Special Interest

Star Club (Adult)

The award winning STAR (Success Through Achievement in Recreation) Club offers a wide variety of activities for adults with special needs. Designed to increase social awareness and interaction, and provide information and activities promoting a healthy and active lifestyle. Activities include recreation sports, crafts, picnics, and parties! Caregiver's attendance recommended at no additional cost.
Instructor: Dana Abel
Min/Max: 5/20 **Fee:** $40-8 wks

Code	Date	Time	Location
2725.401	M-9/10	12:00-1:00 pm	SCSC-AC

New

Writing Classes (Adult)

Write Your Book: Do you have a book inside of you? Are you ready to write it? I'll show you how from start to finish. Write and publish hard copy, paperback, eBooks, and Kindle versions. Whether you're writing for pleasure or for a profit, I'll work right by your side during this four week course. You can be published by Christmas.

Blog and Article Writing: Learn how to write interesting articles and blog content for fun or profit. All it takes is a desire to write and you'll be on your way! Write for yourself or earn money writing for others. Companies are always looking for interesting content for websites, blogs, and newsletters. You'll be published by the end of the class session. I will post one of your articles on my blog or in my online publication.
Instructor: Judith Cassis **Min/Max:** 10/15 **Fee:** $47-4 wks

Code	Class	Date	Time	Location
1302.401	Write Your Book	W-8/29	6:30-8:30 pm	VMP
1302.402	Blog & Article Writing	W-10/3	6:30-8:30 pm	VMP

Beginning Knit (Adult)

Learn the time honored skill of knitting and see how relaxing and gratifying it can be. Learn to knit, purl, cast-on, and complete two projects.
Location: Creative U Studios, 17733 Sierra Hwy, 250-4600. *$15 material fee due at first class. (Needles, Yarn, & notebook)* **Min/Max**: 5/6
Fee: $40 ($45 NR)-2 wk

Code	Date	Time
1301.401	Tu-8/28	7:00-9:00 pm
1301.402	Sa-9/8	1:00-3:00 pm
1301.403	Tu-10/9	7:00-9:00 pm
1301.404	Sa-10/20	1:00-3:00 pm
1301.405	Th-9/13	12:00-2:00 pm
1301.406	Th-10/4	12:00-2:00 pm

Sewing (13 & up)

Sewing 101: See how fun and easy sewing is. Learn shortcuts while making pajama pants. *$10 material fee due at first class.*

Sewing 201: Continue building your sewing skills while sewing a project of your choice. Learn new techniques from applique to zippers, basic fitting, and more! *$10 material fee due at first class.*
Bring a sewing machine in good working condition or contact instructor one week prior if machine needed $5 per week rental fee (limited availability) jeanette@stitchclub.com
Instructor: Jeanette Swanson **Min/Max:** 4/12 **Fee:** $95-4 wks

Code	Level	Date	Time	Location
1303.401	101	Tu-9/4	6:30-8:30 pm	VGP
1303.402	201	Tu-10/9	6:30-8:30 pm	VGP

Bowling for Special Needs (Adult)

Come join the fun in the open bowling session for individuals with all disabilities: developmental, learning, physical, autism, and head injuries.
Location: Santa Clarita Lanes, 21615 Soledad Canyon Road, Saugus
Min/Max: 5/15 **Fee:** $40 ($45 NR)-8 wks

Code	Date	Time
2602.401	W-8/29	2:30-4:00 pm

My First Raw Experience (Raw 101) (Adult)

In Raw 101, you will learn how to create a variety of easy-to-prepare raw recipes and store your foods for best results. Create a menu and learn about equipment and supplies used in a raw kitchen. Some foods include: appetizers, smoothies, soups/sauces, salads, and amazing desserts.
$10 material fee due at first class. **Instructor:** Christy Loo **Min/Max:** 5/25
Fee: $60-4 wks

Code	Date	Time	Location
1307.401	Sa-9/8	10:00-11:00 am	CCP

Indian Cooking (12-Adult)

Come explore the magic of Indian food with us. Learn to make Indian bread made from wheat flour without yeast and preservatives. Learn to make Indian scrumptious chicken tikka and chickpeas curry. *$5 material fee due at first class.* **Instructor:** Yogita S and Rakhi S **Min/Max:** 6/20
Fee: $45-3 wks

Code	Date	Time	Location
1306.401	Sa-10/13	11:30 am-12:30 pm	CCP

New

Blues Guitar for Everyone (13-Adult)

Whether you are a novice or an accomplished guitarist looking for a few new ideas and tricks for your blues tool belt, you will benefit from this class. Topics include blues chords and scales, 12 bar blues, turnarounds, soloing, and much more! Bring an acoustic or electric guitar and pick. *$2 material fee due at first class.*
Instructor: Dave Celentano **Min/Max:** 4/25 **Fee:** $60-3 wks

Code	Date	Time	Location
1307.411	Sa-9/15	10:30 am-12:00 pm	SCP

Leather Carvings by Hand (12 & up)

Learn basic carving techniques, including the use of the swivel knife, and 7 basic leather tools used in hand crafting designs, dyeing, and pattern application on leather. *$10-$20 material fee due at first class.*
Instructor: Wade "Biskit" Hatch **Min/Max:** 5/14 **Fee:** $40-3 wks

Code	Date	Time	Location
1309.401	Sa-10/13	10:00 am-12:00 pm	VGP

Jewelry Making for Beginners (13-Adult)

Learn to make bracelets, earrings, and necklaces. Students will choose the beads and learn to use the tools to create one-of-a kind jewelry. *$30 material fee covers beads. Bring wire cutter, flat nose & needle nose pliers, beads, containers for beads.* **Instructor:** Brenda Litt
Min/Max: 6/14 **Fee:** $60 ($65 NR)-6 wks

Code	Date	Time	Location
1310.401	Tu-10/9	11:30 am-1:00 pm	SCSC-AC
1310.402	Tu-10/9	6:30-8:00 pm	SCSC-AC

Digital Photography (Adult)

Basics I: The essentials of digital camera basics. Students will learn the various functions and modes of the digital camera and the creative applications of that knowledge. Must have a digital point and shoot with modes or "SLR" camera available for use. Bring camera to class.

Basics II: Prerequisite: Basics I The essentials of visual communication through the digital photography medium. Learn the basics of composition, elements of design, and lighting to achieve creative results. Bring camera to class.

