

# Continuing Education Evening Classes

2011-2012 Schedule



## Ventura Adult and Continuing Education

5200 Valentine Road, Ventura, California

**(805) 289-7925**

[www.AdultEdVentura.edu](http://www.AdultEdVentura.edu)

### Registration Information

To register for class, call us at (805) 289-7925 or visit the Ventura Adult Education Office at 5200 Valentine Road, Ventura. Space for classes is limited and allotted on a first-come, first-served basis. **There may be a \$10 registration fee in addition to the fees listed with each class.** We accept Visa and MasterCard. Classes subject to cancellation if there is not sufficient registration.

For more information, call Ventura Adult and Continuing Education at 289-7925, or come by and visit our campus. Most Continuing Education classes are held at the Technology Development Center, located at 5200 Valentine Road, Ventura, California.

See page 6 for a listing of most classes held during the day as well as in the evenings. Our Technology Development Center and Technical High School career path courses are generally held during the day, and the complete catalogs of available courses for both Ventura Adult and Continuing Education and TDC are available on our web site at [www.adultedventura.edu](http://www.adultedventura.edu).

**You're invited to stop by for a tour of our center any time!**

## Creative Classes

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### Band – Ventura County Concert Band

The VCCB is both a performing musical group and an instructional program. It provides musicians an opportunity to continue using and improving their musical skills through participation in regularly scheduled instruction and rehearsal. The band performs a wide variety of the finest band literature including marches, Broadway show tunes, familiar classics, swing, and novelties. These entertaining programs receive widespread, popular, and enthusiastic community support.

2011-12 free concerts will be held at 3:00 pm at the Ventura High School Auditorium on the following Sundays:

**November 6, 2011; January 29, 2012; April 15, 2012; June 3, 2012.**

Instructor: Colell  
Wednesdays 7-10 pm  
Location: Buena High School

### Chorus – Gold Coast Concert Chorus

This class is open to men and women of all ages and is a collaboration between Ventura Adult & Continuing Education and Gold Coast Concert Chorus. Have fun while learning professional singing techniques and preparing for public performances led by the inimitable Elizabeth Helms.

Instructor: Dericco  
Mondays 6 -10:00 pm; 12 weeks  
Start dates: Sep 19, 2011; Jan 9, 2012; and Mar 26, 2012  
Location: Technology Development Ctr, Room 104

### Chorus – Pacific Sound Men’s Chorus

This class is open to men of all ages and is a collaboration between Ventura Adult & Continuing Education and Pacific Sound Men’s Chorus. Join us in an atmosphere that is both fun and extremely rewarding. Learn proper vocal and breathing techniques and four-part harmony while singing a capella style.

Instructor: Browne  
Mondays 7 -10 pm; 12 weeks  
Start dates: Sep 19, 2011; Jan 9, 2012; and Mar 26, 2012  
Location: Technology Development Ctr, Room to be announced

### Watercolor, Oil & Acrylic Painting

Painting in oil, acrylic and water color. Express creative talents! Specialized instruction by an exceptional artist is available to help with composition, technique and color. Beginning through advanced levels are all welcome. Students provide their own materials.

Instructor: Klement  
Tuesdays 6:00 - 9:00 pm; 12 weeks (see page 6 for daytime sessions)  
Start dates: Sep 20, 2011; Jan 3, 2012; and Mar 27, 2012  
Location: Technology Development Center, Room 104  
Fee: \$72

## General Educational Development (GED) - High School Equivalency Exam

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The GED provides an opportunity for a person to demonstrate the academic ability and understanding that are expected of a high school graduate. The GED is an alternative to a high school diploma. Free preliminary assessments and classes are offered to prepare you for the GED exam. Practice tests and individualized instruction are available. Students should plan four hours for the initial assessment and then set up a study schedule that works. Students must pay a \$10 registration fee. Please call (805) 289-1749 ext 1230 between 8:00 am and 5:00 pm to schedule an appointment.

## GED en Español

Si usted está interesado en obtener su equivalente al diploma de preparatoria, ahora usted puede tomar este paso importante en su educación en su propio idioma. Estas clases se enseñan en español. Son individualizadas, y usted puede progresar a su propio paso. Inscripciones abiertas. \$10/año, inscribirse en sala 201 durante la clase. Llame a 289-1749 ext 1201, se habla español.

