

SUMMER 2006 SCHEDULE OF CLASSES

# PREVIEW

COMMUNITY LEARNING

**Business & Careers**

**Children & Teens**

**Dance**

**Fitness & Recreation**

**Special Interest**

**Travel Writing**

**Endless Possibilities...**



REGISTRATION IS SIMPLE...

See inside back cover

Call us at:

(619) 660-4350

[www.cuyamaca.edu/preview](http://www.cuyamaca.edu/preview)



GROSSMONT-CUYAMACA  
COMMUNITY COLLEGE DISTRICT

Cuyamaca College  
and Grossmont  
College  
growing together  
to brighten your future

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### Watercolor painting "Tower 25" by artist, Jesse Miller

Jesse Miller is a native San Diegan who grew up with a love for the ocean. Being an avid surfer, Jesse attended Brigham Young University, Hawai'i where he earned his Bachelor of Fine Arts and drew his artistic inspiration from the people and the beaches of Oahu's North Shore. Now residing in San Diego, Jesse continues to paint, and as a surfer, diver, lifeguard and overall beach enthusiast, it is only natural his art would reflect his love for the ocean. See more of Jesse's art at [jmoceanart.com](http://jmoceanart.com)

Cover designed by Dave Francis, Cuyamaca College

Grossmont-Cuyamaca Community College District 8800 Grossmont College Drive, El Cajon, CA 92020-1799, (619) 644-7010 [www.gcccd.edu](http://www.gcccd.edu)

Governing Board Members: Richard D. Alexander, Timothy L. Caruthers, D.C., Wendell R. Cutting, Bill Garrett, Deanna Weeks, Jennifer Cortez, Bill Stanford  
 Chancellor: Omero Suarez, Ph.D., Grossmont College Interim President: Dean Collie, Ed.D.,  
 Cuyamaca College President: Geraldine M. Perri, Ph.D.

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# Arts & Creativity

## So You Thought You Couldn't Draw™

Would you like to draw but thought you had to be born with the talent? It is not true! Nationally acclaimed artist Sandra Angelo specializes in transforming the absolute novice into an artist with her super simple four step system. Learn classical drawing methods and develop your hidden gifts to gain a wonderful new way to relax! You will have the opportunity in class to use this simple system and learn what to practice at home. Additional materials available at end of class.

### Cuyamaca College, Room K100

Sat 7/15 9-12 p.m.  
SEC:4264 \$35\* Sandra Angelo  
\*(plus \$22 payable in class for materials)

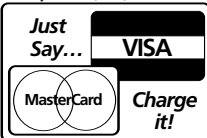
## Paint Like Monet in a Day® with Colored Pencils

Discover the amazing effects you can achieve using colored pencils! Sandra Angelo, national award-winning author of *Exploring Colored Pencil*, will teach you four basic techniques for working with colored pencils. This class for absolute beginners will teach you to create the look of oils, pastels, acrylics, watercolor, and more without the expense or toxicity of other mediums. Additional materials available at end of class.

### Cuyamaca College, Room K100

Sat 7/15 1-4 p.m.  
SEC:4265 \$35\* Sandra Angelo  
\*(plus \$22 payable in class for materials)

Telephone (619) 660-4350



## Gourd Decorating

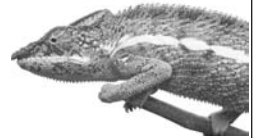
Discover the many ornamental techniques of gourd decorating. In this class, you will receive a gourd to clean, carve and embellish. Learn basic basketry techniques; create designs with wood burning processes, and use beads, feathers, and shells to adorn your gourds. **Please dress appropriately and bring a sack lunch.**

### Grossmont College, Room 371, park in lot #1

Sun 7/23 10-3 p.m.  
SEC:3914 \$40\* Nadine Spier  
\*(plus \$15 cash payable in class for materials)

## STUDY SPANISH IN COSTA RICA EXPLORE GUATEMALA SUMMER OF 2006

Enjoy the splendor of Costa Rica and the mystery of Guatemala  
June 30 - August 10



Five-week intensive language program in Costa Rica. Your home stay will be with a Costa Rican family. You will study, live and travel in Costa Rica and Guatemala, and enjoy a total immersion experience while working to improve your Spanish skills.

### **Cost: \$3960**

SPANISH 120	(Level 1)	5 units
SPANISH 121	(Level 2)	5 units
SPANISH 220	(Level 3)	5 units
SPANISH 221	(Level 4)	5 units
SPANISH 250/251	Conversational Spanish	3 units

For additional information contact  
Dr. Ezequiel Cárdenas (619) 660-4216 or  
ezequiel.cardenas@gcccd.net

## Fresh Flower Wreaths

Learn to make quick, decorative wreaths using common backyard plants. This easy project is a clever way to use cuttings from your yard. Common plants to create your wreath include: California Pepper Berries, Coastal Sage, Dusty Miller, Mexican Sage, Philodendron, and Rosemary. All materials provided, however, students are encouraged to bring cuttings from home. **Students must bring small plant clippers and a sack lunch.**

**Grossmont College, Room 371**, park in lot #1

Sun 8/13 10-3 p.m.  
 SEC:4524 \$40\* Nadine Spier  
 \*(plus \$9 cash payable in class for materials)

## PARKING PERMITS

Parking permits are required Monday through Saturday at Grossmont and Cuyamaca Colleges. Permits are only valid in student parking lots.

### Tuition Free Non-Credit Classes

Parking permits are not issued for all Tuition Free Non-Credit Classes.

1. Purchase a one-day parking permit, on the day of class for \$2.00.

Ticket dispensers locations:

Cuyamaca College: East end of lot 4, between student parking lots 1 & 2, and lot 5.

Grossmont College: lots (1, 3, 4, 5, & 7) student parking lots.

2. Parking permits are valid only in student parking lots (See maps on pages 34 & 35).

3. Semester-length parking permits are available at either the Cuyamaca or Grossmont College Cashier; these permits are valid on both campuses.

### Fee-Based Classes

Parking permits will be mailed, available in class, or purchase a permit for \$2.00 from the ticket dispensers.

## Community Learning "Pathway to Credit"

### Non-Credit Class Categories:

- Elementary and Secondary Basic Skills
- ESL [English as a Second Language]
- Substantial Disabilities
- Citizenship for Immigrants
- Parenting
- Short-term Vocational

**Matriculation:** (Orientation–Assessment)–Counseling/Advising  
 A non-credit matriculation counselor is available at **Cuyamaca College** call (619) 660-4429

Transfer to 4-year  
College/University

2-year A.A.  
Degrees

Vocational  
Programs &  
Certificates

## DEUTSCH VERGNÜGEN!

*Knowledge of German  
is important for:*

- International Business
- Travel and Tourism
- Political Science
- Journalism
- Engineering
- The Military
- Chemistry
- Banking
- Art History
- Music
- Theology
- Philosophy



*Learn about German language, culture  
and people at Grossmont College*

*If you have any questions  
contact Johannes Bruestle*

**Grossmont College  
(619) 644-7473**

# Business & Careers

## How to Get Started in Radio/TV Voice-Overs

This introductory course provides students with basic voice-over techniques for radio and television commercials and narrations. Class will include information on how to make contacts with directors and producers, and how to *market* voice-over skills. Bring a sack lunch and a #2 pencil.

**Grossmont College, Room 544B, park in lot #5**

Sat 5/6 9-3:30 p.m.  
SEC:4732 \$0 Franz Laubert

**Register in class!**

**Arrive early as class fills quickly.**

## How to Become a Mystery Shopper

Mystery shopping is an excellent way to earn extra money and have fun. A mystery shopper receives assignments from companies that do business evaluations. A potential assignment may include an evaluation of a restaurant, retail store, bank, gas station, theater, or other entertainment events at the conclusion of the visit, a written report is completed and returned. This course will provide an overview of how mystery shopping works, what types of assessment forms are used, do's and don'ts of completing an assignment, and how to get into the "shopper's network." Bring a sack lunch.

**Grossmont College, Room 554, park in lot #5**

Sun 6/4 9-3 p.m.  
SEC:3918 \$42\* Elaine Moran

\*(plus \$16 payable in class for book)

## How to Become A Notary Public

California needs additional professional notaries! This class will provide the new or previously commissioned notaries with the education and skills to pass the state proctored examination, detect fraud, and become successful in a new career. There is a growing need for notaries in the expanding financial, real estate, business and law professions. Become a valuable employee or own your own business. This class exceeds the state qualifications for new applicants and notaries that are renewing their commissions. The student will receive a state approved certificate of completion for the class in order to take the state proctored notary examination in their area.

The instructor is from the California School of Notary Public and is a practicing notary public for the State of California. The state proctors will allow all students to take the proctored exam after the class is completed. **Bring a sack lunch.**

### Cuyamaca College

Sat 5/13 8-4 p.m. **Room R401**  
4-5:30 p.m. State Exam  
SEC:4688 \$70\* James Cosper

Sat 7/15 8-4 p.m. **Room R400**  
4-5:30 p.m. State Exam  
SEC:4689 \$70\* James Cosper

Sat 8/12 8-4 p.m. **Room R400**  
4-5:30 p.m. State Exam  
SEC:4690 \$70\* James Cosper

\*(plus \$40 payable in class for materials)

To take the state proctored examination, the applicant will be required to bring their certificate of completion, state notary application and a \$40.00 check or money order made payable to the Secretary of State on the day of examination. Additionally, the applicant will need a current driver's license, passport, or active military identification card.

## Environmental Health & Safety

(see Environmental section page 14)

## Food Handler Training Course

(see Food section page 18)

**Parking permit instructions on page 3.**

## **New!** Loan Document Signing Specialist

California needs additional professional Loan Document Signing Specialists! This class will provide the new or commissioned Notary with the education and skills to enter the loan and mortgage industry and learn to detect fraud, and become successful in a new career. There is a growing need for notaries in the expanding loan and mortgage industry. Become a valuable employee or own your own business. This class exceeds the required qualifications to become a loan document signing specialist. The student will receive a certificate of completion for successfully passing the final proctored examination. The instructor is from the California School of Notary Public and is a commissioned notary public for the State of California and a loan document signing specialist. The state proctors will allow all students to take the proctored exam after the class is completed. **Bring a sack lunch.**

**Grossmont College, Room 342, park in lot #3**

Sat 6/25 8-3 p.m.  
3-4:30 p.m. State Exam  
SEC:4733 \$70\* James Cosper  
\*(plus \$40 payable in class for materials)

To take the state proctored examination, the applicant will be required to have their certificate of completion for their class, state notary application and a \$30.00 check or money order made payable to the Secretary of State on the day of examination. Additionally, the applicant will need a current driver's license, passport, or active military identification card.



### TUITION FREE JOB TRAINING

#### WEB GRAPHICS

Preparation: Windows files management  
CSIS 217 Web Graphics I CSIS 218 Web Graphics II  
CSIS 219 Web Graphics III CSIS 230 Desktop Publishing

#### CULINARY ARTS TRAINING

Many courses offered! See Grossmont schedule for listings

#### EMERGENCY DISPATCH OPERATOR (AOJ 158)

Typing prerequisite: 30 wpm minimum

#### GROUP HOME TRAINING

Days & times TBA, call ROP office

#### INSURANCE THEORY & PRACTICE

BUS 229 Property & Liability BUS 233 Personal  
BUS 234 Commercial BUS 235 Deliver'g Ins. Servs.

#### MEDICAL OFFICE ADMINISTRATIVE ASSISTANT

BOT 161 Med'l Terminology BOT 165 Med'l Ins. Billing  
BOT 167 Medical Coding BOT 170 Med'l Office Proced.

#### ORTHOPEDIC TECHNICIAN

For recommended prerequisites call the ROP office

#### PERSONAL TRAINER/GROUP EXERCISE LEADER

Courses listing under Exercise Science & Wellness; for Certificate of Proficiency information call ROP office

#### SECURITY OFFICER ACADEMY

(AOJ 171C) and (AOJ 249B) CPR & First Aid

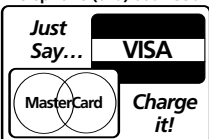
#### TELEMETRY/EKG TECHNICIAN

CVTE 104/ECG Theory; CVTE 105/ECG Technique  
CVTE106/ Adv ECG Studies; CVTE108/Adv Cardiac Mon.

#### TOW TRUCK OPERATOR (Cuyamaca College)

**For enrollment information call (619) 644-7550  
or visit the ROP Service Center below the  
cafeteria parking lot 5 at Grossmont College**

Telephone (619) 660-4350



**Parking permit instructions on page 3.**

# Professional Development Academy

## CUSTOMER SERVICE SERIES

Businesses flourish with outstanding customer service. Explores key attitudes, and communication skills that increase repeat business and teamwork.

