

MIRACOSTA COLLEGE BULLETIN

COMMUNITY EDUCATION

FALL | 2016

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The perfect season
for cooking classes



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Computers
Career &
Work Skills Training
Children & Teens
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Technology Career Institute, Carlsbad offers:

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DESIGNED FOR WORKFORCE READINESS
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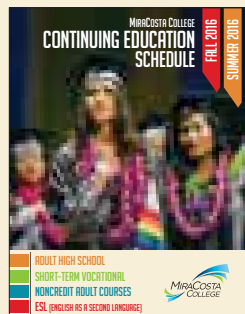
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TECHNOLOGY CAREER INSTITUTE

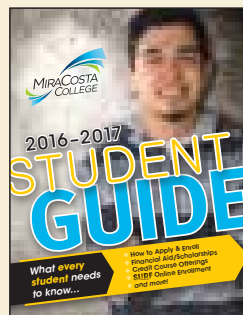
MIRACOSTA COLLEGE MEETS ALL OF YOUR EDUCATION NEEDS

START YOUR CONTINUING EDUCATION
miracosta.edu/noncredit



Begin your journey with us through adult high school, short-term vocational, noncredit adult courses, and English as a second language.

EARN YOURSELF A DEGREE
miracosta.edu/credits



MiraCosta College offers hundreds of classes in more than 70 disciplines. In our credit program, you can earn a degree or certificate, complete your first two years of college and transfer to a four-year university, or take classes to advance your career. Scholarships and financial aid are available!



Shaping Minds for Success.

CONTENTS

Workshops, Classes & Excursions

In this bulletin you will find a variety of enrichment and work skills courses. All of these courses are affordable, fee-based, not-for-credit offerings that are not supported by any state or local taxes. Your enrollment fees keep this program going.

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FPO

MiraCosta College is accredited by the Accrediting Commission for Community and Junior Colleges, Western Association of Schools and Colleges, 10 Commercial Blvd., Suite 204, Novato, CA 94949, 415.506.0234, an institutional accrediting body recognized by the Council for Higher Education Accreditation and the U.S. Department of Education. Additional information about accreditation, including the filing of complaints against member institutions, can be found at: www.accjc.org. The college is also approved by the California Department of Education for the training of veterans under the provisions of the G.I. Bill of Regulations.

REGISTRATION

HOW TO REGISTER

- 1 **Internet Registration**—Go to miracosta.augusoft.net to register online.
- 2 **By Phone: 760.795.6820**—Please have your Visa, MasterCard, or Discover card in hand and your registration information ready when you call.
- 3 **In Person**—Community Education & Workforce Development Office, MiraCosta College Technology Career Institute, 2075 Las Palmas Drive, Carlsbad, CA 92011. **Hours: 9 AM–5 PM, Monday–Thursday and 9 AM–4 PM, Friday.**
- 4 **By Mail**—Complete the registration form on the next page using a separate form for each person. Forms may be duplicated. Visa, MasterCard, Discover card or check (payable to MiraCosta College) can be used to pay registration fees. If you would like a confirmation, enclose a self-addressed, stamped envelope. Mail checks and completed registration form(s) to: **Community Education & Workforce Development, MiraCosta College Technology Career Institute, 2075 Las Palmas Drive, Carlsbad, CA 92011**

Remember to mark your calendar with class date, time and location. If you have included your email address on your registration form, you will receive an email confirmation of your enrollment.

PARKING INFORMATION

Parking permits are required at Oceanside, San Elijo and Community Learning Center (CLC) campuses of MiraCosta College Monday–Saturday. Students may park in any lot marked Student or spaces marked Student on all campuses. Please avoid any spaces or lots marked Staff. Parking permits may be purchased from parking permit vending machines as follows:

- **Oceanside Campus:** A day pass may be purchased for \$1.00. There are three parking permit vending machines located on the Oceanside Campus in Parking Lots 1A, 3C and 4C. In Parking Lot 4C, students may use debit and credit cards, one dollar bills and change (no pennies). In Parking Lots 3C and 1A, students may use one dollar bills and change (no pennies).
- **San Elijo Campus:** A day pass may be purchased for \$1.00. There is one parking permit vending machine located next to the College Police kiosk in the front of the campus. This machine takes one dollar bills and change (no pennies).
- **Community Learning Center:** A day pass may be purchased for 50 cents. There is one parking permit vending machine located at the front of the parking lot across from the main building entrance. This machine takes exact change (no pennies).
- **Technology Career Institute:** Parking permit is not required. Parking is free.