## High School Subjects

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### High School Diploma

Earn your high school diploma! Classes are free. Book-based and Internet-based classes are available. Both seat-based and independent study classes are available. We offer both day and evening classes to fit your schedule. Please call (805)289-1749 ext 1230 between 8:00 am and 5:00 pm to schedule an appointment. Students must pay a \$10 registration fee.

### Ventura Technical High School

Graduate with a free career technical education certificate in a chosen career sector in addition to a high school diploma! Students enrolled in Ventura Technical High School will select one career path option offered through the Technology Development Center for a minimum of 30 units. Students may also transfer units from another career technical education program (such as ROP). Please call (805)289-1749 ext 1230 between 8:00 am and 5:00 pm to schedule an appointment. Students must pay a \$10 registration fee.

### CAHSEE Preparation: English Language Arts and Mathematics

Individualized targeted instruction will help you prepare for the English Language Arts and Mathematics portions of the CA High School Exit Exam. Students must pay a \$10 registration fee. Please call (805) 289-1749 ext 1230 between 8:00 am and 5:00 pm to schedule an appointment.

## Osher Lifelong Learning Institute - NEW!!!

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Ventura Adult and Continuing Education is pleased to announce that we will host seminars presented by Osher Lifelong Learning Institute (OLLI) at California State University Channel Islands. The mission of OLLI at CSU Channel Islands is to provide people age 50 and above the opportunity to learn about subjects that interest them “right in their own backyard!” Get more details by visiting the OLLI web site at [www.csuci.edu/exed/osher.htm](http://www.csuci.edu/exed/osher.htm) to see complete information about the program.

To enroll, call OLLI at (805) 437-2748.

The first four seminars scheduled at our facility include:

- **Satyagraha: Impractical Dream or Social Necessity**, presented by Bill Garlington
- **The Inspirational History of the 18th Century: The Age of Enlightenment and Revolution**, presented by Kevin Hughes
- **The History of the Middle East: The 5,000 Year Old Mirror**, presented by Kevin Hughes
- **Jewel of the Nile: Ancient Egyptian Art and Architecture**, presented by Laura Hagel

Instructors: Garlington, Hughes, and Hagel  
Tuesdays and Wednesdays 2:00 - 4:00 pm; 8 weeks  
Start date: Jan 10, 2012  
Location: Technology Development Center, Ron Halt Classroom  
Fee: \$105 per single 8-week course per semester; \$200 for unlimited OLLI courses presented per semester

## Personal Growth Classes

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### ABSolutely Core Workout

Feel good and look great. Core strength affects all daily activities, posture and lower back health. This workout includes all the recommended core exercises from the Mayo Clinic. Students work at their own pace but will also be challenged to their upper limits.

Instructor: Wilson

Thursdays 5:30 - 6:30 pm; 12 weeks

Start dates: Sep 22, 2011; Jan 5, 2012; and Mar 29, 2012

Location: Technology Development Center, Room 103

Fee: \$22 per quarter, Fall; \$24 per quarter, Winter and Spring

### Aerobics – Low Impact Aerobics

This class provides a good, solid workout for people who want to improve flexibility and cardiovascular endurance without running or jumping. All classes use hand-held weights and resistance bands.

Instructor: Axtell

Mondays & Thursdays 4:00 - 5:00 pm; 12 weeks (see page 6 for daytime sessions)

Start dates: Sep 19, 2011; Jan 5, 2012; and Mar 26, 2012

Location: Technology Development Ctr, Room 104

Fee: \$46 per quarter Fall and Spring; \$42 per quarter Winter

### English as a Second Language Evening Programs

Our evening classes are open entry, so students may enroll at any time. We offer two levels at the Ventura Adult Education Center, 5280 Valentine Road, and one multi-level class at the Westview Center, Olive Street off Ventura Avenue.

Instructor: Staff

Mondays through Thursdays, 6:00 - 9:00 pm

Location: Ventura Adult Education Ctr, Room 224 Beginners; Room 225B Intermediate

Location: Westview Community Center

### Inglés para el empleo de construcción

Inglés que le ayudará a obtener un trabajo en construcción. La capacidad de usar el inglés en el campo de la construcción hará el lugar de trabajo más productivo y seguro.