### Superior Service Certificate

This 3-part certificate series helps you impress customers, enhance your image and increase repeat business.

#### Customer Appreciation

T, 5/9, 9-12 p.m., Fee: \$0 SEC:4726

#### Mastering Communication

T, 5/16, 9-12 p.m., Fee: \$0 SEC:4727

#### Dealing with Difficult People

T, 5/23, 9-12 p.m., Fee: \$0 SEC:4728

### Team Work Certificate

This 3-part certificate series provides essential tools and techniques that transforms groups into productive effective teams.

#### Team Building

T, 5/30, 9-12 p.m., Fee: \$0 SEC:4729

#### The Right Attitude

T, 6/6, 9-12 p.m., Fee: \$0 SEC:4730

#### Managing Changes

T, 6/13, 9-12 p.m., Fee: \$0 SEC:4731

### Personal Best Certificate

This 4-part certificate series explores ways to make better decisions and choices under the constraints of time.

#### Decision Making & Problem Solving

T, 6/20, 9-12 p.m., Fee: \$0 SEC:4478

#### Business Ethics and Values

T, 6/27, 9-12 p.m., Fee: \$0 SEC:4479

#### Time Management & Stress Management

##### Part I-Time Management

T, 7/11, 9-12 p.m., Fee: \$0 SEC:4480

##### Part II-Stress Management

T, 7/18, 9-12 p.m., Fee: \$0 SEC:4481

## SUPERVISION SERIES

This series prepares team leaders today to deal with the challenges of tomorrow.

### A Guide to Successful Supervision

This course is a guide for new supervisors to become more effective in increase group productivity and company success.

#### Part I-Personality Style Strategies

W, 5/10, 9-12 p.m., Fee: \$0 SEC:4669

#### Part II-Conflict Management

W, 5/17, 9-12 p.m., Fee: \$0 SEC:4670

#### Part III-Managing Organizational Change

W, 5/24, 9-12 p.m., Fee: \$0 SEC:4671

#### Part IV-Managing Diverse Teams

W, 5/31, 9-12 p.m., Fee: \$0 SEC:4672

#### Part V-Preventing Sexual Harassment\*

W, 6/7, 9-12 p.m., Fee: \$0 SEC:4673

#### Part VI-Labor Law Update

W, 6/14, 9-12 p.m., Fee: \$0 SEC:4674

\*meets AB1824 training mandate

### Enhancing Employee Performance

Discover tools that help supervisors contribute to an atmosphere of team support, trust and respect.

#### Motivation and Recognition Systems

W, 6/21, 9-12 p.m., Fee: \$0 SEC:4675

#### Coaching for Improved Performance

W, 6/28, 9-12 p.m., Fee: \$0 SEC:4676

#### Delegate for Results

W, 7/5, 9-12 p.m., Fee: \$0 SEC:4677

All classes are held at SD/REBRAC, 500 Fesler St., Ste. 103, El Cajon, 92020

Classes can be customized to meet specific needs and delivered onsite at your business.

For more information visit [www.ProfessionalDevelopmentAcademy.com](http://www.ProfessionalDevelopmentAcademy.com)

CALL (877) 855-5929 TO REGISTER



# Professional Development Academy

## MORE ... SUPERVISION SERIES

### Managing Dynamics

Here's a supervisor's toolkit to increase employee performance that includes strategies for review, hiring, retention and termination.

Part I-Employee Performance Reviews  
W, 7/12, 9-12 p.m., Fee: \$0 SEC:4678

Part II-Successful Hiring  
W, 7/19, 9-12 p.m., Fee: \$0 SEC:4679

Part III-Retention Strategies  
W, 7/26, 9-12 p.m., Fee: \$0 SEC:4680

Part IV-Termination Guidelines  
W, 8/2, 9-12 p.m., Fee: \$0 SEC:4681

### Delivering Powerful Presentations

This course is designed for the presenter who is already a comfortable public speaker looking for a competitive edge.

Presentations Part I  
W, 8/9, 9-12 p.m., Fee: \$0 SEC:4682

Presentations Part II  
W, 8/16, 9-12 p.m., Fee: \$0 SEC:4683

### Business Communications

Explore dynamic ways to enhance clarity and effectiveness in your writing and meeting facilitation skills.

Effective Business Writing Part I  
W, 8/23, 9-12 p.m., Fee: \$0 SEC:4684

Effective Business Writing Part II  
W, 8/30, 9-12 p.m., Fee: \$0 SEC:4685

Effective Electronic Communications  
W, 9/6, 9-12 p.m., Fee: \$0 SEC:4686

Conducting More Effective Meetings  
W, 9/13, 9-12 p.m., Fee: \$0 SEC:4687

*Enrollment is limited. Call now to reserve your seat for summer classes.*

[www.ProfessionalDevelopmentAcademy.com](http://www.ProfessionalDevelopmentAcademy.com)  
CALL (877) 855-5929 FOR MORE INFO.

## Grossmont College Medical Transcription Specialist

Many Opportunities to  
Work from Home!

Be a vital and important member of a health-care team.

You will record all details of patient care:

- Initial physician visit
- Hospital care
- Outpatient clinic
- Surgery

Prepare for this exciting career at Grossmont College. There are six core courses (each is one-semester) specific to medical transcription.

**More Info: (619) 644-7454 ext. 3855**  
Please leave name, address and phone #; information will be mailed.

## PARLEZ-VOUS FRANÇAIS?

### YOU TOO, CAN SPEAK FRENCH

Even if you have never spoken French or if you have already had some French.

Take advantage of one of Grossmont College's excellent French courses.

*Learn about  
French language,  
culture & people.*



If you have any questions, contact:  
Muriel Vitaglione  
(619) 644-7566

# Children & Teens

## Beginning Tennis for Kids

Future Wimbledon players – heads up! Learn basic techniques including hand-eye coordination, forehand, backhand, and serve. Please bring two unopened cans of tennis balls and wear white sole tennis shoes. Ages 9-14.

### Cuyamaca College, Tennis Courts

5 Sat 6/3-7/1 8:30-10 a.m.  
SEC:3919 \$40 Jo Killeaney

## The World is a Mystery! Dig It!

Embark on an exciting adventure into the worlds of geology, paleontology, archaeology and anthropology as you work to solve the mysteries of our world. The Heritage of the Americas Museum will be your classroom where you'll conduct hands-on projects that include prospecting for minerals, unearthing artifacts, analyzing fossils, and discovering the secrets of mysterious civilizations. Bring drinking water. Ages 9 - 13.

### Cuyamaca College, Heritage of the Americas Museum

M-F 6/19-6/23 9-12 noon  
SEC:4363 \$45 Michael Wake

## Survivor

Build a shelter, learn wood peg construction, build a fire, create a meal and utensils. Use a compass, draw a map, identify plants, animals, trees and birds. Use a yoke, a brace and bil, lever and fulcrum, block and tackle. Experience the "Big Lift"! All hands on! Ages 10 - 14.

### Cuyamaca College, Heritage of the Americas Museum

M-F 6/26-6/30 9-12 noon  
SEC:4365 \$45 Roy Hastings

M-F 7/17-7/21 9-12 noon  
SEC:4398 \$45 Roy Hastings

## Junior Ballroom and Latin (Ages 8 to 16)

## Teens "Take the Lead" Swing (Ages 13-18)

(see Dance section page 12)

## Art Today, Artist Tomorrow

Enjoy a one-week adventure into the world of fine art. Learn the skills and techniques used by great artists as you create your very own masterpieces using various mediums such as pencil and ink, oil pastels, watercolor, and acrylics. Talented artist will be on hand each day to lead students through the creative elements and development of their compositions. [Students are asked to bring a painting shirt or smock to protect their clothing from any creative mishaps. Bring drinking water.] Ages 10 - 14.

### Cuyamaca College, Heritage of the Americas Museum

M-F 7/10-7/14 9-12 noon  
SEC:4366 \$45 Diana Kam

## Children's Taekwondo Martial Arts

This class is designed to give children self-confidence, discipline, respect, self-defense, and overall physical fitness. Students will increase their overall balance, strength, flexibility and coordination, while being exposed to basic and Olympic Taekwondo. Children will enjoy this fun and exciting class. Ages 5-12. All levels welcome.

### Leaders of Tomorrow, College of Martial Arts

MW 6/12-6/31 5-6 p.m.  
SEC:4719 \$45 Christina Dawson

MW 7/10-7/26 5-6 p.m.  
SEC:4720 \$45 Christina Dawson

## Self-Defense for Children

Children will learn the skills and knowledge needed to protect themselves. Using hands-on experiences, students will learn to defend themselves and become more aware of their surroundings, and learn what to do in challenging situations. Ages 7 - 12.

### Leaders of Tomorrow, College of Martial Arts

4 Sat 6/3-6/24 10-11 a.m.  
SEC:3653 \$35 Christina Dawson

4 Sat 7/8-7/29 10-11 a.m.  
SEC:3654 \$35 Christina Dawson

## **Self-Defense for Teens**

Class is designed to give teens the skills and knowledge needed to protect themselves. Using hands-on experiences, students will learn to defend themselves, become more aware of their surroundings, and learn what to do in challenging situations. Ages 13-18.

### Leaders of Tomorrow, College of Martial Arts

4 Sat 6/3-6/24 11-12 noon  
SEC:3655 \$35 Christina Dawson

4 Sat 7/8-7/29 11-12 noon  
SEC:3656 \$35 Christina Dawson

## **2006 Summer Boys Basketball Camps**

For boys entering 4th through 9th grade this Fall. Camps held Monday-Thursday

### Cuyamaca College, Gym

6/19-22 1-4 p.m. 7-9th grade SEC:3640  
6/26-29 1-4 p.m. 4-6th grade SEC:3641  
7/10-13 1-4 p.m. 4-6th grade SEC:3642

Fee: \$79 includes t-shirt & individual evaluations

Coach: Rob Wojtkowski

## **Summer Junior Tennis Camp**

Improve your skills, play tennis more intelligently, and get ready for tennis fun, match play and school teams! Each camper will receive a t-shirt, tennis booklet and a daily snack.

### Cuyamaca College Tennis Courts

Session I: 8-12 years old Fee: \$75/\$28 day  
6/27-29 T-Th 8:30-12 noon SEC:4355

Session II: Middle School & High School  
7/10-13 M-Th 10:30-12:45 p.m. SEC:4356  
Fee: \$70/\$18 per day

Session III: 8-12 years old Fee: \$70/\$18 day  
7/17-20 M-Th 10:30-12:45 p.m. SEC:4713

Coach: Pam Farmer

## **Wiggly, Squiggly Garden Friends**

This "down to earth" class explores the fascinating world of worms in the garden! Children will enjoy creating their own compost bin using everyday household items. All containers, starter materials, and live wiggly worms will be provided for each child's bin to take home! A "worm" snack will be served to all hungry little gardeners during story time. Parents are encouraged to attend. Ages 5-7.

### Cuyamaca College, Water Conservation Garden

Sat 7/1 10-12 p.m.  
SEC:4717 \$25 Cheri Surgett

## **Hop Down the Bunny Trail**

Join us in the Garden for the story of Peter Rabbit. We will visit his garden and learn how vegetables grow, and see if we can find Peter's favorite kind of veggies. Then, enjoy our own garden snack, sing a bunny song, and create a garden craft to take home! Parents are welcome to hop along with us. Ages 5-7.

### Cuyamaca College, Water Conservation Garden

Sat 7/8 10-12 p.m.  
SEC:4718 \$15 Nicole Haskins

## **Natural A's™**

Any student can significantly enhance grades, self-confidence, and chances for scholarships and college admissions by performing academic skills in alignment with the brain's natural patterns. This makes note-taking, reading, studying, memorizing, and test-taking amazingly efficient. Also discover simple methods for understanding math and other subjects, optimizing focus and concentration, and preventing test anxiety. Ages 10-17.

### Cuyamaca College, Room R404

T 7/18 1-4 p.m.  
SEC:4354 \$25\* Curtis Adney

\*(plus \$30 payable in class for outline, handouts, and CD of Advanced Testing Strategies)

# Computers

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A fee of \*\$5 for handouts is payable to the instructor in class. **Please have correct change.** Bring a 3.5 diskette and a #2 pencil to class. **Pre-register at (619) 660-4350 to reserve a seat and meet minimum enrollments, otherwise class will be cancelled.** Instructors: Dale Mastny, Therese Long & Wallace Wang

## Locations:

**Grossmont College (G.C.), Technology Mall Room 70-134.** Entrance is on the south side of the library-upstairs above the main quad. Park in lot #7

**Cuyamaca College (C.C.), Room E108, parking instructions on page 3.**

## Introduction to Computers, Part I

An introductory course in computer knowledge designed to provide students with basic skills.