REFUND & TRANSFER POLICY

Check refunds may take 4–6 weeks to process:

Class/Workshop Refund Policy: Refunds will be made up to three days prior to class start date. No refunds will be given once a class has started. A \$10 cancellation fee for regular classes and a \$25 cancellation fee for work skills certificate programs will be retained for each refund. A full refund will be given if a class is cancelled due to low enrollment. Unused attendance is not transferable to another class session.

Excursion Refund Policy: Refunds will be granted up to one week before the excursion only if the excursion is full and someone on the waiting list is available to take your place. There will be a \$25 cancellation fee if a replacement can be found.

Work Skills Refund Policy: Refunds will be made up to five or seven business days, depending on course, prior to class start date. A \$25 cancellation fee for Business or Work Skills Certificate Programs and will be retained for each refund. A full refund will be given if a class is cancelled due to low enrollment. Unused attendance is not transferable to another class session.

Class/Workshop Transfer Policy: Transfers will be approved up to three days prior to the class start date. Students must receive a verbal approval from Community Education before transfer is complete.

For more information email us at: commservices@miracosta.edu



COMMUNITY EDUCATION
& WORKFORCE DEVELOPMENT

Job Training, Workshops, Classes & Excursions

All of these courses are affordable, fee-based, not-for-credit offerings.

REGISTRATION FORM SPRING 20 _____ SUMMER 20 _____ FALL 20 _____

MAIL TO:
**Community Education
& Workforce Development**

**MiraCosta College
Technology Career Institute
2075 Las Palmas Drive
Carlsbad, CA 92011**

**YOU WILL RECEIVE AN EMAIL
CONFIRMING YOUR ENROLLMENT.**

Have questions? Call 760.795.6820
Parking permits are required on all
campuses—see page 4.

Last ()	First ()	Middle Initial
Phone, Day	Evening	
Mailing Address		
City	Zip Code	
Email Address	Date of Birth	

Please list the courses you wish to attend:

Name of Class	Start Date	Location	Fee
Name of Class	Start Date	Location	Fee
Name of Class	Start Date	Location	Fee
Name of Class	Start Date	Location	Fee
Name of Class	Start Date	Location	Fee
			Total \$

Register by phone or online at miracosta.augusoft.net

24 hours a day with your credit card (or complete the following if applicable):

VISA MASTERCARD DISCOVER CARD

Card Number

Signature of Cardholder

Expiration Date



Stained Glass for Beginners

Create your own beautiful stained-glass art pieces and windows! Learn the art of stained glass from a master cutter, right in his stained-glass studio! In this comprehensive workshop, you will learn the basics of design and assembly, as well as the use of the tools needed to develop beautiful stained-glass artwork. By the end of the workshop, you will have created one to three projects suitable for display or sale (depending on your speed and ability).



Fee: \$95

Supplies: A \$40 per-project material fee for glass, solder, lead and copper will be collected in class. On-site sales of tools available. Bring snacks.

Instructor: Don Myers

Location: Don Myers Stained Glass
1025 S. Coast Highway, Oceanside

Time: 3 Saturdays, 9/10–9/24, 11 AM–2 PM

Personal Mosaic Totems

All levels are welcome.

In this class you create your own personal totem post! We will study contemporary mosaic pillar & historic totem pole images for inspiration, and learn 3D mosaic techniques, then let your creative expression fly! Use found objects, glass, ceramic pieces or tiles. Suitable for an indoor or outdoor sculpture element. Whether you are new to this art form or simply want to share studio time with others, all are welcome!

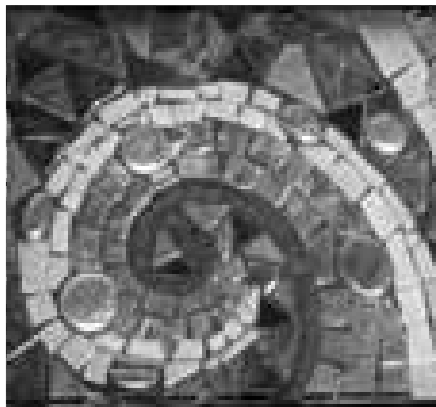
Fee: \$120

Supplies: A \$40 material fee will be collected in class. Student may choose to purchase additional materials and/or their own tools for home use.