Basics III: Explore the visual effects of various focal lengths and filters and their creative applications. Students will learn how to create dramatic perspectives through selection of lens focal length from wide angle to telephoto. The use of filters to enhance image quality and creativity will be discussed. Bring camera to class.
$5 material fee due at first class. **Instructor:** James Mahoney **Location:** VGP
Min/Max: 10/20

Code	Class	Date	Time	Fee/Wks
1312.401	Basics I	W-9/5-9/12	7:00-9:00 pm	$57-2 wks
1312.402	Basics II	W-9/19-9/26	7:00-9:00 pm	$57-2 wks
1312.403	Basic III	W-10/3-10/10	7:00-9:00 pm	$57-2 wks
1312.404	Basics I, II, III	W-9/5-10/10	7:00-9:00 pm	$150-6 wks

Computer 101 (16-Adult)

Learn to use Microsoft Word, Excel, Powerpoint, and create a Web site. *$10 material fee due at first class.* Bring Laptop with Microsoft Office.
Location: Lighthouse Learning Center, 28300 Constellation Road, 255-2202 **Min/Max:** 5/20 **Fee:** $100 ($105 NR)-5 wks

Code	Date	Time
1312.411	W-9/12	6:30-8:00 pm

Web Design (16-Adult)

Learn to create your own web site on a PC or Mac with features such as, online registration, online payment, calendar, video and more! *$10 material fee due at first class.* Bring Laptop **Location:** Lighthouse Learning Center, 28300 Constellation Road, 255-2202 **Min/Max:** 5/20
Fee: $100 ($105 NR)-5 wks

Code	Date	Time
1312.412	M-9/10	6:30-8:00 pm

The Best of Microsoft Windows (Adult)

Learn how to navigate windows, launch programs, work with multitasking skills, how to create, edit, and save documents, learn file management, and work with Win 7's newest features. *$10 material fee.* **Location:** Santa Clarita Technology and Career Development Center, 21060 Centre Pointe Parkway. 287-3599 **Instructor:** Arleen Orland **Min/Max:** 4/8
Fee: $50 ($55 NR)-1 wk

Code	Date	Time
1313.401	M/W-10/29 & 10/31	9:00 am-12:00 pm
1313.402	Tu/Th-11/13 & 11/15	9:00 am-12:00 pm
1313.403	M/W-8/27 & 8/29	6:00-9:00 pm
1313.404	Tu/Th-9/25 & 9/27	6:00-9:00 pm

The Best of Microsoft Word (Adult)

Learn how to navigate Word's new ribbon and tool bar, edit and save documents, insert pictures. Learn file management, word art, smart art, shapes and more! *$10 material fee due at first class..* **Location:** Santa Clarita Technology and Career Development Center, 21060 Centre Pointe Parkway. 287-3599 **Instructor:** Arleen Orland **Min/Max:** 4/8
Fee: $50 ($55 NR)-1 wk

Code	Date	Time
1313.411	M/W-9/17 & 9/19	9:00 am-12:00 pm
1313.412	Tu/Th-12/4 & 12/6	9:00 am-12:00 pm
1313.413	M/W-10/1 & 10/3	6:00-9:00 pm
1313.414	Tu/Th-9/4 & 9/6	6:00-9:00 pm

The Best of Microsoft Excel (Adult)

Learn how to navigate Excel's new ribbon and tool bar, edit and save documents, insert pictures. Learn simple formulas and functions, multitasking, file management and more! *$10 material fee due at first class.*
Location: Santa Clarita Technology and Career Development Center, 21060 Centre Pointe Parkway. 287-3599 **Instructor:** Arleen Orland **Min/Max:** 4/8
Fee: $50 ($55 NR)-1 wk

Code	Date	Time
1313.421	M/W-11/5 & 11/7	9:00 am-12:00 pm
1313.422	M/W-12/11 & 12/13	9:00 am-12:00 pm
1313.423	M/W-9/10 & 9/12	6:00-9:00 pm
1313.424	Tu/Th-10/9 & 10/11	6:00-9:00 pm

The Best of Microsoft PowerPoint (Adult)

Learn how to navigate PowerPoint's new ribbon and tool bar, edit and save documents, insert pictures, text, charts, learn transitioning and animation, multitasking and file management. *$10 material fee due at first class.*
Location: Santa Clarita Technology and Career Development Center, 21060 Centre Pointe Parkway. 287-3599
Instructor: Arleen Orland
Min/Max: 4/8 **Fee:** $50 ($55 NR)-1 wk

Code	Date	Time
1313.431	M/W-10/15 & 10/17	9:00 am-12:00 pm
1313.432	Tu/Th-9/18 & 9/20	6:00-9:00 pm

Getting Started with Google AdWords (Adult)

Get a better understanding of how Google AdWords works, how online advertising campaigns should be structured, and how keyword lists and ads are developed. We will also introduce Google Analytics and conversion tracking and provide an overview of your advertising options. Bring Laptop
Instructor: Aaron Putnam **Min/Max:** 5/14 **Fee:** $60 ($65 NR)-4 wks

Code	Date	Time	Location
1317.401	Th-8/30	7:00-8:00 pm	SCSC-AC

Spanish (13-Adult)

Broaden your mind by learning the basics of the language and culture in a positive atmosphere. *$12-$15 material fee due at first class.*
Instructor: Rocio De Los Santos **Min/Max:** 5/14 **Fee:** $75-8 wks

Code	Level	Date	Time	Location
1319.401	Level I	Tu-8/28	7:00-8:00 pm	OOP
1319.402	Level II	Tu-8/28	6:00-7:00 pm	OOP

Dog Agility-Beginning (Adult)

Use basic obedience cues and positive reinforcement while applying Dog Agility principles in a fun environment. Dog must be 6 months or older. Proof of vaccinations required at first class.
Instructors: Animal Encounters, Inc. Staff, 888-WILD-411
Min/Max: 10/20 **Fee:** $125-5 wks

Code	Date	Time	Location
1323.401	Sa-9/8	10:00-11:00 am	VMP

Puppy Preschool (Adult)

Get your 3-18 month puppy started the right way! Focus on the power of positive reinforcement, potty training, crate training, basic obedience cues, learning the leash. Proof of vaccinations required at first class.
Instructor: Animal Encounters, Inc. Staff, 888-WILD-411
Min/Max: 10/20 **Fee:** $50-5 wks

Code	Date	Time	Location
1323.402	Sa-9/8	9:00-10:00 am	VMP

Pet CPR & First-Aid Certification Course (Adult)

Earn your Red Cross Certification in CPR/First Aid for dogs and cats! Additional topics include toxins, injuries, and disaster preparedness. No pets at class. *Optional $45 material fee for certification.* **Instructor:** Animal Encounters, Inc. Staff, 888-WILD-411 **Min/Max:** 5/20 **Fee:** $40