Sat 5/6 9-12 p.m. SEC:3806 [G.C. 70-134](#)

Sat 5/13 9-12 p.m. SEC:3807 [C.C. E108](#)

Fee: \$5\*

## Introduction to the Internet, Part I

Course will introduce students to the internet via current technology trends and hands-on use.

Sat 6/10 9-12 p.m. SEC:3810 [C.C. E108](#)

Fee: \$5\*

## Introduction to Windows, Part I

Course introduces students to the Windows Operating System and is designed to provide students with basic skills necessary for personal or professional success. [Intro to the PC or equivalent is highly recommended.](#)

Sat 5/6 12-3 p.m. SEC:3812 [G.C. 70-134](#)

Sat 5/13 12:30-3:30 p.m. SEC:3813 [C.C. E108](#)

Fee: \$5\*

## Introduction to Word Processing, Part I

An entry level class which introduces students to word processing. Students will learn to produce letters, memos, reports, and other documents for personal or professional use necessary for the workplace.

Sat 6/17 9-3:30 p.m. SEC:3815 [C.C. E108](#)

Fee: \$5\*

## Introduction to Word Processing, Part II

This class is a continuation of Introduction to Word Processing Part I, you will learn advanced features of word processing.

Sat 6/24 9-3:30 p.m. SEC:3816 [C.C. E108](#)

Fee: \$5\*

## Introduction to PowerPoint

This class will introduce the student to Microsoft PowerPoint. Students will learn to create, edit and organize slides; design and format a presentation.

Sat 5/20 9-3 p.m. SEC:3819 [G.C. 70-134](#)

Fee: \$5\*

## Introduction to Spreadsheets

Course will introduce students to Excel; a spreadsheet program. Class is beneficial for individuals using computer programs to file, organize, retrieve and report data.

Sat 6/3 9-3:30 p.m. SEC:3820 [C.C. E108](#)

Fee: \$5\*

## Bilingual Basic Computer Skills Series

In these introductory computer courses, students whose primary language is not English, will learn basic keyboarding, word processing skills, and the internet. These classes are designed for students 16 years and older. A fee of \*\$5 for handouts is payable to the instructor in class; please have correct change.

**If you are not a fluent English speaker, you are welcome to bring an adult partner with English speaking skills.**

**Pre-register at (619) 660-4350 to reserve a seat and meet minimum enrollments, otherwise class will be cancelled.**

**Instructor:** Luz Arreola

**Location:** Cuyamaca College, Room E102

## Basic Computer Skills

This introductory hands-on course will teach you how to use the keyboard, aspects of computer and Windows Operating System.

Sat 5/6 SEC:3982 \$5\* 9-12:30 p.m.

## Introduction to Word Processing, Part I

An entry level class which introduces students to word processing. Students will learn to produce letters, memos, reports, and other documents for personal or professional use necessary for the workplace.

Sat 6/10 SEC:3983 \$5\* 9-12:30 p.m.

## Introduction to the Internet, Part I

Course will introduce students to the Internet via current technology trends and hands-on use. Various internet browsers will be used to gain practical experience.

Sat 6/17 SEC:4439 \$5\* 9-12:30 p.m.

## Introduction to the Internet, Part II

This second course is designed to teach students methods of creating and using an Email account via the Internet.

Sat 6/24 SEC:4440 \$5\* 9-12:30 p.m.

## Adult Ballet

In this class you will build strength, increase your stamina, and condition your muscles while learning the fundamental concepts of classical ballet techniques. Individualized classes will focus on alignment, musicality, flexibility, and correct use of turn-out. Ballet is fun!

### School of Ballet Arts

**8921 Carlton Hills Blvd., Santee**

8 M 6/5-7/24 6:30-7:30 p.m.  
SEC:4691 \$40 Leila Parello

### School of Ballet

**8241 La Mesa Blvd., La Mesa**

8 W 6/7-7/26 6:30-7:30 p.m.  
SEC:3924 \$40 Leila Parello

## Adult Floor - Stretch Class

Beginning adult stretch is a class that will build your confidence, flexibility, coordination, and posture. The foundation of ballet, jazz, and modern dance are used as a careful strength building process. This class is great for building muscular strength, increasing stamina, conditioning all muscle groups, and relaxing as well. What a great way to wrap up your week! Bring a towel or small blanket; wear comfortable, stretchy clothes.

### School of Ballet Arts

**8921 Carlton Hills Blvd., Santee**

8 F 6/9-7/28 6:30-7:30 p.m.  
SEC:3925 \$40 Leila Parello

## Belly Dancing, Part I

Belly dancing is an enchanting and graceful dance form and a fun way to exercise. Using exciting ethnic music, you will learn alignment, strength, isotations, and basic step technique.

### Cuyamaca College, Room R205

5 T 5/30-6/27 4:30-5:30 p.m.  
SEC:3926 \$35 Lucinda Hollands

5 T 7/11-8/8 4:30-5:30 p.m.  
SEC:3927 \$35 Lucinda Hollands

# Dance

## Belly Dancing Plus

In this class you will learn veil dancing, finger cymbal patterns, foot work and drum solo techniques that will add drama to your performance. Materials including veils and cymbals are required for each session.

### Cuyamaca College, Room R205

5 Th 6/1-6/29 4:30-5:30 p.m.  
SEC:3928 \$35 Lucinda Hollands

5 Th 7/13-8/10 4:30-5:30 p.m.  
SEC:3929 \$35 Lucinda Hollands

## Junior Ballroom and Latin (Ages 8 to 16)

Look to the future! Learn the foundations of these classic dance forms and how they may also be applied to sports, such as skating and gymnastics. All levels of experience welcomed.

### Regency Park, Crystal Palace Room\*

5 Sat 6/17-7/15 5-6:30 p.m.  
SEC:4438 \$30 David Kessel



## Teens "Take the Lead" Swing (Ages 13-18)

Have you been watching "Dancing with the Stars"? Why not start dancing with this fun, easy, and high-energy class? Bring a friend or come solo. The swing, which often has been referred to as the "jitterbug", is becoming more popular than ever, thanks to modern bands such as Big Time Operator and Brian Setzer. Come and have a blast. Enjoy learning to dance the swing. "Take the Lead" and get off to a swingin' summer. **No black sole shoes or boots.**

### Cuyamaca College, Room R205

6 Sat 5/13-6/24 1-2 p.m.  
SEC:4779 \$30 Luis Sumaya  
No class 5/27

## Just Latin!

Tired of going to night clubs and watching everyone else have all the fun? Learn the popular dances; Latin such as Salsa, Merengue, Rumba, and more! Join us for great exercise.

### Regency Park, Crystal Palace Room\*

5 Sat 5/6-6/3 7-9 p.m.  
SEC:3933 \$35 David Kessel  
No class 5/27

5 W 6/7-7/5 7-9 p.m.  
SEC:3934 \$35 David Kessel

## Ballroom Dancing for Beginners

Ballroom dancing is elegant, timeless, and great exercise too. Learn the basics of six popular dances.

### Regency Park, Crystal Palace Room\*

5 M 5/8-6/12 7-9 p.m.  
SEC:3930 \$35 David Kessel  
No class 5/29

## Ballroom, Latin & Swing for the Younger Generation

You will never regret taking this class! Dancing is a social asset you are sure to use many times throughout your life-- so why not learn the basics?

### Regency Park, Crystal Palace Room\*

5 W 5/3-5/31 7-9 p.m.  
SEC:3931 \$35 David Kessel

5 M 6/19-7/17 7-9 p.m.  
SEC:3932 \$35 David Kessel

## Swing

Two different styles will be taught - East and West Coast Swing, beginning to intermediate level. This is a great dance for everyone - great exercise too!

### Regency Park, Crystal Palace Room\*

5 Sat 6/17-7/15 7-9 p.m.  
SEC:3935 \$35 David Kessel

Free parking for all classes at  
\*Regency Park, Crystal Palace Room  
located across the street at Lake  
Murray Evangelical Free Church,  
5777 Lake Murray Blvd, La Mesa.

# Dance/ESL [English as a Second Language]

## Country Western Line Dancing: Great Exercise!

You do not have to join a health club to get fit! Line dancing is a lot more fun and excellent aerobic exercise. You will learn ten or more popular line dances while you have a blast and burn calories.

### Regency Park, Crystal Palace Room\*

5 Sun 5/7-6/11 4-6 p.m.  
SEC:3936 \$35 Luis Sumaya  
No class 5/28

5 Sun 6/18-7/16 4-6 p.m.  
SEC:3937 \$35 Luis Sumaya

## Country Western Dancing for Beginners

See why country western dancing is hotter than ever! Dances will include: Two-step, Cowboy Cha Cha, Cowboy Polka, Jitterbug, and Waltz. Get ready for a good time!

### Regency Park, Crystal Palace Room\*

5 Sun 5/7-6/11 6-8 p.m.  
SEC:3938 \$35 Luis Sumaya  
No class 5/28

5 Sun 6/18-7/16 6-8 p.m.  
SEC:3939 \$35 Luis Sumaya

## East Coast Swing

East Coast Swing has been synonymous with the "jitterbug" for a number of years. In the 90's, we saw a resurgence with this high energy dance as the likes of new swing bands hit the scene, i.e., Big Bad Voodoo Daddies, Cherry Poppin' Daddy's, and San Diego's own, Big Time Operator. All ages are welcome. Lots of fun and great exercise.

### Regency Park, Crystal Palace Room\*

5 F 5/12-6/9 6-7:30 p.m.  
SEC:3940 \$35 Luis Sumaya

## West Coast Swing

West Coast Swing is a slotted structured dance to slower swing music. This dance is often times referred to as the "California Dance." You will learn the five basic steps plus some nice patterns to make you the envy on the dance floor.

### Regency Park, Crystal Palace Room\*

5 F 5/12-6/9 7:30-9 p.m.  
SEC:4182 \$35 Luis Sumaya

## Night Club Two-Step

In the mood for romantic dancing? Join Luis and learn to slow dance across the dance floor.

### Regency Park, Crystal Palace Room\*

5 F 6/16-7/14 7-9 p.m.  
SEC:3941 \$35 Luis Sumaya

# ESL [English as a Second Language]

## ESL: College Readiness

This first course in English as a second language (ESL) will help students prepare to enter the college ESL program. Students will learn basic English grammar and writing skills as well as an introduction to the college campus with a review of college expectations and services.

### Cuyamaca College, Room R410

13 F 5/5-7/28 9-12 p.m.  
SEC:4001 \$0 Emma Pumpelly  
No class 5/12, 6/2

Free parking for all classes at  
\*Regency Park, Crystal Palace Room  
located across the street at Lake  
Murray Evangelical Free Church,  
5777 Lake Murray Blvd, La Mesa.

# Environmental

## ENVIRONMENTAL

### OSHA 40-Hour - Hazwoper

This class is designed to provide students with hands-on instruction in safety and emergency response to chemical and physical exposures in industrial and field settings. Course satisfies the requirement for generalized employee training under OSHA (1910.120) and State of California Regulation 5192 Title 8. A certificate will be issued upon full completion of the class.

#### Cuyamaca College

2 F	5/12 & 5/19	7:30-5:30 p.m.	Room R405
2 Sat	5/13 & 5/20	7:30-5:30 p.m.	Room R404
	SEC:4212	\$25*	
2 F	6/9 & 6/16	7:30-5:30 p.m.	Room R404
2 Sat	6/10 & 6/17	7:30-5:30 p.m.	
	SEC:4213	\$25*	
2 F	7/14 & 7/21	7:30-5:30 p.m.	Room R404
2 Sat	7/15 & 7/22	7:30-5:30 p.m.	
	SEC:4216	\$25*	
2 F	8/11 & 8/18	7:30-5:30 p.m.	Room R404
2 Sat	8/12 & 8/19	7:30-5:30 p.m.	
	SEC:4341	\$25*	

\*(fee for book and certificate)

Lunch time will include a class activity, so bring a sack lunch and plenty of drinking water.