Instructor: Cathy Sparks Lyons, BFA

Location: San Elijo Campus, Room 205

Time: 7 Thursdays, 9/29–11/10, 6–9 PM



Italian Dressmaking

All levels are welcome.

You don't have to go to Italy to learn Italian Dressmaking. Come and share in the passion of Italian dressmaking in this class. We will start from the beginning: measurements, pattern style and size selection, cutting, marking, basting the test garment using medium cotton muslin fabric, fitting, adjusting the pattern and finally using the fashion fabric. You will make a master piece, a garment that will showcase you and keep you smiling as you announce "I made it!" The instructor will do demonstrations from 9:30 AM–12:30 PM, followed by a short lunch break, then hands-on lab until 2:30 PM.

Fee: \$90

Supplies: MiraCosta College does not provide sewing machines. Bring a sack lunch. A materials list will be sent prior to the start of class.

Instructor: Angela Fesi-Pouliot

Location: Oceanside Campus, Room 4529

Time: 4 Saturdays, 9/10–10/1, 9:30 AM–2:30 PM

NEW Italian Tailoring

All levels are welcome.

Italian tailors continue to practice their art almost exactly as it was practiced a century ago. Not because slower is necessarily better, but because these methods do produce body and form, details and durability which newer faster methods of tailoring are simply unable to equal. Come and enjoy the tailoring art work, and to afford yourself the necessary time and patience to become proficient in these time-honored skills. The instructor will do demonstrations from 9:30 AM–12:30 PM, followed by a short lunch break, then hands-on lab until 2:30 PM.

Fee: \$90

Supplies: MiraCosta College does not provide sewing machines. Bring a sack lunch. A materials list will be sent prior to the start of class.

Instructor: Angela Fesi-Pouliot

Location: Oceanside Campus, Room 4529

Time: 4 Saturdays, 10/8–10/29, 9:30 AM–2:30 PM



NEW Sewing for Special Occasion

All levels are welcome.

With all the holidays and events coming up this winter season, this is your opportunity to learn the fundamentals of the art of making "The Special Occasion Dress" from Italian Sarta (Dressmaker) with over 40 years of experience! Use your creative talent to make the "Dream Dress" using beautiful quality natural fabric in the color that looks best on you. Through step by step demonstration, the instructor will show how to plan, select the correct pattern size and style and adjust to your shape. The instructor will do demonstrations from 9:30 AM–12:30 PM, followed by a short lunch break, then hands-on lab until 2:30 PM.

Fee: \$90

Supplies: MiraCosta College does not provide sewing machines. Bring a sack lunch. A materials list will be sent prior to the start of class.

Instructor: Angela Fesi-Pouliot

Location: Oceanside Campus, Room 4529

Time: 4 Saturdays, 11/5–12/10, 9:30 AM–2:30 PM
No class on 11/12, 11/26.

NEW Knitting Basics and Beyond

All levels are welcome.

Learn the timeless art of knitting and unlock your creativity in this no-stress class ideal for beginners and experienced knitters alike. Though the foundation of knitting is knits and purls, we will also explore other elements of this fiber art, including color work, fixing mistakes, pattern customization, and many tips and techniques. Taught by a certified knitting instructor, each session will be divided into two parts. Part one will explore the topic of the day through lecture and hands-on practice. During part two, knitters will have time to work on their own projects, consult with the instructor on specific issues, and share in the relaxing experience of knitting as a part of a community.

Fee: \$129

Supplies: A \$3 material fee will be collected in class. A materials list will be sent prior to the start of class.

Instructor: Karen des Jardins

Location: Oceanside Campus, Room 4901

Time: 4 Mondays (every other Mondays)
9/12–11/21, 6–8:30 PM

Clay for All

FORMER SAN DIEGUITO

An all inclusive course for the beginner as well as for those of us who think we know it all. Hand-building, wheel throwing, glaze firing and even RAKU. Don't miss out. Lots of fun and a social environment to be creative.

Fee: \$158

Supplies: A \$48 material fee will be collected in class. Student may choose to purchase additional materials and/or their own tools for home use.