Code	Date	Time	Location
1323.403	Sa-9/15	1:00-4:00 pm	VMP

Learn to Become a Therapy Dog Team (Adult)

This class will cover the basic behaviors needed to pass your therapy certification. Dogs are not required, but are strongly recommended to have attained their Canine Good Citizen title by the last day of class. Enrollment does not guarantee a passing score. Do not bring dogs to first two classes, lecture only. Proof of vaccinations required at first class.,
Instructor: Animal Encounters, Inc. Staff, 888-WILD-411 **Min/Max:** 5/20
Fee: $125-5 wks

Code	Date	Time	Location
1323.404	Sa-9/8	11:30 am-1:00 pm	VMP

Dog Obedience (Adult)

Ever wonder who the master is, you or your dog? Will cover nuisance problems and basic obedience commands: heel; come, down, sit, and stay. Dogs must be 4 months old. Proof of vaccinations required at first class.
Instructor: Barbi Ruby **Min/Max:** 5/20 **Fee:** $80-8 wks

Code	Date	Time	Location
1324.401	W-9/5	7:00-8:00 pm	CCP
1324.402	Sa-9/8	9:00-10:00 am	CCP

Wild and Crazy Dog Obedience (14-Adult)

Basic obedience commands taught: heel, sit-stay, come, down, and more. Dogs must be 4 months old. Proof of vaccinations required at first class. Do **not** bring dog to first class. **Instructor:** Animal Behavior and Training Associates **Min/Max:** 6/20 **Fee:** $80-8 wks

Code	Date	Time	Location
1325.401	Tu-8/28	7:00-8:00 pm	SCP

Dog Obedience Crash Course (14-Adult)

Using positive training methods, a fast-paced program teaching your dog to sit, stay, come, and focus. Dogs must be 4 months old. Bring leash and lots of treats. Proof of vaccinations required at first class. **Instructor:** Animal Behavior and Training Associates **Min/Max:** 8/15 **Fee:** $65-4 wks

Code	Date	Time	Location
1325.402	Sa-9/8	10:00-11:30 am	SCP

Registration Information pages 70 & 71

One-Day Workshops

New

Fun Storytelling Techniques (Adult)

Learn powerful storytelling techniques to put your audience on the edge of their seats, wanting to hear every word of your stories. Create memories they'll fondly remember for years to come. Great for moms, dads, teachers, grandparents, and more. Interactive class participation.
Instructor: Michael Dougherty **Min/Max:** 5/14 **Fee:** $40 ($45 NR)

Code	Date	Time	Location
1401.401	Tu-9/25	6:00-8:00 pm	SCSC-AC

New

Polymer Clay Angel Workshop (10-Adult)

Get started on your special holiday crafts now. Learn to use Sculpey® and Fimo® to make 3-4 inch tall angel ornaments, customized for your family and friends. *$5 material fee payable to instructor.* **Instructor:** Leslie Ann Halberg **Min/Max:** 6/18 **Fee:** $25

Code	Date	Time	Location
1402.401	Sa-11/3	11:00 am-1:00 pm	OOP
1402.402	M-11/19	7:00-9:00 pm	OOP

Clutter Workshop (Adult)

Are you ready to become a reformed HOARDER? This workshop will talk about why we hoard and how to tackle your piles of stuff. You will leave with clearly defined Goals and a step by step Action Plan to clear the clutter. **Instructor:** Nikki Simon **Min/Max:** 5/15 **Fee:** $20 ($25 NR)

Code	Date	Time	Location
1404.401	Sa-10/13	11:00 am-1:00 pm	SCSC-AC

Guitar (13-Adult)

Just ONCE Guitar for Busy People: In one meeting, learn basic chords to get you playing along with your favorite songs and give you years of musical enjoyment.
Bring acoustic guitar. *$29 material fee payable to instructor.*
Instructor: Jason Retana **Min/Max:** 3/10 **Fee:** $25 ($30 NR)

Code	Date	Time	Location
1409.401	W-8/29	6:00-8:30 pm	SCSC-AC

New

Crafted Floral Centerpiece (Adult)

Be the elegant hostess this coming holiday season by putting this upscale centerpiece on your family table. These flowers are so becoming, they can grace any table for any occasion. **Instructor:** Georgiette Arison
Min/Max: 6/14 **Fee:** $45 ($50 NR)

Code	Date	Time	Location
1410.401	Sa-10/20	12:15-2:30 pm	SCSC-AC

Gift Certificates Now Available

Give the gift of fun and fitness to that special someone? Purchase a gift certificate today that can be used for any recreation program offered in the "Seasons" brochure. Gift certificates are sold in denominations of $10, $25, $50, or $75.

for more information,or call (661) 250-3700.

Floral Wreath Making (13-Adult)

Nothing says "Welcome to our Home" like a beautiful door wreath. Have fun creating and customizing your own seasonal wreath while learning flower placement and bow making. Receive a door hanger to take your finished wreath home and hang up! *$10-25 material fee depending on the kit of colors. Bring glue gun and 5 sticks of glue.*
Instructor: Cindy Van Order **Min/Max:** 6/20 **Fee:** $15

Code	Season	Date	Time	Location
1414.401	Thanksgiving Wreath	Sa-10/13	10:00-1:30 am	CCP
1414.402	Christmas Wreath	Sa-12/1	10:00-1:30 am	CCP

Discovery Workshops (Adult)

Introduction to Hypnofertility & Hypnobirthing

Are you ready to become a parent, have a baby, and experience a painless childbirth. Hypnofertility and Hypnobirthing will prepare you for just that. This class will introduce you to the concepts, exercises, and understanding of Hypnofertility and Hypnobirthing. **Fee:** $30 ($35 NR)

Limiting Beliefs Be Gone

Stop getting in your own way! Learn to take control of your beliefs. Applying and activating the process of change is fun and simpler than you think. This change will not wear off. **Fee:** $30 ($35 NR)

Manifestation Beads

Activate the Law of Attraction. Create 'Manifestation Beads' in this fun, informative workshop. A simple meditation process will be shared and yours for everyday use in bringing into your life what you want. Materials Provided. **Fee:** $30 ($35 NR)

Resolving Inner Conflict

Identify and understand your inner conflict. Be it an ingrained habit, conflicting viewpoints, or indecisiveness. Resolve your dilemma by uniting the conflicting parts of your mental or emotional process. **Fee:** $30 ($35 NR)