#### Cancellation policy on page 36

### Adult/Pediatric CPR

### First Aid

### Adult/Pediatric CPR & First Aid Renewal

### Heartsaver A.E.D. Training

### Basic Life Support: Cardiopulmonary

(See Health & Safety section pages 18-20 for additional classes)

### OSHA 8-Hour Refresher Federal & CAL/OSHA Standards

This 8-hour HAZWOPER Refresher course is designed to maintain the 40-Hour or 24-Hour Certificate required for employees in the public or private sector, large or small businesses, who work with hazardous waste in any phase from management operations to on-site clean up. This seminar will include lectures, table top exercises, and hands-on activities. A certificate will be issued upon full completion of the class.

#### SD/REBRAC, 500 Fesler St., Ste. 103, El Cajon

Fri	5/26	8-4:30 p.m.
	SEC:4214	\$15*
Fri	6/23	8-4:30 p.m.
	SEC:4215	\$15*
Fri	7/28	8-4:30 p.m.
	SEC:4339	\$15*
Fri	8/25	8-4:30 p.m.
	SEC:4340	\$15*

\*(fee for book and certificate)



## SAN DIEGO REBRAC

### Workshops available:

- Respiratory Protection Program
  - First Responder Awareness & Operational
  - 40 Hour OSHA HAZWOPER
  - 24 Hour OSHA HAZWOPER
  - 8 Hour OSHA Refresher
- Ergonomics Office & Industrial
- And other training available

### Other services available:

- Free consultation & site assessment
  - Confidential Services
- Coordination with local, state and federal agencies, as well as other assistance providers
- Training can be customized and conducted at your facility...and more!

For additional training, please call (619) 440-2404. For current training dates "check us out" on the web at [www.rebrac.org/sandiego](http://www.rebrac.org/sandiego)

## Golf Basics

Learn the fundamentals of the game of a lifetime—GOLF! This class for beginners, will consist of range practice under the watchful eye of a golf professional. This is a great way to get started! Meet in the Pro Shop.

### Carlton Oaks Country Club

5 Sat 5/6-6/3 10-11 a.m.  
SEC:3691 \$65\* Rex Cole

5 T 5/30-6/27 6-7 p.m.  
SEC:3692 \$65\* Rex Cole

\*(plus \$15 payable at first class meeting for range balls; clubs are provided)

## Tennis for Beginners & Intermediate Players

Bring out the "PRO" in you! You will learn the basics of the singles and doubles game: forehand, backhand, serve, volley, basic strategy, and etiquette. Bring a racquet and 2 unopened cans of tennis balls. **Please wear white sole tennis shoes.**

### Cuyamaca College, Tennis Courts

5 Sat 6/3-7/1 10-11:30 a.m.  
SEC:3942 \$40 Jo Killeaney

## Horseback Riding, Part I

Enjoy learning how to ride a horse! Experience the wide open spaces and the tranquility of the countryside on horseback. You will learn safety, bridling, walk, trot canter, trail riding, care and grooming (minimum age is 12 years old). Please wear jeans and boots or shoes with a low heel.

### Bright Valley Farm

5 Sun 5/21-6/25 8:30-10 a.m.  
SEC:3946 \$45\* Serena Boyd

No class 5/28

\*(plus \$130 payable at first class meeting for helmet and horse rental fee)

## Horseback Riding, Part II

This class is designed for more experienced riders (12 years and older) who want to perfect riding techniques.

### Bright Valley Farm

5 Sun 7/23-8/20 8:30-10 a.m.  
SEC:3947 \$45\* Serena Boyd

\*(plus \$130 payable at first class meeting for helmet and horse rental fee)

## New! Beginning Hiking

Hiking is a great way to enjoy nature, to view natural habitats and to exercise while spending quality time with new and old friends. There are so many places to explore in San Diego County, but having someone to guide the trips makes it not only fun, but also a learning experience as well. Please come prepared by wearing appropriate hiking shoes, having plenty of drinking water and snacks.

Location TBA (Instructor will call students)

3 Sun 5/7-5/21 8-11 a.m.  
SEC:4714 \$30 Phil Roulland

## New! Intermediate Hiking

Students need to be aware that the intermediate hiking class offers many different levels of intensity, often times incorporating high elevation, lack of shade, rocky slopes and slick or wet surfaces to walk through. Level one beginning class is a prerequisite for those that have a sedentary lifestyle or instructor approval is needed. People with health problems are not encouraged to take this level because of unnecessary health risks. Please come prepared by wearing appropriate hiking shoes, having plenty of drinking water and snacks.

Location TBA (Instructor will call students)

3 Sun 6/11-6/25 8-11 a.m.  
SEC:4715 \$30 Phil Roulland

## Physical Fitness for Optimum Health

Explore and participate in exercises designed to increase movement through stretching and physical strength using the basic mechanics of endurance and flexibility with walking. **Please wear loose-fitting clothing and comfortable white sole shoes. Register in class!**

Cuyamaca College, Room R205

MW 5/8-7/26 1-2:30 p.m.  
SEC:3986 \$0 Dick Killeaney

No class 5/29

# Fitness & Recreation

## Kickboxing for Men & Women

This class is designed to teach you effective self-defense skills and increase your personal fitness and health. Training includes the use of jump ropes, medicine balls, hand mitts, heavy bag and other target work. You will use muscles you did not know you had in this fun but intense class! Come ready for a workout. **This is not an Aerobic or Cardio-Kickboxing class.** All levels welcome.

**Southwestern Association of Martial Arts  
College of Tae Kwon Do**  
9819 Campo Rd., Spring Valley

6 MW 6/26-8/2 7-8 p.m.  
SEC:3948 \$49 Heidi Sarmiento

## Power Yoga & Pilates Body Conditioning

Looking for a great way to develop strength, definition and revitalize your body? Both yoga and pilates will improve posture, increase flexibility, firm and tone your muscles, as well as improve balance and coordination. The result is a complete and invigorating workout designed for all fitness levels. **Please wear loose, comfortable clothing, bring a towel and an exercise mat.**

**Cuyamaca College, Room R205**

7 M 5/1-6/19 4-5:30 p.m.  
SEC:3950 \$53 Paulette Young  
No class 5/29

7 M 6/26-8/7 4-5:30 p.m.  
SEC:3951 \$53 Paulette Young

7 T 5/2-6/13 7-8:30 p.m.  
SEC:3952 \$53 Paulette Young

7 T 6/20-8/8 7-8:30 p.m.  
SEC:3953 \$53 Paulette Young  
No class 7/4

7 W 5/3-6/14 4-5:30 p.m.  
SEC:3954 \$53 Paulette Young

7 W 6/21-8/2 4-5:30 p.m.  
SEC:3955 \$53 Paulette Young

**Regency Park, Crystal Palace Room\***  
(See page 12 for parking information)

6 Sat 5/13-7/1 8-9:30 a.m.  
SEC:3956 \$45 Joyce Duenow  
No class 5/27, 6/17

6 Sat 7/8-8/12 8-9:30 a.m.  
SEC:4219 \$45 Joyce Duenow

## Physical Fitness for Life and Health

This course will include general conditioning, aerobic, and floor exercises used to develop flexibility and strength. **Please wear loose-fitting clothing and bring a towel and an exercise mat.**  
**Register in class!**

**Cuyamaca College, Room R205**

TTh 6/27-8/17 7-8 a.m.  
SEC:3987 \$0 Lucinda Hollands  
No class 7/4

## T'ai Chi, Beginners

This ancient Chinese exercise form consists of a series of classical martial art postures which gracefully flow together in slow motion. It emphasizes mental tranquility, inner awareness, and relaxation while learning and practicing and is beneficial for health and wellness. **Register in class!**

**Grossmont College, Room 325A, park in lot #3**

Sat 6/24-8/19 9:30-10:30 a.m.  
SEC:3984 \$0 Mike Conniry

## T'ai Chi, Intermediate

This ancient Chinese exercise form consists of a series of classical martial art postures which gracefully flow together in slow motion. It emphasizes mental tranquility, inner awareness, and relaxation while learning and practicing and is beneficial for health and wellness.

**Grossmont College, Room 325A, park in lot #3**

Sat 6/24-8/19 8:30-9:30 a.m.  
SEC:3985 \$0 Mike Conniry  
**Register in class!**

## T'ai Chi Chu'an for Older Adults

The use of the ancient Chinese martial art T'ai Chi Chu'an to integrate mental discipline with physical exercise to develop flexibility, balance, strength and the reduction of stress and tension. **Register in class!**

**Cuyamaca College, Room R205**

TTh 6/20-8/17 10:30-11:30 a.m.  
SEC:4097 \$0 Mike Conniry  
No class 7/4

## Physical Fitness for Life and Health

This course will include general conditioning, aerobic, and floor exercises used to develop flexibility and strength. This class is for those who want to increase balance, strength, flexibility and coordination through the use of stability balls, elastic bands and balance exercises. Students need to provide their own stability ball, available for purchase at local sporting good stores. **Register in class!**

### Cuyamaca College, Room R205

MW 6/26-8/16 7-8 a.m.  
SEC:4516 \$0 Lucinda Hollands

## Aquatic Physical Fitness - Special Populations

This is a physical fitness course for special populations. Students will be assessed for their physical performance in a pool. Instructor will work individually to develop a prescribed program appropriate to their special challenge. Participants will exercise in the water to increase muscular strength and flexibility. **Register in advance!**

### St. Madeleine Sophie's Training Center, Pool

MWF 7/24-8/18 10:30-11:30 a.m.  
SEC:3989 \$25\* Kathy Aylward  
\*(pool fee)

## Physical Fitness: Hatha Yoga (Gentle)

Bring stress under control with the ancient art of Hatha Yoga. All body shapes, sizes, and ages will benefit from the health advantages of deep stretching and breathing in Gentle Yoga. **Please wear loose-fitting clothing, bring a towel and an exercise mat, and pillow. Register in class!**

### Cuyamaca College, Room R205

MW 6/26-8/7 10:30 a.m.-12 p.m.  
SEC:4100 \$0 Paulette Young

### Regency Park, Crystal Palace Room\* See page 12 for parking information)

T 6/27-8/15 6:30-8 p.m.  
SEC:3993 \$0 Brandy Proppe  
No class 7/4, 8/1

## Physical Fitness: Hatha Yoga

Experience the ancient art and therapy of Yoga. You will explore and experience flexibility, relaxation, and toning. **Please wear loose-fitting clothing and bring a towel and an exercise mat. Register in class!**

### Cuyamaca College, Room R205

TTh 6/27-8/8 12-1:30 p.m.  
SEC:3991 \$0 Paulette Young  
No class 7/4

### Rancho San Diego Yoga Center

MWF 6/19-8/18 11:30 a.m.-1 p.m.  
SEC:3990 \$0 Brandy Proppe

## Physical Fitness: Hatha Yoga (Power Style)

You will break into a sweat in this flowing style of yoga that is mostly influenced by Astanga yoga. The focus is on building strength and flexibility as well as endurance. You will work for your relaxation and are well rewarded for your efforts. This class is intensely focused and fun. **Please wear loose-fitting clothing and bring a towel and an exercise mat. Register in class!**

### Cuyamaca College, Room R205

Th 6/29-8/17 7-8:30 p.m.  
SEC:3994 \$0 Jim Walther

## Lifelong Fitness

This physical fitness exercise class is designed to develop and encourage positive attitudes and habits with regard to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. Fitness activity will primarily utilize exercise equipment organized into an aerobic super circuit with additional activity prescribed in an aerobics machine arena, body parts weight training area and flexibility area.

### Cuyamaca College, Fitness Center Room R203

M-F 5/30-8/11 6 a.m.-12 p.m. & 4-8 p.m.  
SEC:4656  
No class 7/4

**\*For prerequisites & registration contact the Fitness Center at 619-660-4502**

# Food/Health & Safety

## Food Handler Training Course

This course is designed for individuals who are, or will be, working in a food or service industry job which requires food handler certification. The San Diego County Department of Health has approved this three-hour course. A certificate is valid for three years and will be issued to each participant.

**Grossmont College, Room 544A, park in lot #5**

Sat	5/20	9-12 p.m.	SEC:4162
Sat	6/17	9-12 p.m.	SEC:4186
Sat	7/15	9-12 p.m.	SEC:4707
Sat	8/19	9-12 p.m.	SEC:4708

Instructor: Nancy Garcia

**Fee: \$6 for certificate**

Picture I.D. Required

**Bring a #2 pencil**

**To register call (619) 660-4350.**

## Health & Safety

The following classes meet state-mandated health and safety training requirements for Child Care professionals (AB243) and are approved by EMS Authority.