Instructor: McGrath

Lunes y jueves, 6:00 - 8:00 pm

Start dates: Septiembre 19, 2011 (sesiones 9)

Location: Ventura Adult Education Ctr, aula 229

Honorario: \$50. Libro incluido

### Quilting

Learn quilting, wearable art and related crafts. Design and create decorative quilts of all sizes. Machines and cutting tables available in class. Students provide their own materials.

Instructor: Advani

Wednesdays 5:00 - 8:00 pm; 12 weeks (see page 6 for daytime sessions)

Start dates: Sep 21, 2011; Jan 4, 2012; and Mar 28, 2012

Location: Technology Development Ctr, Room 103

Fee: \$72 per quarter, Fall, Winter Spring

### Yoga for Healthful Living

A great way to increase flexibility and balance as well as learn stress management through breathing techniques and guided visualization.

Instructor: Wilson

Tuesdays 5:30 - 7:00 pm; 12 weeks

Start dates: Sep 20, 2011; Jan 3, 2012; and Mar 27, 2012

Location: Technology Development Ctr, Room 103

Fee: \$36 per quarter, Fall, Winter Spring

Instructor: Thurston

Thursdays 5:30 - 7:00 pm; 12 weeks (see page 6 for daytime sessions)

Start dates: Sep 22, 2011; Jan 5, 2012; and Mar 29, 2012

Location: Technology Development Ctr, Room 104

Fee: \$33 per quarter, Fall; \$36 per quarter, Winter and Spring

## Career Preparation

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### Spanish for Educators

Learn the language and culture of our neighbors in Latin America! This \$10 registration fee class is designed to equip educators in the Ventura Unified School District to better understand the English language learners we serve. Students will learn beginning Spanish language skills as well as first-hand information about the following:

- Speak Spanish with VUSD Families
- Understand School Systems in Spanish-speaking Countries
- History, Traditions and Culture
- Contemporary Issues

Instructor: Rodrigues

Tuesdays 4:00 - 6:00 pm; 12 weeks (Beginning Level)

Start date: Sep 27, 2011

Location: Adult Education Ctr, Room 224

Instructor: Aguirre

Thursdays 4:00 - 6:00 pm; 12 weeks (Intermediate/Advanced Levels)

Start date: Sep 29, 2011

Location: Adult Education Ctr, Room 224

### Workforce Development Academy

The Technology for Job Readiness course taught at the Workforce Development Academy is designed to prepare the job-seeker for today's labor market. The academy is FREE to all adults ages 18 and older. The Workforce Development Academy is a joint project of Ventura Adult and Continuing Education, the Ventura Job and Career Center, and the County of Ventura. Enrollment is open entry and dependent on available space. Space is limited. Call today to reserve a place: 648-9679.

Instructor: Hatcher, Schuette

Monday through Thursday 5:00 - 8:00 pm (daytime classes 9 am - 12 pm and 1 pm - 4 pm; Fridays 9 am 12 pm)

Start dates: Open

Location: Ventura Job and Career Center/WDA, 4601 Telephone Road, Suite 118A

Fee: \$10, plus optional book cost. Certificate of Completion upon completion.

## Computer and Networking Engineering

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### AutoCAD Basics

Become a CAD drafter or upgrade your design skills. Learn professional-quality drafting. This class teaches you how to unleash your design creativity by building your computer skills in industrial design. These classes are a must for dedicated CAD professionals as well as those seeking to enter the industry. In AutoCAD Basics, you will learn AutoCAD fundamentals; lines, shapes, and hatching; editing, text placement, and layers; parts creation and outputting

Instructor: Huston

Tuesdays 6:00 - 9:00 pm; 10 weeks

Start dates: Sep 27, 2011; Jan 10, 2012; and Mar 27, 2012

Location: Technology Development Ctr, Room to be announced

Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

### AutoCAD Intermediate

Upgrade your CAD design skills. Continue to learn professional-quality drafting in two important areas: CAD design software and solid modeling software. This course builds on the concepts learned in AutoCAD Basics.

In AutoCAD Intermediate, you will learn creating and inserting AutoCAD blocks; dimensioning and dimensioning variables; Isometric drawing; and creating and working with views.