Basic Shamanism

Restore balance and wholeness to your life by learning to live life in A Shamanic Way. 40,000 years ago Shamanism was a global practice and is still alive and vibrant throughout the world. Discovery Workshop – A Shamanic Way **Fee:** $30 ($35 NR)
Instructor: Jayne Rutledge C. Ht./ Penny Randall, C. Ht.,*
Location: Healing Light Center, 27225 Camp Plenty Rd., #5, 252-4100

Code	Class	Date	Time
1404.401	Hypnofertility & Hypnobirthing	Sa-9/22	10:00 -11:30 am
1404.402	Limiting Beliefs Be Gone	Sa-9/22	12:00-2:00 pm
1404.403	Manifestation Beads*	Sa-9/22	2:30-4:30 pm
1404.404	Resolving Inner Conflict	Sa-10/27	12:00-2:00 pm
1404.405	Basic Shamanism*	Sa-10/27	2:30-4:30 pm

Read All Day and Get Paid For It (13-Adult)

Every week thousands of scripts are submitted to studios, production companies, agencies, and directors. Learn to condense scripts into a few pages of script analysis, and what is required to land a job reading scripts.

Write for Magazines (13-Adult)

Too busy to write a novel? Too daunted by the thought of writing a film or television script? Start your writing career by writing for the magazines. Hundreds of publications need your words; find out how to earn an income while sitting on the couch.

Screenwriting Warriors: Basic Training (13-Adult)

Have you always wanted to write the blueprint for a film, or seen a movie and thought, "I can write better than that!" Then do it! Begin, develop, complete, and market your screenplay by avoiding common beginner mistakes. **Instructor:** Jack Adams **Min/Max:** 10/30
Fee: $27 per workshop

Code	Class	Date	Time	Location
1407.401	Read All Day	W-8/29	6:30-9:30 pm	OOP
1407.402	Write for Magazines	W-9/5	6:30-9:30 pm	OOP
1407.403	Screenwriting	W-9/12	6:30-9:30 pm	OOP

Photography (14-Adult)

Instructor: Brent Russell Paull **Min/Max:** 8/30
Fee: $35 ($40 NR) per seminar

Basic Digital Photography

Improve your skills with small cameras. Learn to change exposure modes, use fill-flash, compose families and individuals, and shoot a great image, also learn software that came with your camera.

Processing Digital Images with Photoshop Elements

Elements 9 & 10 incorporates many of the photo editing and processing tools available in Photoshop, with a much easier and intuitive user interface. Learn how to adjust the brightness, contrast, and shadows in your images. Sharpening images, and removing distracting elements, are made easy in this program.

Landscape/Wildlife Photography

Bring all the skills taught in the digital seminars together to produce outstanding, publishable landscape and wildlife images. Learn digital processing tricks that a program like Photoshop can do to improve your images.

Beginning a Successful Photography Business

Learn how to advertise your photography business and gain clients, create gallery websites to show off your work, use advanced techniques in sales and marketing to sell your images to your clients and target markets. Learn to write a query for a magazine photo/article package, to maximize your sales to clients when shooting portraiture-like weddings, families, and seniors.

Code	Class	Date	Time	Location
1411.401	Basic Digital	Tu-10/16	6:00-8:00 pm	SCSC-AC
1411.402	Photoshop Elements	Tu-10/23	6:00-8:00 pm	SCSC-AC
1411.403	Landscape/Wildlife	Tu-11/13	6:00-8:00 pm	SCSC-AC
1411.404	Photography Business	Tu-11/20	6:00-8:00 pm	SCSC-AC

Educational Photo Tour to Union Station & China Town (Adult)

Pack up your camera and wear your walking shoes to capture Photographic images of Union Station, Olvera Street, and China Town. *Metrolink pass is $10 & bring money for lunch.* Digital camera is preferred. No experience required. **Instructor:** Karen Brady **Min/Max:** 6/10
Fee: $50 ($55 NR)

Code	Date	Time	Meeting Location
1412.411	Sa-9/8	10:00 am-2:00 pm	Santa Clarita Metrolink

Sports Photography (Adult)

Learn basic sports photography guidelines and camera gear. Bring camera equipment & note pad/pen. **Instructor:** Thomas W. Marshall
Min/Max: 2/8 **Fee:** $35

Code	Date	Time	Location
1412.401	Sa-9/8	10:15-11:45 am	SCP

Uptown Tour (Adult)

Join me on a diverse Los Angeles photographic tour. We will meet at the Universal Studio Metro entrance at 9:00 am. Bring Camera, good shoes and money for metro fair. Tour includes Grand Central Market, Angel Flight, Bunker Hill Plaza, and Walt Disney Music Center **I**
nstructor: Karen Brady **Min/Max:** 6/10 **Fee:** $40 ($45 NR)

Code	Date	Time	Meeting Location
1412.412	Sa-10/6	9:00 am-12:00 pm	Universal Studios Meto Entrance

Sushi Making (12-Adult)

Learn to make sushi that is just as good as what you order at your favorite sushi bar. Learn the basics from buying fish to making rice and rolling edible masterpieces. We eat as we go, so come hungry! *$15 material fee due at class*. **Instructor:** Nikki Gilbert **Min/Max:** 10/24 **Fee:** $55

Code	Date	Time	Location
1413.401	Sa-9/8	11:45 am-1:45 pm	CCP

Fondant Fun (12-Adult)

Come craft a cake. Learn to torte, frost, and deocrate a cake without using decorating tools. Learn to make ropes, balls, and more! Go home with a completely decorated cake. *$15 material fee due at class.*
Instructor: Theresa Fredrickson **Min/Max:** 10/14 **Fee:** $25 ($30 NR)

Code	Date	Time	Location
1415.404	Th-10/18	7:00-9:00 pm	SCSC-AC

Fall Cookie Blossom Centerpiece (12-Adult)

Learn to bake, assemble, and decorate your own festive arrangement, as well as basic cake decorating skills that can easily be applied to other food crafting projects. *$15 material fee due at class.*
Instructor: Theresa Fredrickson **Min/Max:** 10/14 **Fee:** $25

Code	Date	Time	Location
1415.403	F-11/16	7:00-9:00 pm	VMP

Organic Gardening (Adult)

Learn how to grow fruits, berries, grapes, and vegetables without the use of harmful chemicals. An organic garden can be easy, fun, and save you money. **Instructor:** John Windsor *$5 material fee due at class.*
Min/Max: 5/24 **Fee:** $24

Code	Date	Time	Location
1416.401	Sa-9/22	9:00 am-12:00 pm	VMP

Water Wise Landcaping (Adult)