Instructor: Mike McClure

Location: San Dieguito High School Academy
Room 38

Time Options:

7 Tuesdays, 9/6–10/18, 6:30–9 PM

7 Thursdays, 9/8–10/20, 6:30–9 PM

7 Tuesdays, 10/25–12/6, 6:30–9 PM

Fee: \$137

Time: 6 Thursdays, 10/27–12/8, 6:30–9 PM
No class on 11/24.



Beginning Jewelry Making

Have fun learning basic jewelry making in this exciting class. This four-week course will introduce you to four different types of jewelry techniques, basic stringing and repairing, macramé, wire work and seed bead stitching. You will walk away with four different bracelets and the ability to make these as gifts for friends and family. This is a beginning course necessary to build your skills for more advanced beadwork. Tools will be provided with an option to purchase them. Details for purchasing will be provided at the first class meeting.

Fee: \$79

Supplies: Be prepared to pay \$5–15 material fee in class to cover for bead kit.

Instructor: Edwina Douglas

Location: San Elijo Campus, Room 302

Time: 4 Saturdays, 9/17–10/8, 9 AM–12 PM

Drawing Realistically

All experience levels welcome, especially the enthusiastic amateur!

Explore five methods of gaining accurate proportions- the fundamental skill of realistic drawing. We will tackle challenging subjects such as faces, animals, figures, flowers, and buildings using pencil media from photos and objects. Techniques will include freehand methods and the artistic use of tools such as grids and proportional dividers. Learn advanced shading techniques in various media to describe the action of light and shadow and to suggest descriptive textures.

Fee: \$90

Supplies: A \$3 material fee will be collected in class. A materials list will be sent prior to the start of class.

Instructor: Drew Bandish, artist

Location: San Elijo Campus, Room 206

Time: 5 Saturdays, 9/10-10/8, 9 AM-12:30 PM

Watercolor-Beginning & Again

All experience levels welcome, especially the enthusiastic amateur!

Join like-minded adults and a dedicated instructor and explore the process of creative picture-making in watercolor. Establish effective working procedures and enhance awareness of the moisture content in paper, brush, and paint mixtures. Match colors you see (or want to see), master three textures, and explore four methods of paint-to-paper. Attend to three attributes of effective shapes, then apply these designs, drawing, and technical tips to your own creative watercolor interpretations of landscapes, faces, flowers and create greeting cards from photos and imagination. Common watercolor supplies include: water, colors, paper, brush, and YOU-the painter. They make for quite a juggling act! With specific instruction, enthusiastic intent, plus time on task, you can expect significant progress then apply these designs, drawings, and technical tips from photos and imagination.

Fee: \$108

Supplies: A \$3 material fee will be collected in class. A materials list will be sent prior to the start of class.

Instructor: Drew Bandish, artist

Location: San Elijo Campus, Room 206

Time: 7 Saturdays, 10/15-12/10, 9 AM-12:30 PM
No class on 11/12, 11/26.

Watercolor and More

FORMER SAN DIEGUITO

Do you want to learn unique watercolor techniques that are fun and easy to do? Would you like to paint with confidence and achieve quality results? Are you looking for a way to reduce stress and have a relaxing and creative experience? Then this is the class for YOU! Extremely fun for any level of experience. We also integrate many other materials with watercolor paints to achieve varied and interesting results. All levels of skill are welcome, even first timers. You will be delighted with your successful paintings.

Fee: \$79

Instructor: Denise McMurtrie

Location: Encinitas Senior Center, Art Room

Time Options:

6 Mondays, 9/12-10/17, 1:30-3:30 PM

6 Mondays, 10/24-11/28, 1:30-3:30 PM

Fee: New lower fee at LCP location, \$70

Location: La Colonia Park, Recreation Room

Time Options:

7 Tuesdays, 9/13-10/25, 1:30-3:30 PM

7 Tuesdays, 11/1-12/13, 1:30-3:30 PM

Painting at the Beach

FORMER SAN DIEGUITO

This class is for all level painters, beginner to advanced. Class includes discussion, demonstrations and instruction. Topics covered include color mixing, brushstroke technique, values, perspective, and composition. Each class ends with a critique that helps students evaluate what works and what needs improvement in their paintings. Paint in a friendly, nurturing atmosphere while enjoying the ocean view from the windows. Paint outside if you like!