Instructor: Huston  
Mondays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 26, 2011; Jan 9, 2012; and Apr 16, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

### Revit Architecture 2010 Basics

Built on the Revit platform for building information modeling (BIM), Autodesk Revit Architecture software is a building design and documentation system that supports all phases of design, construction documentation, and fabrication. Autodesk Revit Architecture helps deliver better coordination and quality across project phases and disciplines and contributes to better efficiency and higher profitability for architects, designers, and the rest of the building team.

This class will cover wall construction and styles; doors, windows, and roofs; and component placement.

Instructor: Collins  
Wednesdays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 28, 2011; Jan 11, 2012; and Mar 28, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

### Solid Works Basics (Prerequisite: Basic AutoCAD or professional equivalent)

Solid modeling enhances and extends your industrial design capabilities. Learn the fundamentals of Solid Works drawing commands involving 3-D solid modeling to produce high-end industrial models. This class will cover Solid Works fundamentals, 3D solid modeling, as well as Assemblies and production drawings and industrial applications.

Instructor: Huston  
Thursdays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 29, 2011; Jan 12, 2012; and Mar 29, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

## Information Support and Services

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### Accounting Fundamentals and QuickBooks Pro

Accounting is a precise discipline that requires knowledge of both the basic concepts as well as computer applications. Learn to apply the concepts using QuickBooks Pro. These subjects are taught as a series of individualized, self-paced courses.

Courses include:

- Accounting Concepts and Principles
- Service Business; Merchandising Business
- Proprietorship; Partnership; and Corporation
- Financial Statements
- Full Charge Bookkeeper
- QuickBooks Pro (Prerequisite: Acctg 1)

Each subject is a separate course that may take more than one 10-week session to complete.

Instructor: Akkerman  
Tuesdays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 27, 2011; Jan 10, 2012; and Mar 27, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

### Computer and Business Classes

Whether you use computers for your personal enjoyment, projects at home, or business applications, we have training opportunities

for you. Choose from a variety of applications in an individualized instructional program in our business and computer training classroom.

### Business Subjects:

- **Business English** -- Sharpen your standard business language usage
- **Business Mathematics** -- Refresh business calculating skills and abilities
- **Electronic Calculator** -- A must in countless application areas

### Computer Subjects:

- **Basic Introduction to the World of Computing** -- This course is for novice computer users taking their first computer class. Students learn basic tasks using Windows, typing with word processor software, navigating the Web, and working with email.
- **Internet Explorer** -- Move comfortably around the Internet by using all the features of the browser software on your computer.
- **Microsoft Windows** -- Get an overview of computer hardware and software, learn to run application programs, control program windows, save and print. Use Window's online Help and learn file maintenance.
- **Microsoft Office, A Basic Introduction** -- An easy, fun way to learn basic word processing, spreadsheet, database and presentation software with hands-on projects that fit your daily life.
- **Microsoft Access, Beginning through Intermediate** -- Learn to modify and build data tables, view and organize information, use Access tools, build and modify forms, plan and design databases, produce reports and integrate with other applications.
- **Microsoft Excel, Beginning through Advanced** -- Learn to create spreadsheets and workbooks, enter formulas, use charts and other objects, integrate data with other applications, and much more.
- **Microsoft Word, Beginning through Advanced** -- Learn to work with documents, paragraphs, pictures, and charts. Move on to macros and creating forms and tables, using mail merge and collaborating with workgroups.
- **Microsoft Power Point** -- Create and customize presentations, add visual and sound elements, edit text, manage files, deliver and modify presentations.
- **Keyboarding** -- Develop touch-typing accuracy and speed.

Each subject is a separate course that may take more than one 10-week session to complete.

Instructor: Schuette  
Tuesdays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 27, 2011; Jan 10, 2012; and Mar 27, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$75 per 10-week session, plus cost of book. Certificate of Completion upon completion.

Instructor: Young  
Thursdays 6:00 - 9:00 pm; 10 weeks  
Start dates: Sep 29, 2011; Jan 12, 2012; and Mar 29, 2012  
Location: Technology Development Ctr, Room to be announced  
Fee: \$75 per 10-week session, plus cost of book. Certificate of Completion upon completion.

## Media and Design Arts

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### Adobe Photoshop Basics

Learn to edit and manipulate computer graphic images. This course teaches the student to create images, use special effects and filters, and use basic animation features on graphic images and video. Students also learn to import and export files, evaluate compatibility issues, and create images using digital cameras, digital video and scanners. Basic computer operations will NOT be covered.