Designed to show students how to have successful and prosperous gardens while using less water and other natural resources. Students will learn about drought tolerant plants, how and when to plant them for best results. *$5 material fee due at class.*
Instructor: John Windsor **Min/Max:** 5/24 **Fee:** $24

Code	Date	Time	Location
1416.402	Sa-9/22	1:00-4:00 pm	VMP

Art Classes

Basic Drawing for Everyone (13-Adult)

Drawing is a way of communicating. Will use still-life set ups and explore different media: charcoal, pen & ink wash, conte' crayon & pencil. Learn the use of perspective/contour drawing, effects of light/shadow.
Instructor: Leslie Ann Halberg **Min/Max:** 6/15 **Fee:** $64-7 wks

Code	Date	Time	Location
1327.401	M-9/24	7:00-8:00 pm	OOP

Oil Painting People and Pets (12-Adult)

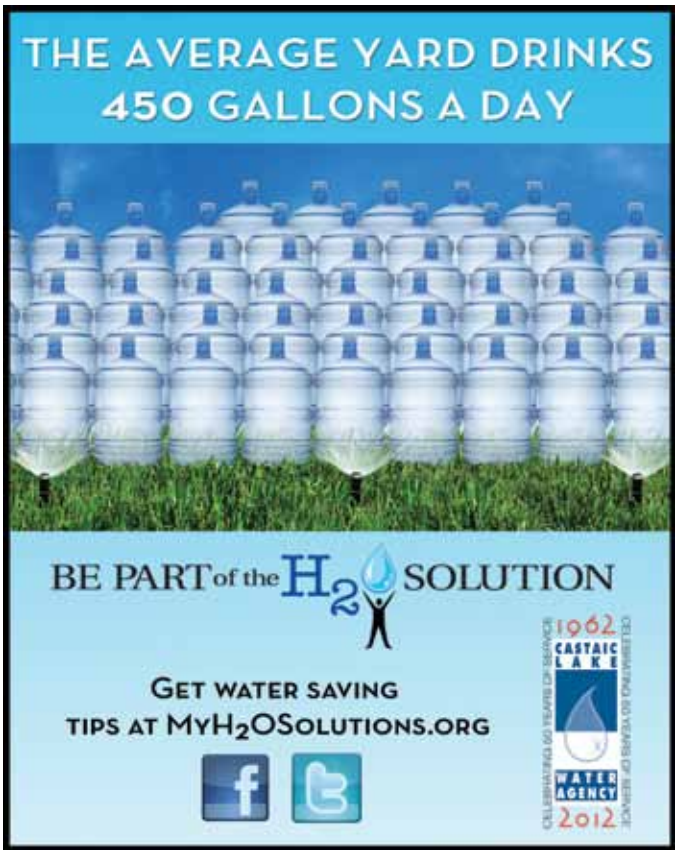
This class will provide a beginning foundation for learning to paint portraits of either people or pets. Have fun while you gain good solid foundational training. *$15 material fee due at first class.*
Instructor: Christina Cooper **Min/Max:** 5/12 **Fee:** $80 ($85 NR)-4 wks

Code	Date	Time	Location
1328.402	Sa-9/8	10:00 am-12:00 pm	SCSC-AC

Water Color Step by Step (Adult)

Class will focus on landscape painting following Weldon Blakes book, Watercolor Landscapes, Step by Step. Students will provide own art materials. See Receipt for list of materials. **Instructor:** Olga Kaczmar **Min/Max:** 5/14 **Fee:** $50 ($55 NR)-4 wks

Code	Date	Time	Location
1329.401	W-9/12	6:00-8:00 pm	SCSC-AC



Dance Classes

Ballroom Dance (Adult-Couples only)

Partner dancing to swing, smooth, and latin music using rhythmical step patterns. Great preparation for parties, weddings, cruises, and a confidence builder for those getting on the dance floor the first time!
When ontinuing with Ballroom dance, learn dances such as, merengue, cha-cha, waltz, salsa, foxtrot, east coast swing, and more!
Instructor: Kendy Varnum **Min/Max:** 12/36
Fee: $48 per person per class-6-wks **No Class:** F-9/21

Code	Level	Date	Time	Location
1330.401	Beginning	F-9/7	7:00-7:55 pm	NP
1330.402	Intermediate	F-9/7	8:00-8:55 pm	NP

Swing Dance Class (Adult-Couples only)

Swing is an easy to learn dance, highly enjoyable, and lots of fun. Designed for beginners in a format that will have you dancing very quickly. Partner required. **Instructor:** Russell Evans **Min/Max:** 10/30
Fee: $28 per person-4 wks

Code	Level	Date	Time	Location
1332.401	Beg	F-9/7	7:00-8:00 pm	SCP
1332.402	Int	F-10/19	7:00-8:00 pm	SCP

Ballet (13-Adult)

Ballet improves posture, strength, and flexibility. Enjoy beautiful classical music, calm and quiet your mind, and develop long lean muscles. Ballet shoes and appropriate dance wear required. **Instructor:** Suzette Marechal
Min/Max: 5/14 **Fee:** $82 ($87 NR)-8 wks

Code	Date	Time	Location
1334.401	Th-8/30	6:00-7:00 pm	SCSC-AC

Jazz Dance (13-Adult)

Ladies, explore a variety of movement and dance styles. Everything from the 70's disco to Broadway show tunes, and more! No Dance experience required. **Instructor:** Suzette Marechal **Min/Max:** 5/14
Fee: $82 ($87 NR)-8 wks

Code	Date	Time	Location
1334.402	Th-8/30	7:15-8:15 pm	SCSC-AC

Hip Hop (16-Adult)

Stretch first, and get a cardio workout while learning some fun and funky hip hop moves. No experience required, just a love of today's hottest music! **Instructor:** Star Dance Staff **Min/Max:** 8/14
Fee: $72 ($77 NR)-8 wks

Code	Date	Time	Location
1335.401	W-9/5	6:30-7:30 pm	SCSC-AC

Belly Dancing (15-Adult)

Beginning: Ancient Belly dance, eloquent and exciting is presented in a fun supportive class for beginners. Finger cymbals and veils supplied for an optional fee. **Instructor:** Jenza
Continuing: Learn to combine ancient movements seamlessly into an accessible yet, challenging choreographed dance. Classes are taught in a relaxed and inviting atmosphere. **Instructor:** Mahalia **Min/Max:** 15/40
Fee: $47 ($52 NR*)-8 wks

Code	Level	Date	Time	Location
1344.401	Beginning	Tu-9/18	7:30-8:30 pm	NP
1344.402	Continuing	W-9/19	7:35-8:35 pm	*SCSC-AC

Hula Hoop Dance (13-Adult)

Build core strength, burn calories, and have FUN! A variety of movement, hoop tricks and tips taught, encouraging development of your own unique style and flow. Hoops provided. **Instructor:** Susan Edwards
Min/Max: 6/15 **Fee:** $72-8 wks

Code	Level	Date	Time	Location
1339.401	Beg	Tu-8/28	6:15-7:15 pm	NP
1339.402	Inter	W-8/29	7:30-8:30 pm	NP

New

Salsa Dance (Adult)

Beginning: Introduction to the most popular partner dance in the world. Learn the basics of club style (also known as L.A. Style) salsa. No partner or dance experience required.