## Adult/Pediatric CPR

The course will teach individuals to recognize and respond to emergencies, adult/child/infant CPR, and obstructed airway, blood borne pathogens, and universal precautions. Course includes a completion card valid for two years. Please dress comfortably.

**Grossmont College, Room 268, park in lot #1**

Sat	5/6	8-12 p.m.	SEC:4734
Sat	5/13	8-12 p.m.	SEC:4735
Sat	5/20	8-12 p.m.	SEC:4739
Sat	6/3	8-12 p.m.	SEC:4736
Sat	6/10	8-12 p.m.	SEC:4737
Sat	6/17	8-12 p.m.	SEC:4738

## Adult/Pediatric CPR (continued)

Sat	6/24	8-12 p.m.	SEC:4189
Sat	7/1	8-12 p.m.	SEC:4580
Sat	7/15	8-12 p.m.	SEC:4582
Sat	7/22	8-12 p.m.	SEC:4583
Sat	7/29	8-12 p.m.	SEC:4584
Sat	8/5	8-12 p.m.	SEC:4590
Sat	8/12	8-12 p.m.	SEC:4591
Sat	8/19	8-12 p.m.	SEC:4592
Sat	8/26	8-12 p.m.	SEC:4593

## Spring Valley Community Center

Sat	7/8	8-12 p.m.	SEC:4028
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**SD/REBRAC, 500 Fesler St., Ste. 103, El Cajon**

T	5/2	6-10 p.m.	SEC:4754
M	5/15	6-10 p.m.	SEC:4755
T	5/30	6-10 p.m.	SEC:4756
M	6/5	6-10 p.m.	SEC:4757
M	6/26	6-10 p.m.	SEC:3901
M	7/3	6-10 p.m.	SEC:3907
T	7/25	6-10 p.m.	SEC:3910
T	8/8	6-10 p.m.	SEC:3841
M	8/21	6-10 p.m.	SEC:3911

Instructor: Vicki Igou

Fee: \$10 for certificate & handbook

**To register call (619) 660-4350.**

**Classes start promptly!**

**Parking permit instructions on page 3.**

## First-Aid

The course teaches individuals to identify and help control life threatening situations. The course will cover injury and illness assessment, signs and symptoms, and treatment for the following: allergic reaction, bleeding, cuts, burns, cold and heat emergencies, diabetes, drowning, fractures, head injuries, heart attack, poisoning, shock, seizures, stings, bites, stroke, ticks, and more. Course includes a completion card valid for two years.

**Grossmont College, Room 268, park in lot #1**

Sat	5/6	12:30-4:30 p.m.	SEC:4740
Sat	5/13	12:30-4:30 p.m.	SEC:4741
Sat	5/20	12:30-4:30 p.m.	SEC:4742
Sat	6/3	12:30-4:30 p.m.	SEC:4743
Sat	6/10	12:30-4:30 p.m.	SEC:4744
Sat	6/17	12:30-4:30 p.m.	SEC:4745
Sat	6/24	12:30-4:30 p.m.	SEC:4194
Sat	7/1	12:30-4:30 p.m.	SEC:4585
Sat	7/15	12:30-4:30 p.m.	SEC:4587
Sat	7/22	12:30-4:30 p.m.	SEC:4588
Sat	7/29	12:30-4:30 p.m.	SEC:4589
Sat	8/5	12:30-4:30 p.m.	SEC:4665
Sat	8/12	12:30-4:30 p.m.	SEC:4666
Sat	8/19	12:30-4:30 p.m.	SEC:4667
Sat	8/26	12:30-4:30 p.m.	SEC:4668

**Spring Valley Community Center**

Sat	7/8	12:30-4:30 p.m.	SEC:4029
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**SD/REBRAC, 500 Fesler St., Ste. 103, El Cajon**

Th	5/4	6-10 p.m.	SEC:4758
W	5/17	6-10 p.m.	SEC:4759
Th	6/1	6-10 p.m.	SEC:4760

## First-Aid (continued)

M	6/12	6-10 p.m.	SEC:4761
W	6/28	6-10 p.m.	SEC:3844
M	7/10	6-10 p.m.	SEC:3897
Th	7/27	6-10 p.m.	SEC:4762
Th	8/10	6-10 p.m.	SEC:3902
W	8/23	6-10 p.m.	SEC:3908

Instructor: Vicki Igou

Fee: \$10 for certificate & handbook

To register call (619) 660-4350.

## Heartsaver A.E.D. Training

Course will provide students with the basic skills and knowledge needed to recognize a victim in need of the Automated External Defibrillation (AED) device. Students will also learn how to properly use the AED device. After successful completion of a written exam, student will receive an Adult CPR/Heartsaver AED card valid for two years.

**SD/REBRAC, 500 Fesler St., Ste. 103, El Cajon**

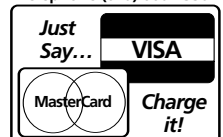
Th	5/18	6-10 p.m.	SEC:4752
Th	6/29	6-10 p.m.	SEC:4337
Th	8/24	6-10 p.m.	SEC:4338

Instructor: Vicki Igou

Fee: \$16 for certificate & handbook

To register call (619) 660-4350.

Telephone (619) 660-4350



Parking permit instructions on page 3.

# Health & Safety

## Basic Life Support: Cardiopulmonary

This BLS (Basic Life Support) course teaches individuals to recognize and respond to emergencies and will cover adult, child, infant CPR, and obstructed airway. Class will review blood borne pathogens, the universal precautions, and primary and scene assessment with practice on mannequins. After successful completion of a written test student will receive BLS card valid for two years.

**SD/REBRAC, 500 Fesler St., Ste. 103,  
El Cajon**

Sat 6/10 8-4 p.m. SEC:4753

ThF 7/13 & 14 6-10 p.m. SEC:4358

Sat 8/26 8-4 p.m. SEC:4579

Instructor: Vicki Igou

Fee: \$15 for certificate; \$15 cash for required handbook payable at class.

To register call (619) 660-4350.

## Adult/Pediatric CPR & First Aid Renewal

This is a renewal course for individuals who possess a current CPR/First Aid card; or a card that has expired no more than 30 days prior to the day of class. Course will review recognizing and responding to emergencies and will cover adult/child/infant CPR, obstructed airway, blood borne pathogens and universal precautions. Course will also review injury and illness assessment, signs and symptoms, and treatment for the following: allergic reaction, bleeding, cuts, burns, cold and heat emergencies, diabetes, drowning, fractures, head injuries, heart attack, poisoning, shock, seizures, stings, bites, stroke, ticks, and more. Course includes a completion card valid for two years. Bring your CPR/First Aid card.

**SD/REBRAC, 500 Fesler St., Ste. 103,  
El Cajon**

Sat 5/6 8-1 p.m. SEC:4129

Sat 6/3 8-1 p.m. SEC:4190

Sat 7/1 8-1 p.m. SEC:3898

Sat 8/5 8-1 p.m. SEC:3912

Instructor: Vicki Igou

Fee: \$20 for certificate & handbook

To register call (619) 660-4350.

## 55 Alive/Mature Driving

The objective of the 55 Alive Driver Safety Program is to help older adults protect their driving privileges. Students will learn the naturally occurring, age-related changes which affect driving, as well as specific methods to compensate for these changes. All auto insurance companies are mandated to give a discount for three years to all persons 55 and older who complete the course.

**Grossmont Hospital, Briar Patch Campus  
Classroom 16**

2 Sat 5/6 & 5/13 8:30-12:30 p.m. SEC:3406

2 Sat 6/3 & 6/10 8:30-12:30 p.m. SEC:3407

2 Sat 7/8 & 7/15 8:30-12:30 p.m. SEC:3767

2 Sat 8/5 & 8/12 8:30-12:30 p.m. SEC:3768

Fee: \$10 for certificate and materials

To register call AARP (619) 641-7020

## Herbology

This course covers the safe use of herbs and herbal products for minor health conditions. The course emphasizes herbs readily available, easy and safe to use. Herb recognition in instructor's garden is included.

**Cuyamaca College, Room D114**

7 Th 6/1-7/13 6:30-8:30 p.m.  
SEC:3999 \$0 Carole Brown

Fee: \$5 for handouts

**Register in class!**

**Bring a #2 pencil**

Parking permit instructions on page 3.

# Home Economics/Language

## Home Economics

### How to Make Feng Shui Work for You

This is an introductory course in the practice of Feng Shui; an ancient Chinese art which teaches you to create a harmonious environment through arrangement of living and working spaces. Students will learn to apply basic Feng Shui principles to the home or office to enhance health, relationships, and success. Bring a floor plan to class and learn how to apply the basic principles.

**Grossmont College, Room 551A, park in lot #5**

Sat 6/10 10-1 p.m.  
SEC:4030 \$0 Kathy Zimmerman

**Register in class!**  
**Arrive early as classes fill quickly.**  
**Bring a #2 pencil**

### How to Make Feng Shui Work for You, Part II

This is an introductory course in the practice of Feng Shui; an ancient Chinese art which teaches you to create a harmonious environment through arrangement of living and working spaces. Students will learn to apply basic Feng Shui principles to the home or office to enhance health, relationships, and success. Join us for this unusual Feng Shui class. You will leave knowing how different colors can affect you. Discover your Feng Shui personality type and your compatibility with others. Explore how to use the Chinese geomancers compass Lo P'an, and how it can give you an indication of "spirits" in a building. We will explore the Yin/Yang (Tai Chi) symbol and how it relates to the time of day, seasons, colors, forms, etc.

**Grossmont College, Room 551A, park in lot #5**

Sat 6/24 10-1 p.m.  
SEC:4031 \$0 Kathy Zimmerman

**Register in class!**  
**Arrive early as classes fill quickly.**  
**Bring a #2 pencil**

**Parking permit instructions on page 3.**

## Language

### Italian for Beginners

This class taught by a native Italian is designed for those who want to learn Italian for travel, personal interest, or just for fun. By the end of the class, you will be able to understand basic sentences, have a limited knowledge of grammar and pronunciation, and some understanding of the Italian culture.

**Grossmont College, Room 550, park in lot #5**

MW 6/5-6/21 6:30-8:30 p.m.  
SEC:3961 \$42 Simonetta Carr



### Italy, What to See & Why

Most people visiting Italy find it so full of history, art and culture, and so different from region to region that it is hard to grasp in one visit. Make the most of your trip by getting an overview of Italian history and learning what each region has to offer. Or, if you are not traveling, but have an interest in learning more about this country, this class can give you an overview that can be helpful as a base for further studies. Taught by a native Italian.

**Grossmont College, Room 578, park in lot #5**

3 W 5/10-5/24 6:30-8:30 p.m.  
SEC:4692 \$30 Simonetta Carr

**Saturday, May 20, 2006**  
**9 a.m. to 3 p.m.**

**Cuyamaca College**  
**900 Rancho San Diego Parkway**  
**El Cajon, Ca**

Plant Sale - Farmer's Market  
Gardening Workshops  
Horticulture Demonstrations  
Artifacts Alive  
Children's Activities  
& Much More



**Free Parking**  
**Free Admission**

*For more information call Cuyamaca  
College Ornamental Horticulture:  
(619) 660-4262*

# Legal/Music/Pet & Animal Care

## Legal

### How to Be Your Own Private Investigator

In California, a P.I. license is not needed to conduct your own investigation. This class will show you how and where professional investigators obtain their information. You will learn where public records are and how to search them. You will also learn about databases and how to utilize them to do your searches. You will learn how to do asset searches, background investigations, and skiptracing. Special topics include: public records, databases, and pretexts. Who should attend: adoptee's, attorneys, birth parents, bill collectors, brokers, business owners, genealogists, investors, investigators, journalists, landlords, paralegals, researchers, and business partners.

**Grossmont College, Room 550**, park in lot #5

Th 7/20 6:30-9:30 p.m.  
SEC:3962 \$36\* Jim Harriger

\*(plus \$25 payable in class to instructor for optional book)

## GROSSMONT COLLEGE

### American Collegiate English (ACE)

Do you need a TOEFL score for college?

The ACE Program offers:

- TOEFL preparation and intensive ESL instruction
- 5 sessions per year/20 hours a week of instruction
- Easy transition to Grossmont College after each session (with TOEFL score of 450/133)
- Access to all Grossmont College student services
- International Student Club

Contact: American Collegiate English,  
Grossmont College

8800 Grossmont College Drive  
El Cajon, CA 92020-1799

Tel.: (619) 644-7293

email: ace.grossmont@gccd.net

web: www.grossmont.edu/intlprograms



## Music

### Beginning Blues Harmonica

Beginning Blues Harmonica will get you jammin' the blues immediately! Play and have fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail, and scream! No previous musical experience is required - only a love of the blues and a desire to play the harmonica. Students will need a "C" major diatonic harmonica, which will be available in class for about \$11.