Topics include:

- Editing, manipulating, and repairing images and photos
- Layering and masking
- Tool palettes, filters, and special effects

- Using scanners, digital cameras and other input devices
- Text creation
- Renaming, resizing and cropping images

Instructor: Wieser  
 Wednesdays 6:00 - 9:00 pm; 10 weeks  
 Start dates: Sep 28, 2011; Jan 11, 2012; and Mar 28, 2012  
 Location: Technology Development Ctr, Room to be announced  
 Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

## Graphic Design Workshop

Learn to complete projects for print or web using the proper tools. This workshop-style class offers help in choosing the proper software to complete your project. The software available includes Microsoft Office, Photoshop, Illustrator, InDesign, and Dreamweaver. If you are unfamiliar with the software, learn the basics in this class. Depending on your individual experience, you may require more than one 10-week session to accomplish your goal. This is **not** a lecture class.

Instructor: Yeomans  
 Thursdays 6:00 - 9:00 pm; 10 weeks  
 Start dates: Sep 29, 2011; Jan 12, 2012; and Mar 29, 2012  
 Location: Technology Development Ctr, Room to be announced  
 Fee: \$125 per 10-week session, plus cost of book. Certificate of Completion upon completion.

## Support Services

### Medical Office Classes

Prepare for an exciting career in the medical industry. A wide range of class offerings open the window of opportunity for people to move into medical office work or to upgrade their skills. Length of course depends on content and degree of difficulty.

The following courses are available:

- Medical Terminology - Learn the language of the medical community
- Medical Insurance Billing (Prerequisite: Medical Terminology) - Learn the latest computerized billing methods
- Medical Coding (Prerequisites: Medical Terminology and Medical Insurance Billing) - Learn current industry-standard coding procedures
- Medical Filing - Learn standard accepted practice in medical offices for maintaining records
- Medical Law and Ethics - Learn the fundamental expectations of the medical industry for proper procedures

Each subject is a separate course that may take more than one 10-week session to complete.

Note: Medical Terminology is a prerequisite course to be taken before Medical Billing and Medical Coding.

Instructor: Wilmoth  
 Tuesdays 6:00 - 9:00 pm; 10 weeks  
 Start dates: Sep 27, 2011; Jan 10, 2012; and Mar 27, 2012  
 Location: Technology Development Ctr, Room to be announced  
 Fee: \$95 per 10-week session, plus cost of book. Certificate of Completion upon completion.

## Therapeutic Services

### Basic Didactic Phlebotomy Instructions

This class provides the basic 20 hours of beginning didactic training in phlebotomy required by the State of California Department of Health Service. Also included are additional hours of classroom lab time. Externships, for those planning to apply for state CPT1 certification, are available to those students who meet the school's requirements. Some externship sites require verification of immunizations in accordance with

the policies of the clinical lab site. Class components include: Infection control, basic anatomy, medical terminology, patient identification, proper vein selection and skin puncture selection, collection equipment, post puncture care, and waste disposal.

Students practice on each other or can bring a volunteer (over 18 years old) for the classroom lab. Dates and times will be announced in class.

**Attending all classes in the session is required.**

Prerequisite for enrollment: Proof of a high school diploma or GED is required upon enrollment and must be 18 years of age or older to enroll in the class. (This is also a requirement for state certification.) Proof of required immunizations is needed upon enrollment.

Class will meet 5 Tuesdays and 5 Thursdays, 6:00 p.m. to 9:15 pm. Lab Fee for 5-week session plus externship is \$450. For more information, call (805) 289-7925.

Instructor: Resler  
 Tuesdays/Thursdays 6:00 - 9:15pm  
 Session dates: Sep 27, 2011 - Nov 3, 2011; Mar 6, 2012 - Apr 12, 2012  
 Location: Technology Development Ctr, Room to be announced  
 Fee: \$450 per 5-week session plus externship. Book cost is not included in fee.

### Advanced Didactic Phlebotomy Instruction

This class has been approved by the California Department of Health Services to provide a minimum of 20 hours of advanced didactic (theory) classroom instruction. After successful completion of basic phlebotomy, advanced phlebotomy, and the externship, the student is eligible to take the state and nationally recognized exam for Certified Phlebotomy Technician 1 (CPT1).