Intermediate: Refine those moves, improve timing, and add patterns to your club style salsa. Prerequisite-Beg Salsa or intermediate dancer. No partner required.
Instructor: Jonathan Kraut **Min/Max:** 10/46 **Fee:** $40-6 wks

Code	Level	Date	Time	Location
1346.401	Beginning	Th-8/30	6:30-7:30 pm	SCP
1346.402	Intermediate	Th-8/30	7:45-8:45 pm	SCP

Square Dance-Beginning I (Adult)

Learn the first 35 basic calls in square dancing using a mixture of music styles including, country, rock and roll, oldies, big band, and pop. No partner or experience necessary. Wear casual clothing and comfortable shoes. **Instructor:** Rod Shuping **Min/Max:** 16/40 **Fee:** $70-10 wks

Code	Date	Time	Location
1348.401	Tu-8/28	7:00-9:00 pm	VMP

Registration Information pages 70 & 71

Health and Fitness

Golf (15-Adult)

Enjoy a supportive, relaxed atmosphere that specializes in new and beginner golfers. Learn fundamentals of the full swing, chipping, putting, terminology, rules, on course skills, as well as golf etiquette.
Location: Vista Valencia Golf Course, 4700 West Trevino Dr., 253-1870 Ext. 2
Min/Max: 6/18 **Fee:** $60 ($65 NR)-3 wks

Code	Date	Time
1350.401	Sa-9/8	11:00 am-12:00 pm
1350.402	Sa-10/6	11:00 am-12:00 pm

Scratch Golf Clinics (Adult)

Scratch offers a variety of adult programs from beginner to advanced. New to the game? Clinics cover grip, stance, and basic swing concepts. Equipment provided.
Location: Scratch Golf, 25621 Hercules St., 775-0578
Min/Max: 4/16 **Fee:** $20 ($25 NR)

Code	Class	Date	Time
1351.401	Ladies Beg	Sa-9/15	10:45 am -12:00 pm
1351.402	Ladies Beg	Su-9/16	11:15 am-12:30 pm
1351.403	Adult Beg	Sa-9/22	10:45 am 12:00 pm
1351.404	Adult Beg	Su-9/23	11:15 am-12:30 pm

Fit4Baby®Prenatal Class (Adult)

Fit4Baby® is a program designed to strengthen the body for all the changes you will experience during pregnancy. Class includes cardio, strength, flexibility and balance training. Fit4Baby® is designed to accommodate all stages of pregnancy and fitness levels. Bring doctors approval. This class is held outside. *$20 material fee due at first class*. Bring mat.
Instructor: Christine Beaumont **Min/Max:** 5/25 **Fee:** $56 (61 NR)-8 wks
No Class: M-9/3

Code	Date	Time	Location
1352.401	M/W-8/28	5:30-6:30 pm	BP
1352.402	Tu/Th-8/29	5:30-6:30 pm	BP

Stroller Strides (Adult)

Stroller Strides is a great way to get in shape, meet other moms, and have fun with your baby all at the same time. For all fitness levels. Includes, power walking with body toning intervals, abs and stretching. Babies from 6 weeks & up. *$20 material fee due at first class*. Bring mat.
Instructor: Christine Beaumont **Min/Max:** 5/30 **No Class:** M-9/3

Code	Date	Time	Fee/Weeks	Location
1352.403	M/W/F-8/27	9:30-10:30 am	$84 ($89 NR)-8 wks	BP
1352.404	Tu/Th-8/28	9:30-10:30 am	$56 ($61 NR)-8 wks	BP

Boot Camp Outdoor Challenge (14-Adult)

Take your fitness to the next level whether you are a beginner or a pro. Will incorporate strength training, cardiovascular exercise, flexibility, mind-body disciplines and nutritional counseling designed to kick your fitness into high gear! Bring mat & weights. **Instructor:** Heather Flebbe **Min/Max:** 10/30 **Fee:** $69 ($74 NR) -6 wks

Code	Start Date	Time	Location
1355.402	Tu/Th-9/11	9:00-10:00 am	SCSC

Tai Chi for Health and Balance (Adult)

Known as "*medication* in motion" as well as "meditation in motion", check out Tai Chi's many benefits online at Harvard Health Watch, New England Journal of Medicine. Center for Disease Control, Mayo Clinic and UCLA. **Instructors:** Sarah Lowman & Imelda Holganza **Min/Max:** 5/25 **Fee:** $75-11 wks

Code	Level	Date	Time	Location
1356.401	Level I	Th-9/6	6:00-7:00 pm	VGP
1356.402	Level I	Sa-9/8	9:00-10:00 am	SCP
1356.404	Continuing	Sa-9/8	1:30-2:30 pm	SCP

Tai Chi Sword (Adult)

An exercise for health and meditation in motion, as well as a method of self mastery. Prerequisite Tai Chi for Health & Balance. *Bring your own sword or $15 for wooden sword fee.* **Instructor:** Sarah Lowman **Min/Max:** 5/25 **Fee:** $75-11 wks

Code	Date	Time	Location
1356.405	Sa-9/8	2:45-3:45 pm	SCP

Hatha Yoga (16-Adult)

HATHA YOGA is for everyone and Every BODY. Create a flexible strong balanced body and mind while reducing stress! Bring mat. **Instructor:** Shawn Abtahi **Min/Max:** 14/25

Code	Date	Fee/Wks	Time	Location
1362.401	M-9/10	$63-9 wks	6:15-7:15 pm	VGP
1362.402	Tu-9/11	$56-8 wks	6:00-7:10 pm	SCP

Hatha Yoga Workshops (Adult)

Shoulders and Neck: Reduce and relieve shoulder and neck tension through stretching, breathing, and yoga poses.
Hip Openers: Tension and tightness in the hips contributes to back pain and circulation problems. Learn simple yoga postures to ease the hips and back. Bring mat. **Instructor:** Shawn Abtahi **Min/Max:** 11/25 **Fee:** $16 ($21 NR*)

