

- Pick up students from school
- Homework assistance, completion, and correction
- Enrichment Activities
- Swimming offered seasonally
- Daily Snack
- Open as late as 6:30PM
- Optional Enrichment Classes Available for Extra Cost

Monarch Camps After School Camp has passenger vans to pick up students at Burbank, Carpenter, Colfax, Dixie Canyon, Erwin, Kester, Maurice Sendak, and Monlux Elementary Schools, Walter Reed, and Louis Armstrong Middle School.

MONARCHCAMPS.COM/CLASSES

(818) 304-3016 EXT 700 | CLASSES@MONARCHCAMPS.COM

**Registration opens at 8:00PM
on the 15th of each month
for the following month.**



GYMNASTICS CLASSES

Children will learn basic gymnastics skills which help develop body awareness while working on strength and flexibility. From warming up their muscles to going upside on around the uneven bars, they will experience it all! We focus on knowledge of the equipment and their comfort level with each event they participate in.

ROCK CLIMBING CLASSES

Be brave and adventurous in this challenging physical activity for kids ages 6-11. Rock climbing encourages problem solving and boosts confidence as they strategize their way to the top. An awesome alternative to competitive sports, rock climbing is a personal journey for climbers, building coordination and strength while staying in shape. Children work with experienced instructors. Class sizes are limited.

MONARCH CAMPS

MONARCHCAMPS.COM

(818) 304-3016 | INFO@MONARCHCAMPS.COM

WINTER CAMP 2025-2026

Dec. 22nd - Jan. 9th, 2025 Mon-Fri 7:30am - 5:30pm

MONARCH CAMPS MISSION

Monarch Camps provides campers with a fun and enriching environment where growth is a natural outcome of participation. The sports and activities we offer facilitate the development of cooperation, creativity, motor skills and sportsmanship among campers. Camp traditions and inclusion are tools that we use to cultivate a family environment. We strive to be a positive influence on a camper's growth from childhood through their teen and adult years.

REGISTRATION OPENS NOV. 1ST! REGISTER AT MONARCHCAMPS.COM

Registration closes when camp is full or the Thursday prior to each week.

LIMITED SPACE and we fill up quickly.

Daily with snack and food included	Sibling Discount
\$120	\$105
Minimum 3 Days	Minimum 3 Days

	Monday	Tuesday	Wednesday	Thursday	Friday
12/22	Regular Fun Day	Regular Fun Day	Holiday Party Snow Day	Closed	Closed
12/29	Regular Fun Day	Regular Fun Day	Noon Years Eve Party	Closed	Closed
1/5	Regular Fun Day	Regular Fun Day	Field Trip to Ice Skating	Regular Fun Day	Regular Fun Day

ABOUT OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP

This is where it all begins, with our longest running and most popular camp.

Campers participate in arts & crafts, special projects and play a variety of sports (such as Gymnastics, Basketball, Tennis, Soccer, and Archery). We build a strong sense of camp tradition and community through singing, dancing, special dress-up and theme days with unique events. Groups are divided by grade level.

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder - Seventh	5 - 12
Fine Art Camp	Second - Seventh	7 - 12
Theatre Arts Camp	Second - Seventh	7 - 12
Gymnastics Camp	Second - Seventh	7 - 12
Soccer Camp	Second - Seventh	7 - 12
Tennis Camp	Third - Seventh	8 - 12
Tumbling Camp	Kinder - Second	5 - 7

SATURDAY NIGHTS

Register online \$60 | Sibling Discount \$10
Day of Drop off \$85

Schedule:

5:00–7:00 PM: Dinner & Games

7:00–9:00 PM: Activity Block

9:00–11:00 PM: Wind-Down Time

Activities may include:

Rock Climbing, Gymnastics, Sports, Arts & Crafts, and other exciting experiences. A perfect option for parents looking for a reliable evening program and for kids who want a night full of fun, friends, and movement!