**Grossmont College, Room 550**, park in lot #5

Th 6/29 6-9 p.m.  
SEC:3966 \$30\* David Broida  
\*(plus \$14 fee payable in class for a CD and handouts)

## Pet & Animal Care

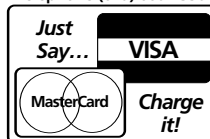
### New! Mysteries & Myths of the Horse

This course explores the many unique aspects and mysteries of the horse as well as uncovering the truth about many common myths. The knowledge gained will help you better understand what is really going on inside your horse and thereby give you better insight into, for example, colic, lameness issues, reproduction, nutrition and emergency treatment.

**Cuyamaca College, Room E106**

2 W 6/21 & 6/28 6-9 p.m.  
SEC:4716 \$49 Craig Chandler, D.V.M.

Telephone (619) 660-4350



Parking permit instructions on page 3.

# Photography/Special Interest

## How to Buy A Digital Camera

Are you interested in exploring the world of digital photography but do not understand megapixels, digital zoom, resolution and other technical terms? Spend some time here learning brands, prices and camera models that will ensure a satisfying digicam purchasing experience. The money you save will be your own!

**Grossmont College, Room 345B, park in lot #3**

Sat 5/13 9-12 noon  
SEC:3969 \$35 Roland Roach

## Basic Digital Photography

Here is your chance to learn digital camera technology. If you have a digital camera, bring it. Take pictures without film or developing. Learn the techniques of macros, panoramic, and sequential photography. Take one picture or dozens and put them on the Web, save them on your computer, or make prints in color. It is a new world!

**Grossmont College, Room 345B, park in lot #3**

2 Sat 6/3 & 6/10 9-12 noon  
SEC:3970 \$45 Roland Roach

## Digital Photography - After the Basics

For those who wish to solve the mysteries of digital imaging and explore beyond "point and shoot," this class is for you. You will learn how your digital camera works and its capabilities. Program modes, scene modes, auto and manual focusing and lens choice will be covered. The "ultra zoom" and DSLR cameras will be used to illustrate the various functions. "Graduate" with renewed confidence in your abilities as a digital photographer.

**Grossmont College, Room 345B, park in lot #3**

2 Sat 6/17 & 6/24 9-12 noon  
SEC:3971 \$45 Roland Roach

## \$Living Well in San Diego on Any Income

San Diego County ranks as the fifth costliest urban area in the U.S., so come let an insider share spectacular freebies, deluxe bargains, discount, wholesale, factory outlets, liquidation, burgeoning resale market, online shopping, plus appliances, autos, household, housing/free rent; medical and legal deals; free money for college; free travel; fabulous free things to do locally; how to raise quick cash, turn \$25 a week into \$100,000, and MUCH more. Whether you want to save up for a down payment on a house, pay off your mortgage and retire early, or just save a few extra thousand bucks a year, this class is for you. It is like a pay raise!

**Grossmont College, Room 554, park in lot #5**

Sat 7/15 9:30-12:30 p.m.  
SEC:3972 \$25\* Sally Gary

\*(plus \$15 payable in class for copy of the *The Best Deals & Steals in San Diego*, 8th Version by Sally Gary plus other materials)

## Read Ancient Egyptian Hieroglyphs - NOW!



The temples, tombs, and monuments of ancient Egypt are covered with hieroglyphic writing that records the names of the pharaohs, their queens, and their gods. There are magical formulas and curses that few can read or understand. Now YOU can! You will learn enough to recognize and translate many sign groups and magical formulas directly into English...in minutes. You will quickly recognize sacred inscriptions on artifacts in museums while others stand in awe and wonder what those little pictures mean. You will write your own name in hieroglyphs and read the names of others in the group. Bring a sack lunch.

**Cuyamaca College, Heritage of the Americas Museum**

Sat 6/17 9-4:30 p.m.  
SEC:4098 \$35\* Ronald Fellows  
\*(plus \$15 payable in class for required book)

# Special Interest



## Heart of Understanding Meditation Workshops

**Cuyamaca College, Water Conservation Garden**

Fee: \$30 per class, or \$100 for all four classes (You must attend all 4 to receive the discount)

Sundays 10-12 noon

Instructor: Dr. Pollyanna Casmar, Ph.D., psychologist, Buddhist practitioner for 17 years

Wear comfortable clothing that allows you to move easily.

### The Heart of Understanding: Appreciating Change With the Clarity of Meditation

Realizing how precious each moment of our life is can lead us to a feeling of exhilaration and commitment to making life meaningful. Instruction will be in a mindful meditation practice that can be used to focus the self in gratitude, openness and wisdom.

Sun 6/11 10-12 noon SEC:4782

### Buddhist and Psychological Principles of Conflict Resolution: Integrating Kindness and Compassion with Communication

Learn the three psychological approaches to interacting with others: *Pleasing, Asserting* and *Avoiding*. A meditation practice focused on equal loving kindness to friends, enemies and strangers will show you how to broaden your ways of interacting with others in compassionate communication.

Sun 6/25 10-12 noon SEC:4783

## Dealing with Negative Emotions

What do you do when you are feeling angry, depressed or attached to an outcome? This workshop will explain negative emotion and offer both psychological and meditation remedies that are specific to each of these conditions. Be prepared to practice in class.

Sun 7/9 10-12 noon SEC:4784

## Buddhist Basics, Putting it All Together

This workshop explains The Four Noble Truths, The Eightfold Path, the Six Perfections, the Pratimoksha and Bodhisattva Vows and the need to integrate compassion and wisdom in interacting with the world through meditation as well as concepts of Samsara, Nirvana, Karma, grasping/craving, and afflictive emotions will be explained. A Tibetan Buddhist process to enlightenment, Lam Rim will be used as a text.

Sun 7/23 10-12 noon SEC:4785

## MAKE YOUR MARK IN THE LEGAL PROFESSION



*Earn a Degree in  
Paralegal Studies*

ABA Approved

*For more information call  
(619) 660-4362*

**New!** **How to Save Your Money and Save on Gas**

This class will review the causes of rising fuel prices and offer practical steps to increase gas mileage, and save on your out of pocket expenses. Course will cover natural resource conservation, use of renewable energy, and alternative fuels. You will receive a free sample of Ethos Fuel Reformulator.

**Cuyamaca College, Room Z109**

Sat 6/3 10 a.m.-12 noon  
SEC:4781 \$20 Alan Ridley

**GROSSMONT COLLEGE  
HEALTH PROFESSIONS OPPORTUNITIES**

**The Health Field Needs You!!**

Cardiovascular Technology  
(619) 644-7302

Disability Services Management  
(619) 594-4054

Occupational Therapy Assistant  
(619) 664-7304

Registered Nursing  
(619) 644-7300

Respiratory Therapy  
(619) 644-7448

Speech-Language Pathology Assistant  
(619) 644-7302

For more information, come to the  
Health Professions Office, Room 340A, B, C

Parking permit instructions on page 3.

## Writing

### The Writing Workshop

This course emphasizes effective strategies for thinking and writing creatively. Learn about basic correspondence for personal and professional use.

**Cuyamaca College, Room R407**

6 W 6/7-7/12 1-4 p.m.  
SEC:4037 \$0 Marian Dickinson  
\$5 payable in class for handouts  
**Register in class!**

### Travel Writing: Learn How to Sell Your Stories

Do you love to travel? Learn how to turn your adventures into stories for magazines and newspapers. You can make a living through travel! This class will teach you how to produce a stellar article, query editors, and gain access to various forms of media.

**Grossmont College, Room 554, park in lot #5**

Sat 8/12 9-12 p.m.  
SEC:4446 \$35 Maggie Espinoza

### Who Wants to be a Published Author?

This nuts and bolts workshop covers publishing via a publisher, agent, self-publishing, vantage press, E-publishing, and Print-On-Demand. Whether you have an idea for a national best seller or want to produce your family's history or church recipes, this workshop contains practical information about the publishing business from targeting your audience to successfully marketing your book.

**Grossmont College, Room 554, park in lot #5**

Sat 7/15 1-4 p.m.  
SEC:3973 \$29\* Sally Gary  
\*(plus \$5 payable in class for writers resource packet)

# Non-Credit Classes, Older Adults

## NON-CREDIT, OLDER ADULTS

Community Learning offers State funded non-credit classes designed to fulfill the Community College's mission of supporting lifelong learning. Classes are designed for Older Adults but are also open to the general adult public. Classes must meet a minimum enrollment or are subject to cancellation.

**No classes held on the following dates:**

2006: 7/4, 9/2, 9/4, 11/10, 11/11

### Art Therapy for Older Adults

To encourage the stimulation of mental, physical, and social capabilities through use of arts and crafts; thus enhancing the quality of the students' lives. This course will help improve student's emotional, spiritual, mental, creative and social skills on a therapeutic level.

#### Alpine View Lodge

T 12-2 p.m. 6/27-11/21 Grenier, K.  
F 9:30-11 a.m. 6/30-11/17 Grenier, K.

#### Arbor Hills Nursing Center

M & 6-8 p.m. 6/26-11/20 Davis, D.  
W 4-5:30 p.m. 6/24-11/22 Davis, D.  
Th 4-5 p.m. 6/29-11/16 Beach, S.  
F 3-5:30 p.m. 6/30-11/17 Davis, D.

#### Brighton Place, East

W & 9-11:30 a.m. 6/28-11/22 Hyde, M.  
F 2:30-4 p.m.

#### Brighton Place, Spring Valley

F 9-10:30 a.m. 6/30-11/17 Hyde, M.

#### California Special Care

MW 1:30-3:30 p.m. 6/26-11/22 Huot, C.

#### Golden Life

W 10-12 p.m. 6/28-11/22 Hyde, M.

#### La Vida Real

M 1:30-3p.m. 6/26-11/20 Hyde, M.  
M 3-5:30 p.m. 6/26-11/20 Hyde, M.

#### Lakeside Special Care

MWF 4:30-5:30 p.m. 6/26-11/22 Beach, S.

#### Lemon Grove Care & Rehab

TW 10-11:30 a.m. 6/27-11/22 Huot, C.

#### Magnolia Special Care

Th 9:30-11 a.m. 6/29-11/16 Hyde, M.

#### Regency Park Retirement

T 1-2:30 p.m. 6/27-11/21 Swersky, S.

#### Sungarden Terrace

M & 3:45-5:15 p.m. 6/26-11/20 Davis, D.  
F 12:45-2:15 p.m.

#### Western Adult Day Health Care

T 9-10:30 a.m. 6/27-11/21 Beach, S.

### Contemporary Living

This course provides strategies for achieving physical, emotional and mental health. Social and behavioral issues influencing society will be discussed and students will participate on their own level to increase their cognitive and interpersonal communications.

#### Arbor Hills Nursing Center

W 2-3 p.m. 6/28-11/22 Beach, S.

#### Stanford Court

W 10:30-11:30 a.m. 6/28-11/22 Beach, S.

# Non-Credit Classes, Older Adults

## English as a Second Language

This is a beginning to intermediate level course in basic English; emphasizing oral communication. Participants with higher level skills in English will receive instruction to improve ability in reading and writing.

### Casa de Oro Adult Day Health Center

M-F 9-11 a.m. 6/26-11/22 Zakaria, A.

### Golden House

M-F 11:45-1:15 pm. 6/26-11/22 Krichever, L

## Intergenerational Dialogue

This course will examine issues across a lifespan with focus on differences between generations and perceptions held by different ages/generations. Discussions will improve communication skills to maximize understanding and sensitivity to contemporary issues while improving mental growth and fostering self-awareness.

### Alpine Special Treatment Center

W 1:15-2:15 p.m. 6/28-11/22 Skinner, G.

### Alpine View Lodge

T & 10:15-11:45 a.m. 6/27-11/21 Grenier, K.

F 8-9:30 a.m. Grenier, K.

MTh& 2-3:30 p.m. 6/26-11/22 Skinner, G.

W 10-11:30 a.m. Skinner, G.

W 1:15-2:15 p.m. 6/28-11/22 Skinner, G.

### Bradley Court

TTh 9-10:30 a.m. 6/27-11/21 Schenker, L.

### California Special Care

TW 3:30-5 p.m. 6/27-11/22 Huot, C.

### Community Convalescent

T 2-3:30 p.m. 6/27-11/21 Skinner, G.