Code	Class	Start Date	Time	Location
1362.442	Shoulders & Neck	Sa-11/17	11:00 am-1:00 pm	*SCSC-AC
1362.444	Hip Openers	W-11/14	6:00-8:00 pm	CCP

Yoga Core (Adult)

Refresh your mind and body becoming strong and flexible. Gradually building core/abdominal strength. Bring mat. **Instructor:** Shawn Abtahi **Min/Max:** 11/14/*22 **No Class:** W-10/31

Code	Date	Fee/Wks	Time	Location
1362.411	Tu-9/11	$63 ($68 NR)-9 wks	9:30-10:30 am	SCSC-AC
1362.412	W-9/12	$56-8 wks	6:00-7:10 pm	*CCP

Yin Style Yoga (Adult)

Gentle long stretches done on the floor are great for all levels promoting joint health, flexibility, and a wonderful sense of well being. Leave class feeling as if you've had a massage. Bring mat.
Instructor: Shawn Abtahi **Min/Max:** 11/25
Fee: $56-8 wks **No Class:** W-10/31

Code	Date	Time	Location
1362.421	W-9/12	7:20-8:30 pm	CCP

Essential Four (Adult)

This gentle, fun, and stimulating class uses the best from pilates, yoga, dance, and meditation. All levels welcome. Bring mat.
Instructor: Shawn Abtahi **Min/Max:** 11/14 **Fee:** $63 ($68 NR)-9 wks

Code	Date	Time	Location
1362.431	Th-9/13	9:30-10:30 am	SCSC-AC

Easy Hatha Yoga (Adult)

A gentle approach to Hatha Yoga through stretching, relaxation, and breathing exercises. Great for seniors and individuals with movement limitations. Bring mat. **Instructor:** Joanne Melfi **Min/Max:** 10/25

Code	Date	Time	Fee/Wks	Location
1364.401	M-9/10	6:15-7:15 pm	$63-9 wks	CCP
1364.402	W-9/12	6:15-7:15 pm	$63-9 wks	NP
1364.403	W-11/28	6:15-7:15 pm	$21-3 wks	NP

Pilates Fusion (Adult)

A faster paced, up tempo class designed to promote body fat loss and improve muscle tone as well as strengthen the abdominal and back muscles. Bring mat and band (or purchase band at class for $5)
Instructor: Gwen Dignadice **Min/Max:** 20/35

Code	Date	Time	Fee/Wks	Location
1371.401	M-9/10	6:00-6:45 pm	$60 ($65 NR)-8 wks	SCSC-AC
1371.402	W-9/5	6:35-7:20 pm	$60-8 wks	SCP

Body Toning (Adult)

Improve muscular endurance while creating a lean sculpted body. Includes warm-up, muscle work, abdominal section, and a relaxing cool down with fluid stretching. Bring mat & weights.**Instructor:** Gwen Dignadice **Min/Max:** 20/35 **Fee:** $60-8 wks

Code	Date	Time	Location
1371.403	W-9/5	7:20-8:20 pm	SCP

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Registration Information pages 70 & 71

Pilates/Strength Training (15-Adult)

Relieve stress and transform the way your body looks, feels, and performs. Build strength without excess bulk, creating a sleek, toned body. Bring exercise ball & mat. Bands provided. **Instructor:** Renee Dominguez, AFAA, PMA Certified **Min/Max:** 10/50 **Fee:** $84 ($89 NR)-12 wks **No Class:** M-9/3

Code	Date	Time	Location
1373.401	M-8/27	8:30-9:25 am	SCSC-Gym

Boot Camp with Carmen (Adult)

Get in shape; lose fat, increase endurance and energy level. Based on circuit training using weights, body resistance, stretching, fun cardio, and more! Bring mat & weights. **Instructor:** Carmen L. Ramirez **Min/Max:** 15/50 **No Class:** M-9/3 W-9/19

Code	Date	Time	Fee/Wks	Location
1376.401	M-8/27	7:00-8:15 pm	$67 ($72 NR)-10 wks	SCSC-AC
1376.402	W-9/5	7:00-8:15 pm	$60 ($65 NR)-9 wks	SCSC-AC
1376.403	M-11/19	7:00-8:15 pm	$34 $39 NR)-5 wks	SCSC-AC
1376.404	W-11/21	7:00-8:15 pm	$34 ($39 NR)-5 wks	SCSC-AC

Zumba® (11-Adult)

Like no other workout you will ever experience! - a fusion of salsa, meringue, belly dance, reggaeton, flamenco with an emphasis on abs (core), legs and glutes. **Instructor:** Renee Dominguez **Min/Max:** 10/65 **No Class:** M-9/3, 11/12 & Th-11/22

Code	Date	Time	Fee / Wks	Location
1378.401	M-8/27	9:30-10:30 am	$84 ($89 NR)-12 wks	SCSC-Gym
1378.402	Tu-8/28	5:45-6:45 pm	$98 ($103 NR)-14 wks	SCSC-AC
1378.403	Th-8/30	5:45-6:45 pm	$91 ($96 NR)-13 wks	SCSC-AC

Zumba Gold® (55 and up)

Zumba Gold is the latest craze in fitness around the world for the active seniors and filled with fun and enthusiam as eveyone enjoys the simple steps of the latin beat.
Instructor: Cecilia Gordon **Min/Max:** 10/60 **No Class:** M-9/19

Code	Date	Time	Fee / Wks	Location
1378.410	W-9/5	5:45-6:45 pm	$56 ($61 NR)-8 wks	SCSC-AC

Did You Know…

that CNN Money magazine named Santa Clarita one of the "best places to live in California," praising the City's quality of life elements, including the high-ranking public school system, outdoor amenities and close proximity to major business centers?