Fee: \$162

Instructor: Linda Goldstein

Location: Fletcher Cove Community Center

Time: 6 Wednesdays, 10/26-11/30, 9 AM-12 PM



NEW Introduction to Water Soluble Oil Painting

Create oil paintings without the odors, mess, and expense of traditional oil painting. Water-mixable oil paints make clean up a breeze. In this workshop you will learn the techniques so you can easily paint dark to light, correct your mistakes, create soft edges, textures, brushstrokes, and mix vibrant colors. You'll leave class with the knowledge to continue making paintings to fill your walls.

Fee: \$39

Supplies: A \$2 material fee will be collected in class. A materials list will be sent prior to the start of class.

Instructor: Barbara Roth, artist

Location: San Elijo Campus, Room 205

Time: 1 Saturday, 9/10, 9 AM-12 PM

Painting in Oil & Acrylics

FORMER SAN DIEGUITO

This is the perfect class for beginner to advanced painters. New students, as well as seasoned painters will benefit from discussion and demonstrations about supplies, color mixing, composition, values and techniques including brushstroke, dry brush, glazing and more.

Fee: \$213

Supplies: A materials list will be sent prior to the start of class.

Instructor: Judy Sayer

Location: La Colonia Park, Recreation Room

Time: 8 Thursdays, 9/1-10/20, 10 AM-1 PM



Oil Painting

All experience levels welcome, including returning students.

Unlock painterly self-expression. This class is for new or experienced students who have good drawing skills. The class emphasis changes each semester, so there is continual learning of new skills. The goal is to better understand value, shape, and color, and how to use them to create a harmonious painting. There will be a mix of painting with the class on a project and working independently. By the end of this course, you will have some finished paintings to proudly display in your home! You will build the foundation you need to create great works of art.

Fee: \$90

Supplies: A \$4 material fee will be collected in class. A materials list will be sent prior to the start of class.

Instructor: Anne von Benckendorff, artist

Location: San Elijo Campus, Room 205

Time: 6 Saturdays, 10/1-10/29, 9 AM-12 PM



QUALIFIED INSTRUCTORS WANTED!

Community Education & Workforce Development is looking for qualified individuals to teach creative new classes.

Submit a short proposed class description along with your resume.

Contact us at 760.795.6698 or go to miracosta.edu/community

Getting Started with Your dSLR

In this workshop, you will learn how to set up your camera to optimize the quality of your photographs right off the bat. We will cover the all-important topics of white balance and ISO to be able to shoot under difficult conditions. And of course, learn about all of the little icons on your shooting dial. You'll be able to take pictures right away!

Fee: \$39

Supplies: A \$3 material fee will be collected in class. Please bring your camera and manual to class.

Instructor: Terry Matsuoka

Location: Oceanside Campus, Room 3606

Time: 1 Tuesday, 9/20, 6:30–8:30 PM

Location: San Elijo Campus, Room 302

Time: 1 Tuesday, 10/11, 6:30–8:30 PM

From Good to Great Photos: Understanding Aperture & Shutter Speed

Even if you didn't realize it, this is probably why you bought your dSLR in the first place! These concepts can be daunting to understand on your own. But once you master these aspects of photography, it's what's going to separate your pictures from the rest. We will also take a look at some of the pictures you took after your first session for constructive commentary. After this class, you'll be able to practice depth-of-field and capture motion and time.

Fee: \$39

Supplies: A \$3 material fee will be collected in class. Please bring your camera and manual to class.

Instructor: Terry Matsuoka

Location: Oceanside Campus, Room 3606

Time: 1 Tuesday, 9/27, 6:30–8:30 PM

Location: San Elijo Campus, Room 302

Time: 1 Tuesday, 10/18, 6:30–8:30 PM

Art of Photography | FORMER SAN DIEGUITO

This class will allow you to push your creative envelope and to explore the artistic aspects of photography. You will be examining and improving upon your use of composition, color, contrast, lighting, textures, and abstract imaging. Each class will include a brief lecture about technique, but most of the time will be spent on critiques of each week's assignments. You should already be familiar with all features of your camera. This class is not for beginning photographers. Digital cameras with manual settings or digital SLRs highly recommended. Contact instructor for more information.

Fee: \$94

Instructor: Steve Gebler

Location: San Dieguito High School Academy, Room 72

Time: 5 Thursdays, 9/8–10/6, 6:30 PM–8:30 PM

Making Shooting Perfect Pictures Easy

To get great pictures, we will cover strategies and basic lighting. These two topics will improve your photographs tenfold, no matter what camera you use. To make getting that perfect shot easy, we will cover these tools in your camera: lens focal length, exposure compensation, bracketing, auto-focus points, and flash. You will be surprised how being so advanced can be so easy!