**Attending all classes in the session is required.**

Class components include: Advanced infectious disease control and biohazards, anticoagulation theory, knowledge of pre-analytical sources of error, anatomical site selection and patient preparation, risk factors and appropriate responses to complications, recognizing problems and taking corrective actions with specimen processing and transport, communication skills, ethics and legal issues, and quality assurance for accurate and reliable results.

Prerequisites: Phlebotomists with previous basic theory, education and experience will need to bring in written documentation of having 1,040 or more hours of on-the-job training in phlebotomy. All students, including those who have completed a 20-hour state approved basic class after April 9, 2003, must bring documentation to the first class meeting showing a minimum of 50 venipunctures and 10 skin punctures on real patients of varying ages, weights and health statuses. Verification must be on employer or externship site letterhead. Specifications are listed in Title 17 of the California Code of Regulations Section 1035.1 (f).

Independent study lab sessions are available for students who wish to review concepts presented in the basic phlebotomy course, prior to enrolling in the advanced class.

Class will meet 4 Tuesdays and 4 Thursdays, 6:00 p.m. to 9:15 p.m. Lab Fee for 4-week session plus externship is \$450. For further information, call (805)289-7925.

Instructor: Loest  
 Tuesdays/Thursdays 6:00 - 9:15pm  
 Session dates: Nov 8, 2011 - Dec 8, 2011; Apr 17, 2012 - May 10, 2012  
 Location: Technology Development Ctr, Room to be announced  
 Fee: \$450 per 4-week session plus externship. Book cost is not included in fee.

# Current VACE Course Offerings

Fall Quarter starts Sep 19, 2011; Winter Quarter starts Jan 3, 2012; Spring Quarter starts Mar 26, 2012 • Call 289-7925 for more information

## Lifelong Learning for Older Adults • Classes are FREE to those over age 60 (proof of age and residence may be required)\*

Under age 60 Fees: \$2 per teacher hour of instruction per 12-week session (\$24 for a 1 hour per week class per session; \$36 for a 1½ hour per week class per session; \$48 for 2 hour per week class per session; \$72 for a 3 hour per week class per session)\*

| Class Title                          | Teacher Name        | Location                      | Days   | Time                |
|--------------------------------------|---------------------|-------------------------------|--------|---------------------|
| Aerobics - Chair Aerobics            | Jackson, Frank      | Ventura Townhouse             | MTWThF | 9:05 am - 10:05 am  |
| Band - Ventura County Concert Band   | Colell, Bruce       | Buena High School             | W      | 7:00 pm - 10:00 pm  |
| Chorus - Gold Coast Concert Chorus   | Derrico, Ron        | VACE RM 104                   | M      | 6:00 pm - 10:00 pm  |
| Chorus - Pacific Sound Men's Chorus  | Browne, Jim         | TBD                           | M      | 7:00 pm - 10:00 pm  |
| Chorus - Ventura Choralists          | Reed, Barbara       | Veterans Home of California   | T      | 2:00 pm - 4:00 pm   |
| Preserving Your Past                 | Scharf, Janeva      | Chapel Lane Senior Apartments | T      | 1:00 pm - 4:00 pm   |
|                                      | Scharf, Janeva      | Veterans Home of California   | W      | 1:00 pm - 4:00 pm   |
| Exercise with Weights                | Jackson, Frank      | Ventura Townhouse             | MTWThF | 6:30 am - 9:00 am   |
|                                      | Jackson, Frank      | Ventura Townhouse             | MTWThF | 10:10 am - 1:10 pm  |
| Fitness for the Frail Elderly        | Jackson, Frank      | Venturan Convalescent Center  | MW     | 1:30 pm - 2:30 pm   |
|                                      | Montgomery, Suzanne | Venturan Convalescent Center  | MTWThF | 9:00 am - 12:00 pm  |
|                                      | Montgomery, Suzanne | Venturan Convalescent Center  | M      | 1:00 pm - 4:30 pm   |
|                                      | Wilson, Mary        | Veterans Home of California   | M      | 1:00 pm - 3:30 pm   |
|                                      | Wilson, Mary        | Chapel Lane Senior Apartments | W      | 4:00 pm - 6:30 pm   |
|                                      | Wilson, Mary        | Aegis Senior Communities, LLC | F      | 3:00 pm - 4:00 pm   |
| Silver Stretches & Senior Activities | Colp, Sue-Ellen     | Palms                         | M W    | 3:00 pm - 5:00 pm   |
|                                      | Thurston, Lynne     | Buena Vida Apartments         | T      | 9:30 am - 11:30 am  |
|                                      | Wilson, Mary        | Buena Vida Apartments         | T      | 1:00 pm - 3:00 pm   |
|                                      | Colp, Sue-Ellen     | Ventura Avenue Adult Center   | T Th   | 1:00 pm - 3:00 pm   |
|                                      | Montgomery, Suzanne | Ventura Townhouse             | TWTh   | 1:00 pm - 4:00 pm   |
| Needle Arts & Sewing                 | Sargent, Annabelle  | Westview Center               | W      | 9:00 am - 12:00 pm  |
|                                      | Sargent, Annabelle  | Ventura Avenue Adult Center   | W      | 1:00 pm - 4:00 pm   |
|                                      | Dress, Karen        | Buena Vida Apartments         | Th     | 9:00 am - 12:00 pm  |
| Watercolor, Oil & Acrylic Painting   | Klement, Judith     | Chapel Lane Senior Apartments | Th     | 1:00 pm - 4:00 pm   |
| Yoga                                 | Thurston, Lynne     | Ventura Avenue Adult Center   | W      | 10:00 am - 11:00 am |