### Cottonwood Canyon Healthcare Center

MTTh 9-10 a.m. 6/26-11/21 Skinner, G.

### La Vida Real

T 2-3:30p.m. 6/27-11/21 Hyde, M.

### Magnolia Special Care

M 10-11 a.m. 6/26-11/20 Hyde, M.

### Parkside Special Care

MTh 10:15-11:45 a.m. 6/26-11/20 Skinner, G.

### Regency Park Retirement

T 8:30-10 a.m. 6/27-11/21 Swersky, S.

T 10-11:30 a.m. 6/27-11/21 Swersky, S.

T 2:30-3:30 p.m. 6/27-11/21 Swersky, S.

### Villa Las Palmas

T 10:30-11:30 a.m. 6/27-11/21 Skinner, G.

## Music Therapy for Older Adults

This course is designed to stimulate and sustain auditory perception, discrimination, and manual dexterity for older adults. Students will learn about music, new and old, by listening, singing, playing and creating music with others.

### Arbor Hills Nursing Center

T 4:30-6 p.m. 6/27-11/21 Braun, D.

### Bradley Court

T 2:30-4 p.m. 6/27-11/21 Calvert, L.

M 9:30-11 a.m. 6/26-11/20 Peck, E.

Sat 2-3:30 p.m. 6/24-11/18 Edley, A.

W & 9:15-11:15 a.m. 6/28-11/22 Gunderson, D.

F 9:30-11 a.m. Gunderson, D.

### Brighton Place, East

M 4-5:30 p.m. 6/26-11/20 Braun, D.

### Brighton Place, Spring Valley

T 10-11 a.m. 6/27-11/21 Braun, D.

W & 4-5:30 p.m. 6/28-11/22 VanPutten, M.

Th 12:30-2 p.m.

W 8:45-9:45 a.m. 6/28-11/22 Calvert, L.

### California Special Care

F 10-11:30 a.m. 6/30-11/17 Jellison, H.

### Carroll Residential Care

W 11:45-1:15 p.m. 6/21-11/22 Edley, A.

Th 12-1:30 p.m. 6/22-11/16 Edley, A.

Sat 11:45-1:15 p.m. 6/24-11/18 Edley, A.

### Casa de Oro Adult Day Health Care

MTWTh 12-1:30 p.m. 6/26-11/22 Kara, V.

&F 9:30-11 a.m.

M 9:30-11 a.m. 6/26-11/20 Kara, V.

F 11:45-1:15 p.m. 6/30-11/17 Gunderson, D.

# Non-Credit Classes, Older Adults

## Chase Care Center

M	1-2 p.m.	6/26-11/20	Gunderson, D.
M	3-4:30 p.m.	6/26-11/20	Peck, E.
& F	8:30-10 a.m.		
T	9:30-11 a.m.	6/27-11/21	Peck, E.
& F	3-4:30 p.m.		

## Cottonwood Canyon Healthcare Center

T	3:45-4:45 p.m.	6/27-11/21	Edley, A.
W	8:45-10:15 a.m.	6/28-11/22	VanPutten, M.

## Country Hills

W	3:15-4:15 p.m.	6/28-11/22	Calvert, L.
Th	9-10:30 a.m.	6/29-11/16	VanPutten, M.
Th	10:30-12 noon	6/29-11/16	VanPutten, M.

## Country Villa

T	10-11:30 a.m.	6/27-11/21	Calvert, L.
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## El Dorado Care Center

W	1:15-2:15 p.m.	6/28-11/22	Edley, A.
W	2:15-3:15 p.m.	6/28-11/22	Edley, A.
T	2-3:30 p.m.	6/27-11/21	Peck, E.
Th	10-11:30 a.m.	6/29-11/16	Braun, D.

## Golden House

T	9:30-11 a.m.	6/27-11/21	Kara, V.
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## Good Samaritan

Th	10-11:30 a.m.	6/29-11/16	Peck, L.
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## Grossmont Gardens

M	3:15-4:45 p.m.	6/26-11/20	Calvert, L.
Th	1:30-3 p.m.	6/29-11/16	Braun, D.
F	1-3 p.m.	6/30-11/17	Jellison, H.

## La Mesa Health Care Center

MT	11:30-1 p.m.	6/26-11/21	Peck, E.
W &	2:15-3:45 p.m.	6/28-11/22	VanPutten, M.
Th	4-5:30 p.m.		

## La Vida Real

T	12:15-1:45 p.m.	6/27-11/21	Edley, A.
Th	12:30-2 p.m.	6/29-11/16	Peck, E.

## Lemon Grove Care & Rehab

W &	12:30-2 p.m.	6/28-11/22	VanPutten, M.
Th	2:15-3:45 p.m.		
M	10-11:30 a.m.	6/26-11/20	Gunderson, D.
T	10-11:30 a.m.	6/27-11/21	Gunderson, D.

## Monte Vista Village

T	10:15-11:45 a.m.	6/27-11/21	Edley, A.
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## Mt. Miguel Covenant Village

M	9:30-11 a.m.	6/26-11/20	Braun, D.
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## Parkside Special Care

T	2-3 p.m.	6/27-11/21	Edley, A.
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## Stanford Court

Th	2:30-4 p.m.	6/29-11/16	Calvert, L.
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## Sungarden Terrace

F	10-11:30 a.m.	6/30-11/17	Calvert, L.
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## Victoria Special Care

F	2-3:30 p.m.	6/30-11/17	Calvert, L.
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## Villa Las Palmas

M	10:30-12 noon	6/26-11/20	Calvert, L.
W	10:30-12 noon	6/28-11/22	VanPutten, M.

## Nutrition News

This course will provide students with consumer information and review nutrition theories and practices specifically related to maintaining the health of older adults. Students will learn about planning and preparing economical and well-balanced meals for one or two people. Nutrition will be emphasized to maintain a healthy lifestyle.

## Brighton Place, Spring Valley

W	9:30-11 a.m.	6/28-11/22	Stall, H.
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## Mt. Miguel Covenant Village

Th	9:30-11 a.m.	6/29-11/16	Stall, H.
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# Non-Credit Classes, Older Adults

## Physical Fitness for Older Adults

Course provides an opportunity for aged, sedentary and chronically ill adults to improve muscle tone, increase range of movement, and to stimulate mental and visual acuity through exercise and exercise related activity.

### Arbor Hills

MF 10:45-12:15 p.m. 6/26-11/20 Schenker, L.

### Bradley Court

TTh 10:30-12 noon 6/27-11/21 Schenker, L.

### Brighton Place, East

TTh 3:30-5 p.m. 6/27-11/21 Horton, K.

### Brighton Place, Spring Valley

W 11-12 p.m. 6/28-11/22 Stall, H.

### California Special Care

MTh 8:20-9:50 a.m. 6/26-11/20 Linsk, A.

T 8:45-9:45 a.m. 6/27-11/21 Huot, C.

### Casa de Oro Adult Day Health Center

M-F 11-12 noon 6/26-11/17 Zakaria, A.

### Chase Care Center

W 9-10:30 a.m. 6/28-11/22 Schenker, L.

W 10:30-11:30a.m.6/28-11/22 Schenker, L.

Th 1-2:30 p.m. 6/29-11/17 Schenker, L.

& F 2:30-3:30 p.m. Schenker, L.

Sat 9-11 a.m. 6/24-11/18 Schenker, L.

### Community Convalescent

MWF 3:15-4:45 p.m. 6/26-11/22 Horton, K.

### Lakeside Special Care

MWF 3:30-4:30 p.m. 6/26-11/22 Beach, S.

### La Vida Real

T 9:30-10:30 a.m. 6/27-11/21 Ambrosini, D.

& Th 12:30-1:30 p.m.

### Lemon Grove Care & Rehab

T 2-3 p.m. 6/27-11/21 Huot, C.

### Mt. Miguel Covenant Village

Th 11-12 p.m. 6/29-11/16 Stall, H.

### Regency Park Retirement

MW 10-11 a.m. 6/26-11/22 Ambrosini, D.

### Stanford Court, Santee

W 9:30-10:30 a.m. 6/28-11/22 Beach, S.

### Western Adult Day Health Care Center

T 10:30-11:30 a.m. 6/27-11/21 Beach, S.

## T'ai Chi Chu'an for Older Adults

The use of the ancient Chinese martial art T'ai Chi Chu'an to integrate mental discipline with physical exercise to develop flexibility, balance, strength and the reduction of stress and tension.

### Cottonwood Canyon Healthcare Center

MW 10:15-11:15 a.m. 6/26-11/22 Conniry, M.

& Th 2:45-3:45 p.m.

## MISSION

The mission of California Community Colleges, first articulated in the *Master Plan for Higher Education* in 1960 and since reaffirmed in AB 1725 (1988), is to provide California with quality programs in transfer and career education and in the mastery of basic skills and English as a Second Language.

Community college districts are authorized by AB 1725 to enter collegiate courses for transfer, vocational and technical courses, and community services programs and courses. Priorities within this mission are established as follows:

- Degree and certificate programs in lower-division arts and sciences and in vocational and occupational fields are the "primary mission" of the colleges.
- Remedial instruction, English as a Second Language, and support services that help students succeed at the postsecondary level are "essential and important functions."
- Adult noncredit education curricula in areas defined as being in the state's interest also are an "essential and important function." As further clarification. State-funded noncredit courses are listed in the *Education Code*.
- Community services courses and programs are an "authorized function so long as their provision is compatible with an institution's ability to meet its obligations in its primary mission."

# Instructors

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Curtis Adney

Sandra Angelo

Luz Arreola

Kathy Aylward

Serena Boyd

David Broida

Carole Brown

Simonetta Carr

Pollyana Casmar, Ph.D.

Craig Chandler, D.V.M.

Rex Cole

Mike Conniry

James Cospere

Christina Dawson

Marian Dickinson

Joyce Duenow

Maggie Espinoza

Pam Farmer

Ronald Fellows

Nancy Garcia

Sally Gary

Jim Harriger

Nicole Haskins

Roy Hastings

Diana Kam

Lucinda Hollands

Vicki Igou

David Kessel

Dick Killeaney

Jo Killeaney

Franz Laubert

Kathy Lee

Therese Long

Dale Mastny

Elaine Moran

Leila Parello

Emma Pumpelly

Brandy Proppe

Alan Ridley

Roland Roach

Phil Roullard

Heidi Sarmiento

Nadine Spier

Luis Sumaya

Cheri Surgett

Jim Walther

Michael Wake

Wallace Wang

Rob Wojtkowski

Paulette Young

## Instructors - Older Adults

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Diane Ambrosini

Suzanne Beach

Dick Braun

Lani Calvert

Mike Conniry

Donna Davis

Audrey Edley

Kay Grenier

Doug Gunderson

Kent Horton

Cathy Huot

Midge Hyde

Hal Jellison

Veronica Kara

Dick Killeaney

Larisa Krichever

Arlene Linsk

Elizabeth Peck

Lois Schenker

Gage Skinner

Hillary Stall

Suzanne Swersky

Mary Beth VanPutten

Adel Zakaria

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## Notes

# Classroom Locations

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Bright Valley Farm, 12310 Campo Road, Spring Valley

Carlton Oaks Country Club, 9200 Inwood Dr., Santee

Cuyamaca College, 900 Rancho San Diego Parkway, El Cajon

Grossmont College, 8800 Grossmont College Dr., El Cajon

Grossmont Hospital, Briar Patch Campus, 9000 Wakarusa, La Mesa

Leaders of Tomorrow, College of Martial Arts, 1071 Boadway, El Cajon

Rancho San Diego Yoga Center, 2940 Jamacha Rd., Suite F, El Cajon

Regency Park Retirement, 5740 Lake Murray Blvd., La Mesa

School of Ballet, 8241 La Mesa Blvd., La Mesa

School of Ballet Arts, 8921 Carlton Hills Blvd., Santee

SD/REBRAC, 500 Fesler, Suite 103, El Cajon

Southwestern Association of Martial Arts College of Tae Kwon Do, 9819 Campo Rd., Spring Valley