Fee: \$39

Supplies: A \$3 material fee will be collected in class. Please bring your camera and manual to class.

Instructor: Terry Matsuoka

Location: Oceanside Campus, Room 3606

Time: 1 Tuesday, 10/4, 6:30–8:30 PM

Location: San Elijo Campus, Room 302

Time: 1 Tuesday, 10/25, 6:30–8:30 PM

Digital SLR Photography Series



This introductory digital SLR photography series can be taken as individual courses for \$39, or together for only \$99!

The photography topics are interrelated and affect one another, so we recommend you take all three (Getting Started with dSLR, Aperture & Shutter Speed, and Making Shooting Perfect Pictures Easy) to get a complete understanding of the camera and picture taking.

We proudly present the award winning program.



SECURITY PROGRAMS
— BELLWETHER AWARD FINALIST —

For more information see page 16.

HOW TO REGISTER

To register, students should complete an interest form, our application, and submit 1 picture ID. For our longer programs and/or outside funding sources, there may be additional forms and documents that are required. Go to tinyurl.com/TClinterest.

Our programs under 50 hours will typically accept students ages 15 years or older. Please contact our office at 760.757.2121, x6346 to confirm, prior to signing up.

CERTIFICATE INFORMATION

For any program over 50 hours, students will have the opportunity to earn a Certificate of Accomplishment. If you are enrolled and successfully complete a program under 50 hours, we can issue a certificate for \$15.

— Tours at T.C.I. on Fridays at 9 AM | Email us at tcim@miracosta.edu —

FREE Information Sessions for our work skills programs.

Advanced Manufacturing & Engineering:

- Thursday, September 29 at 9 AM (testing and interviews are immediately following the information session)
- Wednesday, November 2 at 6 PM (testing and interviews are on Wednesday, November 9 at 6 PM)
- Tuesday, December 13 at 2 PM (testing and interviews are immediately following the information session)

Technology Career Institute
2075 Las Palmas Drive, Carlsbad

NOTE: We will conduct an assessment after certain information sessions. If you have a verifiable disability, you will need to call us at least one week prior to the assessment so that we will have time to make the proper accommodations for you.

MiraCosta College's Technology Career Institute is an equal opportunity employer (EOE). Auxiliary aids and services are available upon request to individuals with disabilities. This project received \$2,749,419.44 (45% of its total cost) from a grant awarded under the TAACCCT grant as implemented by the U.S. Department of Labor's Employment and Training Administration.

Advanced Manufacturing & Engineering

AutoCAD for Manufacturing

In this 15-hour introductory course, students will be introduced to Autodesk Inventor, a 3D mechanical design software. This program allows students to move from 2D to 3D images. In this course, students will also learn how to transform their CAD drawing to a useable CAM image.

Fee: \$75

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 11/29–12/14, 3–5:30 PM

Basic Electronics

This introductory, 54-hour course teaches students the basics of electronic technology. Students experiment with direct current, series-parallel circuits and transistors/semiconductors. Additional topics include:

- Study of Ohm's law, Watt's law
- Use of electronic components
- Basic soldering
- Oscilloscopes
- Digital volt meters
- Bread-boarding electronic circuits
- Basic computer troubleshooting
- Basic AC circuitry

Fee: \$290 (80% off!)

Location: Technology Career Institute

Time: Mondays & Wednesdays, 9/19–12/7 5:30–8 PM. *No class on 11/21 or 11/23.*

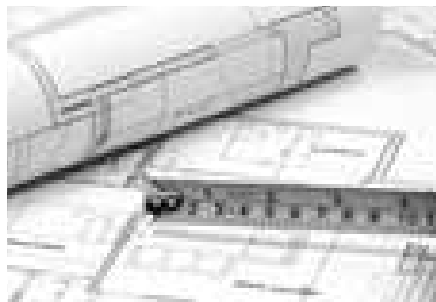
Blueprint Reading I

This 15-hour, hands-on class helps students to read and correctly interpret blueprints. Students will also get an opportunity to draw and edit simple blueprints through step-by-step development of multi-view drawings.