City of Santa Clarita 25 1987-2012

Weight Lifting Blast! (15-Adult)

Burn calories, tone, and build muscle at this 30 minute weight lifting and toning blast! An exercise ball will be incorporated to strengthen your core and improve your overall balance and posture. Bring mat, weights, & ball. **Instructor:** Tracey Jones **Min/Max:** 15/50 **Fee:** $40 ($45 NR)-12 wks

Code	Date	Time	Location
1380.401	Tu-8/28	8:00-8:30 pm	SCSC-AC

Cardio-Kickboxing with Tracey (15-Adult)

Have fun kicking and punching your way to fitness while gaining agility, strength, balance, and coordination. All levels welcome! Bring mat. **Instructor:** Tracey Jones **Min/Max:** 15/50 **Fee:** $70 ($75 NR)-12 wks

Code	Date	Time	Location
1380.411	Tu-8/28	7:00-8:00 pm	SCSC-AC

Cardio-Kickboxing-Beginning (15-Adult)

Uses Cardio-Kickboxing techniques and moves, but geared towards the beginner. Burn calories, build muscle and strength, and gain coordination all in one class. Bring mat. **Instructor:** Tracey Jones **Min/Max:** 15/50 **Fee:** $65 ($70 NR)-11 wks

Code	Date	Time	Location
1380.421	Th-8/30	7:00-8:00 pm	SCSC-AC

Cardio Karate™ and Fitness Kick Boxing (14-Adult)

Get in shape, trim down, while learning self-defense. More calories are burned doing Cardio Karate™ than any other sport workout. Classes done barefoot and with music. *$23 material fee required at first class for gloves.* **Location:** Santa Clarita Karate, 27737 Bouquet Canyon Road, 296-0911 **Min/Max:** 5/50 **Fee:** $59 ($64 NR)-5 wks **No Class:** M-9/3

Session I 8/27-9/29	Session II 10/1-11/3	Unlimited Classes: Day/Time
Code	Code	M/W/F-9:00-10:00 am
1384.401	1384.402	M & Th-8:00-9:00 pm
		W-8:30-9:30 pm
		Tu-9:00-10:00 pm
		Sa-8:30-9:30 am

Jazzercise with Patsy (Adult)

Choreographed to today's hottest music, from Latin dance, and kickboxing, to Pilates and weight training. Start dancing yourself fit and change the shape of your body today! Bring mats & weights.
Instructor: Patsy Ayala **Min/Max:** 18/35 **No Class:** Sa-9/22 & 11/10, M-11/12

Code	Date	Day/Time	Fee	Location
1385.401	M-9/10	M/Th-6:30-7:30 pm	$105-9 wks	NP
		Sa-8:30-9:30 am		
1385.405	Sa-9/8	Sa-8:30-9:30 am	$45-9 wks	NP

Jazzercise with Shauna (12-Adult)

Don't let the weekend ruin your waistline! The #1 dance aerobics program in the world is now on Sundays. Bring mat & weights. **Location:** Lakeshore Clubhouse, 24316 W. Venturi Dr., Valencia. **Instructor:** Shauna Parnell **Min/Max:** 5/30 **Fee:** $50 ($55 NR)-10 wks

Code	Date	Time
1386.401	Su-8/26	9:00-10:00 am

Jazzercise Step (Adult)

Looking for a great low-impact workout that's great for burning calories and building muscle and endurance? Try Jazzercise Step! You'll get a traditional step workout with a Jazzercise flare! Steps provided on a first come basis or bring your own. Bring mat & weights. **Location:** Lakeshore Clubhouse, 24316 W. Venturi Dr., Valencia. **Min/Max:** 5/10 **Fee:** $99 ($104 NR)-10 wks

Code	Date	Time
1386.402	Tu/Th-8/28	6:30-7:30 pm

Low Impact Aerobics (Adult)

This fun, "go at your own pace" class makes you feel great while obtaining cardiovascular fitness and a firm body. Abdominal and legwork included. Bring mat & weights. **Instructor:** Donna Kneisel **Min/Max:** 5/30 **Fee** $98-14 wks **No Class:** W-10/24 & 11/23

Code	Date	Time	Location
1387.401	W/F-8/29	9:15-10:15 am	SCSC-Gym

Strength Training Stretch and Tone (Adult)

Non-aerobic class designed to build muscular strength, create muscle definition, and boost your metabolism. Stretching helps prevent injury, creates agility, and increases movement. Bring hand/ankle weights & mat. **Instructor:** Donna Kneisel **Min/Max:** 15/30 **Fee:** $98-14 wks **No Class:** Th-11/22

Code	Date	Time	Location
1387.402	Tu/Th-8/28	6:00-7:00 pm	CCP

Hung Gar Kung Fu-Chinese Art of Self Defense (10-Adult)

Hung Gar develops coordination while strengthening the arms and legs. Training emphasizes strong stances, iron-hard blocks, low snapping kicks, ambidexterity, and powerful straight forward honest techniques. Includes traditional weapons. **Instructor:** Anthony Lee **Min/Max:** 10/14 **Fee:** $75 ($80 NR)-10 wks **No Class:** M-9/3

Code	Date	Time	Location
1392.401	M-8/27	6:00-7:00 pm	SCSC-AC

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Budoshin Ju-Jitsu (10-Adult)

A street-effective self-defense system combining Judo, Aikido, and Karate. Gain self-discipline, self-respect, and self-confidence as you advance in rank. *$20 material/insurance fee due at first class.* **Instructors:** George Kirby & Marc Tucker **Min/Max:** 4/20 **No Class:** M-9/3 & 11/12

Code	Date	Time	Fee	Location
1396.401	M-9/10	7:00-9:00 pm	$50-10 wks	NOP
1396.402	Th-9/13	7:00-9:00 pm	$50-10 wks	NOP
1396.403	M/Th-9/10	7:00-9:00 pm	$90-10 wks	NOP

Running 101 (Adult)

Have you always wanted to run a 5K, 10K, or full marathon, but not sure how to start? Learn basic knowledge from training principles to race day tips, plus much more! Schedule/maps of meeting places/routes provided at first class. Routes vary starting at one mile while you work you way up. **Instructor:** Rawlins Jordan, 252-8626 **Min/Max:** 10/50 **Fee:** $30 ($35 NR)-10 wks **No Class:** M-9/3

Code	Date	Time	Location
1397.401	M/W-8/27	5:30-7:00 pm	VGP

Santa Clarita Striders (Adult)

Moderate to fast-paced walking group, which meets at different locations each week. Schedule/maps of meeting places/routes provided to participants at first class. Routes vary and are 3 miles **Instructors:** Candy Inglis (M) & Michelle Myers (Th) **No Class:** M-9/3 Th-11/12 & 11/22

Code	Date	Fee	Time	1st Week Location
1399.401	M-8/27	$10 ($15 NR)-17 wks	6:30-7:30 pm	City Hall
1399.402	Th-8/30	$10 ($15 NR)-17 wks	6:30-7:30 pm	City Hall
1399.403	M/Th-8/27	$12 ($17 NR)-17 wks	6:30-7:30 pm	City Hall

Instructor Profile

Meet Candy Inglis, Candy has walked miles leading the striders throughout the streets and paseos in Santa Clarita. Participants say "I have been taking this class for years, Candy is great. Fun walking group, chance to meet new people and learn new routes. Candy is exceptionally well organized, available, helpful, and on top of everything." ***Join Candy and start walking today!***