Spring Valley Community Center, 8735 Jamacha Blvd., Spring Valley

St. Madeleine Sophie's Training Center, 2119 E. Madison, El Cajon

The Water Conservation Garden, 12122 Cuyamaca College Drive West, El Cajon

## Tuition Free Non-Credit Classroom Locations for Older Adults

Alpine View Lodge, 973 Arnold Way, Alpine

Arbor Hills Nursing Center, 7800 Parkway Dr., La Mesa

Bradley Court Convalescent, 675 East Bradley, El Cajon

Brighton Place East, 8625 Lamar, Spring Valley

Brighton Place, Spring Valley, 9009 Campo Rd., Spring Valley

California Special Care, 8787 Center Dr., La Mesa

Carroll Residential Care, 655 South Mollison Ave., El Cajon

Casa de Oro Adult Day Health Care, 9805 Campo Rd. #130, Spring Valley

Chase Care Center, 1201 South Orange, El Cajon

Community Convalescent, 8665 La Mesa Blvd., La Mesa

Cottonwood Canyon Healthcare Center, 1391 East Madison Ave., El Cajon

Country Hills Convalescent, 1580 Broadway, El Cajon

Country Villa, 5696 Lake Murray Blvd., La Mesa

El Dorado Care Center, 510 East Washington, El Cajon

Golden House, 7373 University Ave., Ste. 110, La Mesa

Golden Life Adult Day Health Care, 7373 University Ave. Ste. 101, La Mesa

Grossmont Gardens, 5470 Marengo Ave., La Mesa

La Mesa Health Care Center, 3780 Massachusetts Ave., La Mesa

La Vida Real, 11588 Via Rancho San Diego, El Cajon

Lakeside Special Care, 11962 Woodside Ave., Lakeside

Lemon Grove Care & Rehab, 8351 Broadway Ave., Lemon Grove

Magnolia Special Care, 635 South Magnolia Ave., El Cajon

Mt. Miguel Covenant Village, 325 Kempton Ave., Spring Valley

Parkside Special Care, 444 West Lexington, El Cajon

Regency Park Retirement, 5740 Lake Murray Blvd., La Mesa

Stanford Court, 8778 Cuyamaca St., Santee

Sungarden Terrace, 2045 Skyline Dr., Lemon Grove

Victoria Special Care, 654 South Anza, El Cajon

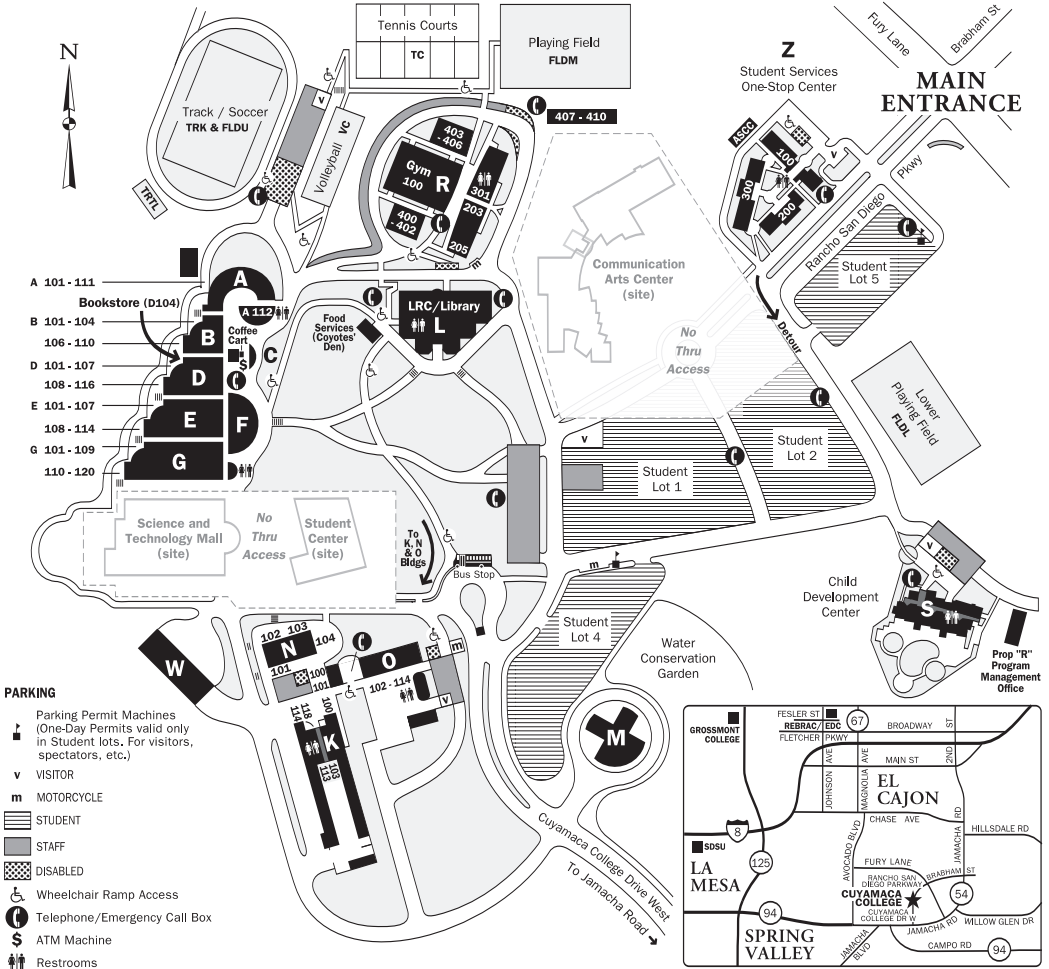
Villa las Palmas, 622 South Anza, El Cajon

Western Adult Day Health Care, 240 Magnolia Ave., El Cajon

# Cuyamaca College Campus Map

## CUYAMACA COLLEGE

900 Rancho San Diego Parkway, El Cajon, California 92019-4304 Telephone (619) 660-4000 www.cuyamaca.edu



- Adjunct Faculty Office - A Bldg
- Administration - F Bldg
- Admissions & Records - Z Bldg
- Assessment Center - Z Bldg
- Automotive Technology - K Bldg
- Bookstore - D Bldg (D104)
- CalWORKS at Cuyamaca College - Z Bldg
- Career/Placement Center - Z Bldg
- Cashier - Z Bldg
- Child Development Center - S Bldg
- Community Learning - Z Bldg
- Computer Labs (Student use) - L Bldg
- Counseling - Z Bldg
- DSPS - Z Bldg
- DSPS Learning Lab - L Bldg
- Duplicating (Faculty Support Services) - C Bldg

- EOPS - Z Bldg
- Financial Aid - Z Bldg
- Fitness Center - R Bldg
- Food Services (Coyotes' Den) - by LRC/Library
- General Tutoring Center - L Bldg
- Grounds - W Bldg
- Gym - R Bldg
- Health & Wellness Center - A Bldg
- Heritage of the Americas Museum - M Bldg
- High School & Community Relations - Z Bldg
- Information - Z Bldg
- Library (LRC) - L Bldg
- Mailroom - F Bldg
- Maintenance - W Bldg
- Math Study Center - N Bldg
- Nursery (Plant Sales) - O Bldg

- Operations - C Bldg
- Ornamental Horticulture - O Bldg
- Prop "R" Program Mgmt Office - by S Bldg
- Public Safety - Z Bldg
- REBRAC/EDC - 500 Fesler St, Suite 102, El Cajon
- Student Affairs - Z Bldg
- Student Center - Z Bldg (ASCC Trailer)
- Switchboard - Z Bldg
- Teaching & Learning Center (TLC) - L Bldg
- Transfer Center - Z Bldg
- Veterans Services - Z Bldg
- Warehouse/Receiving - W Bldg
- Writing Lab - G Bldg
- Word Processing (Faculty Support Services) - F Bldg



## CANCELLATION POLICY

We understand that circumstances may arise that require you to cancel. If you cancel at least three working days before the class starts, your check will be returned or your credit card voucher will be destroyed. If your cancellation is received less than three working days before the scheduled class, you may be charged the full amount of that class.

## PREREGISTRATION

Because some classes fill rapidly and any class not meeting minimum enrollment is subject to cancellation, please register at least five working days prior to the start of the event. No confirmations will be sent; you will be notified only if the event is filled or canceled.

## RETURNED CHECK POLICY

Each check dishonored by your bank for whatever reason is subject to a \$10 processing fee.

## PARKING PERMITS

Permits are required Monday through Saturday at Grossmont and Cuyamaca Colleges. Parking permits are only valid in student parking lots.

### Tuition Free Non-Credit Classes

Parking permits are not issued for all Tuition Free classes.

1. Purchase a one-day parking permit on the day of class for \$2.00.
2. Semester-length parking permit are available at either at the Cuyamaca or Grossmont College cashier; these permits are valid on both campuses.

### Fee-Based Classes

Permits will be mailed, available in class, or you can purchase a permit for \$2.00 from the ticket dispensers.

### Ticket Dispensers locations:

**Cuyamaca College:** East end of lot 4, between student parking lots 1 & 2, and lot 5.

**Grossmont College,** lots (1, 3, 4, 5 & 7) student parking lots. See page 34 & 35 for campus maps.

The Grossmont-Cuyamaca Community College District does not discriminate on the basis of race, religion, creed, color, nationality, gender, age, or handicap in admission or access to, treatment of, or employment in, its programs and activities.

Community Learning fee-based classes and programs are self-supporting and are not funded by tax dollars. Only Tuition Free Non-Credit Classes are state supported. Programs that do not reach the minimum number of participants may be canceled and a full refund issued. This brochure has been prepared and distributed as a cost-effective method of informing the public of Community Learning programs, and is not printed at taxpayers expense. Every effort has been made to assure the accuracy of this brochure. The District does not assume liability for errors either typographical or otherwise.

Furthermore, the District reserves the right to add, amend, or repeal any of its rules, regulations, policies, and procedures.

## REIMBURSEMENT

**Many businesses will reimburse their employees for taking work-related classes through Community Learning. To receive such reimbursement, show your supervisor the class description and inquire whether you may be paid for your participation.**

**Vision:**

Learning for the Future

**Mission:**

Provide educational leadership through learning opportunities that anticipate, prepare for, and meet the future challenges of a complex democracy and a global society.

Visit our website at

<http://www.cuyamaca.edu/preview>  
for schedule updates and for Non-Credit  
Course descriptions.

This class schedule is available in alternate  
formats upon request. Please call the  
Disabled Students Programs and Services  
Office at (619) 660-4576.

**EASY REGISTRATION!**

**MAIL IN**

**PHONE IN**

**(619) 660-4350**

**WALK IN**

**OR FAX IN!**

**(619) 660-4361**

**(SEE INSIDE BACK FLAP FOR  
DETAILS)**

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**Grossmont College:** lots (1, 3, 4, 5 & 7) student parking lots.

See page 34 & 35 for campus maps.

# 4 EASY WAYS TO REGISTER...

## MAIL 1

Just fill out the registration form located on the backside of this flap. Registration fees may be charged to your Visa, MasterCard or Discover Card number, or a check or money order payable to Community Learning. Your social security number (for college use only) is required to process computerized registration.

## PHONE 2

Your may register by phone using your Visa, MasterCard or Discover Card. Give us a call at (619) 660-4350 during our office hours: 8:00 a.m. to 5:00 p.m. Monday thru Thursday  
8:00 a.m. to 4:30 p.m. Friday

## WALK IN 3

Drop by our office and say hello to one of our friendly Community Learning staff members. Our office is located on the Cuyamaca College campus at the new Student Services One-Stop Center, Building 100. Parking is available in front of our office.

## FAX 4

For 24 hour service, you can FAX your registration form anytime! FAX us at (619) 660-4361; and be sure to provide all the registration information and include your Visa, MasterCard or Discover Card number.

**Mail checks and registration forms to:  
Community Learning,  
Cuyamaca College  
900 Rancho San Diego Parkway  
El Cajon, CA 92019  
[www.cuyamaca.edu/preview](http://www.cuyamaca.edu/preview)**

Student's Name (please print) \_\_\_\_\_

Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Student ID # (for registration purposes only) \_\_\_\_\_

Visa, MasterCard or Discover # \_\_\_\_\_ Expiration Date \_\_\_\_\_

E-Mail address: \_\_\_\_\_ Cardholder Name (Please Print) \_\_\_\_\_

Authorizing Signature \_\_\_\_\_

I have read, understand and agree to the refund policy. \_\_\_\_\_

Section #	Course Title	Dates	Fee

What other classes would you like us to offer? \_\_\_\_\_

**Mail Registration Form**

Be sure to include your Visa, MasterCard or Discover card number when paying by credit card. Send a separate check or money order for each class payable to:

Community Learning For multiple classes, registration form may be copied.

Mail to:

Community Learning  
900 Rancho San Diego  
Parkway, El Cajon, CA 92019

OFFICE  
USE ONLY

E \_\_\_\_\_

Date \_\_\_\_\_

P \_\_\_\_\_

SL \_\_\_\_\_

INI \_\_\_\_\_