Fee: \$75

Location: Technology Career Institute

Updated Time: Tuesdays & Thursdays 9/6–9/22, 5–7:30 PM



Blueprint Reading II

This is an intermediate-level blueprint reading class for students in the manufacturing trades. In this 15-hour, hands-on class, students will read, interpret, and draw more complex blueprints. This class will cover more symbols, provide advanced topics such as fasteners and screw threads, and cover tolerances.

Note: Students should be familiar with the basics of blueprint reading.

Fee: \$75

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 11/1–11/17, 5–7:30 PM

Computer Numerical Control (CNC) Operation

In this 112-hour class, the first day will include safety, an introduction to terminology and basic blueprint reading. The rest of the course will have lots of demonstration and hands-on instruction. Learn how to interpret G&M codes and operate both a HAAS CNC mill and lathe. Students will also get exposure to CAD/CAM software.

Fee: \$490 (80% off!)

Location: Technology Career Institute

Time: 14 Saturdays, 9/10–12/17, 8 AM–4:30 PM
No class on 11/26.



“I've had the opportunity to work with and learn about technologies and concepts that I would never be able to do on my own.”

Introduction to CNC Programming

Using MasterCam Mill X7

In this 30-hour introductory course, students learn how to design basic CNC programs for a three-axis CNC milling machine. Students will be instructed on G&M codes, boolean logic, and machine and control definitions. In addition, the class will cover basic aspects of post configuration, variable definitions, formatting, post lines, post text, modality, and control definitions.

Fee: \$150

Location: Technology Career Institute

Time: Tuesday & Thursdays, 9/20–10/10, 6–9 PM

Intermediate CNC Programming

Using MasterCam Mill X7

MasterCam is the most widely used CAM software in the industry, and this intermediate, 30-hour course will provide students with trade-specific tips and tricks, whether they are within the production or the programming department. This course will teach additional topics for more intricate programs and designs. HAAS simulators will be used to test run the programs.

Fee: \$150

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 10/25–12/6, 6–9 PM
No class on 11/24.

CNC Programming Certification— We are offering two options for participants:

- A Certificate of Completion for any student who successfully completes Introduction to CNC Programming, Intermediate CNC Programming, and AutoCAD for Manufacturing.
- A Certificate of Competency for any student who successfully completes the above three courses, as well as successfully completes an advanced project.

Electronic Assembly

The purpose of this 80-hour course is to provide the necessary training for students to become an electronic assembler at an advanced manufacturing company. Students will learn:

- Soldering through-hole and surface mount single lead/multi-lead components
- Soldering multi-pin IC chips
- Measuring and cutting wire
- Trimming insulation, crimping, connectorizing, molding and insulating connector ends
- Wrapping, bundling, shielding, insulating and security cable harnesses
- Mounting modules, components, connectors, cables, and harnesses into chassis

Students will work towards IPC-A-610 certification. In addition, students will learn the role of production in the manufacturing system and how certain skill sets such as reading and analyzing acceptance criteria, testing, documentation, and soldering are integral to the job.

Fee: \$300 (more than 80% off!)

Location: Landes Recreation Center

Time: Tuesdays & Thursdays, 9/27–12/15 6–9:30 PM. *No class on 11/24.*

Introduction to Electromechanics

Build, Troubleshoot & Repair

Electromechanical technicians combine knowledge of mechanical technology with knowledge of electrical and electronic circuits. They install, troubleshoot, repair, and upgrade electronic and computer-controlled mechanical systems. This 60-hour, hands-on course is an introduction to this field, focusing on small components like 3D printers, and larger units such as copiers.

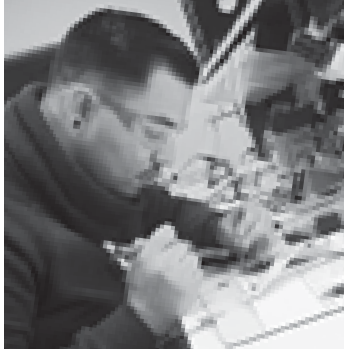
Fee: \$330 (80% off!)

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 9/20–11/29, 6–9 PM
No class on 11/24.



Engineering Technician



Engineering technology, or mechatronics, integrates theories and application in mechanical, electrical and electronic systems, fluid power, robotics, and computer software. All topics covered during lecture are explored significantly more during the lab portion of each class. The wide range of test equipment utilized in the lab gives students an opportunity to train with equipment they can expect to find in the workplace. Our 600-hour program is designed around the changing skills and training demanded by area manufacturers. Students learn how to use the equipment, as well as how to repair, troubleshoot, and install systems. Students

who attend will experience an accelerated program designed to quickly prepare them to meet the skill sets that will qualify graduates to move right into entry-level positions with local industry.