## Parenting, Family and Consumer Awareness Classes - Fee Based

5200 Valentine Road, Rooms 103 & 104 • Call 289-7925 for more information as classes and locations are subject to change

| Class Title                                    | Teacher Name       | Quarterly Fees*  | Days | Time               |
|--|--------------------|--|------|--------------------|
| ABSolutely Core Workout<br>Room 103            | Wilson, Mary       | \$22 per quarter, Fall<br>\$24 per quarter, Winter and Spring                  | Th   | 5:30 pm - 6:30 pm  |
| Aerobics - Low Impact Aerobics<br>Room 104     | Axtell, Suzi       | \$46 per quarter, Fall and Spring<br>\$42 per quarter, Winter                  | MTh  | 4:00 pm - 5:00 pm  |
| Aerobics - Latin Aerobics<br>Room 104          | Colp, Sue-Ellen    | \$20 per quarter, Fall and Spring<br>\$22 per quarter, Winter                  | F    | 3:00 pm - 4:00 pm  |
| Conversational Spanish<br>Room 104             | Martz, Susan       | \$72 per quarter Fall, Winter, Spring  | T    | 9:00 am - 12:00 pm |
| Quilting<br>Room 104                           | Kinney, Jenny Carr | \$72 per quarter, Fall, Winter, Spring   | W    | 9:00 am - 12:00 pm |
|  | Advani, Jane       | \$96 per quarter, Fall, Winter, Spring   | W    | 12:30 pm - 4:30 pm |
|  | Advani, Jane       | \$72 per quarter, Fall, Winter, Spring   | W    | 5:00 pm - 8:00 pm  |
| Strength Training for Active Aging<br>Room 104 | Colp, Sue-Ellen    | \$44 per quarter, Fall<br>\$40 per quarter, Winter<br>\$42 per quarter, Spring | MF   | 1:30 pm - 2:30 pm  |
|  |                    | \$42 per quarter, Spring   |      |                    |
| Yoga for Healthful Living<br>Room 104          | Thurston, Lynne    | \$33 per quarter, Fall<br>\$36 per quarter, Winter and Spring                  | Th   | 1:00 pm - 2:30 pm  |
|  | Thurston, Lynne    | \$33 per quarter, Fall<br>\$36 per quarter, Winter and Spring                  | Th   | 5:30 pm - 7:00 pm  |
|  | Wilson, Mary       | \$36 per quarter, Fall, Winter Spring  | T    | 5:30 pm - 7:00 pm  |
| Watercolor, Oil & Acrylic Painting<br>Room 104 | Klement, Judith    | \$72 per quarter, Fall, Winter, Spring   | T    | 1:00 pm - 4:00 pm  |
|  | Klement, Judith    | \$72 per quarter, Fall, Winter, Spring   | T    | 6:00 pm - 9:00 pm  |

\*Quarterly fees do not include \$10 Annual Registration Fee (ARF) per class.