SUMMER CAMP OPEN HOUSE

Saturday, February 21st

Sunday, March 15th

Saturday April 25th

2:00 - 4:00PM

Community Services Center

5792 Ethel Ave.

Valley Glen, CA 91401

Drop by anytime during the open house to meet camp staff, tour our facilities, and participate in question & answer sessions while your campers enjoy face painting by Monarch Parties.

SPRING BREAK CAMP

Friday, March 27 - Friday, April 3rd

Give your kids an unforgettable week at Monarch Spring Camp!

Join us for five action-packed days, from 7:30 AM – 3:30 PM, filled with rock climbing, sports, games, and so much more.

Optional afternoon care until 6:30 PM for just \$25.

Our grand finale on Friday: an Egg-tastic Scavenger Hunt!

Camp groups are separated by grade level (sometimes combining two adjacent grades) and are gender-mixed for maximum fun and teamwork.

Monday	Tuesday	Wednesday	Thursday	Friday
Regular Fun Day	Field Trip to Roller Skating	Regular Fun Day	Field Trip to Castle Park	Spring Party

MONARCHCAMPS.COM/PARTIES

(818) 304-3016 EXT 6 | PARTY@MONARCHCAMPS.COM

MONARCH PARTIES

Have an easier experience by having the party on campus. We decorate and will clean up after! You'll get the convenience of easy parking and the use of our party room with a refrigerator, freezer, ice maker and sinks.

You can also have our experienced staff come to your location for a fun and memorable experience. Our rentals will enhance any party or event.

PARTIES ON CAMPUS

Saturday or Sunday, then choose the time:

- Morning: 10:00am -12:00pm
- Afternoon: 1:00pm - 3:00pm
- Late Afternoon: 4:00pm - 6:00pm

CHOOSE ACTIVITY

- Gymnastics
- Sports
- Inflatables
- Rock Wall
- Arts & Crafts
- Water Play

WE HAVE SERVICES TO ADD TO YOUR PARTIES/EVENTS!

- Airbrush Tattoo Artist
- Face Painting
- Art Instructor
- Sports Coach
- Mobile Rock Wall
- Dunk Tank

ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING

Adults can use the gymnastics center and the rock climbing wall during the hours below.

\$20 Day Pass \$70 Monthly Rock Wall

\$90 Monthly Gymnastics & Rock Wall

	Gymnastics Center	Rock Climbing Wall
Tuesday	7:00PM - 10:00PM	7:00PM - 10:00PM
Thursday	Closed	7:00PM - 10:00PM
Friday	7:00PM - 10:00PM	7:00PM - 10:00PM
Sunday	6:00PM - 9:00PM	6:00PM - 9:00PM

5792 Ethel Ave. Valley Glen, 91401



LOS ANGELES
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FAST TRACK YOUR STORY TO SUCCESS

With L.A. Valley College's **Fast Track program for working adults**, you can **complete your general education transfer requirements and earn a degree in about two years.**

Most courses are offered 100% online.



WORK FULL-TIME and EARN A DEGREE IN:

- Anthropology Associate in Arts for Transfer Degree
- Business Administration Associate in Science for Transfer Degree
- History Associate in Arts for Transfer Degree
- Sociology Associate in Arts for Transfer Degree

Winter 2026 5-week classes start
JANUARY 5

Spring 2026 8-week classes start
FEBRUARY 9

Spring 2026 second 8-week classes start
APRIL 13



Enroll now
LAVC.EDU/FASTTRACK

BUSINESS
COOKING
ENRICHMENT & GROWTH
PERFORMING ARTS
SEWING
AND MORE...

a lifetime of learning



Los Angeles Valley College
Community Services Department
5800 Fulton Avenue
Valley Glen, CA 91401 - 4096

WINTER / SPRING 2026



January - May
Register Today!

<https://lavalley.augusoft.net>
(818) 947-2577 x4172

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RESIDENTIAL CUSTOMER**