Fee: \$6,750. GI Bill and WIOA funding approved. Partial and full scholarships may be available for those who qualify. Attend our information session to find out more.

Location: Technology Career Institute

Time: Mondays–Fridays, 1/9–4/27, 8 AM–4:30 PM

“I’ve learned how the industry operates in the real world. I’ve learned what a company looks for in potential employees. I would have not had a clue if it wasn’t for this program.”

GD&T I

Whether you are an engineer or CNC machinist, knowing the basics of geometric dimensioning and tolerancing (GD&T) is paramount to achieving success in the advanced manufacturing industry. This 20-hour course will provide the perfect introduction to GD&T, symbols, applications and methods of inspection.

Note: We strongly encourage you to take a blueprint reading course prior to the first class.

Fee: \$99

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 9/27–10/20, 5–7:30 PM



GD&T II

This is an intermediate-level GD&T class for students who want to gain confidence in the use of GD&T on multiple technical drawings. Time is spent on datum comprehension, selection, and applications.

Note: Students must have exposure to both blueprint reading and an introductory GD&T course.

Fee: \$99

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 10/25–11/17, 3–5:30 PM

Hydraulic & Pneumatic Systems

Hydraulic systems use a liquid such as oil or water, while pneumatic systems use gas, such as air or nitrogen. This hands-on course introduces fluid power as an effective means of transferring, controlling and converting energy, its advantages, disadvantages, and modern usage within advanced manufacturing. Learn how to operate, maintain and troubleshoot equipment and systems safely and efficiently.

Fee: \$150

Location: Technology Career Institute

Time: Offered again Spring 2017

Lean Manufacturing I

Lean manufacturing is the systematic method for eliminating waste within a manufacturing system. This initial course will consist of 5S, 8 wastes, deep observation, value stream mapping, A3 one page corrective action reports, and Kaizen events. This course provides practical application of LEAN tools that anyone can use to identify and minimize waste in their own area of control.

Fee: \$150

Location: Technology Career Institute

Time Options:

Saturday & Sunday, 8/27 & 8/28, 9 AM–4 PM

Saturday & Sunday, 10/22 & 10/23, 9 AM–4 PM

Lean Manufacturing II

This second-level course will consist of a refresher of LEAN I and practical applications of standard work, takt time, balancing work. In addition, there will be an overview of error proofing, job instruction, improving job methods, and building a LEAN team. This course is appropriate for supervisors, team leads and managers who are interested in implementing change within their work environment.

Fee: \$150

Location: Technology Career Institute

Time: Saturday & Sunday, 12/17 & 12/18, 9 AM–4 PM



NEW Manual Measuring Workshop

In the advanced manufacturing and engineering fields, it is imperative to know how to measure accurately to ensure quality. This 15-hour class is an introduction to the importance of measuring and testing/inspection, the tools used, and the applications of the various different tools. Students will have lots of hands-on practice measuring using calipers, micrometers, and gages.

Note: Students should be familiar with the basics of blueprint reading.

Fee: \$75

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 8/30–9/15, 3–5:30 PM

Digital Precision Measuring

Using a Portable CMM

This is an introduction to metrology using a portable CMM and Verisurf CAD software. Students will learn the basics of inspection, measurement, analysis, and reverse engineering. This course is for individuals working within the advanced manufacturing environment.

Fee: \$199

Location: Technology Career Institute

Time: Tuesdays & Thursdays, 9/20–10/20, 3–5:30 PM

NEW Machining: Wall Art

This 45-hour course is for the hobbyist who would like to learn (or practice) machining by working on an art project. This class will help you tap into your creativity by making metal wall art. Whether you’re a newbie or have years of experience, you will enjoy this hands-on class. Depending on your skills and the complexity of your project(s), we anticipate you will complete 1-2 wall art projects. Great for the holidays!

Note: While we will have some metal for students to use, you may want to bring in your own metal to add to the creativity of your project.

Fee: \$299

Location: Technology Career Institute

Time: Mondays & Wednesdays, 10/24–12/21 1–3:30 PM



FACT

Our core advanced manufacturing and engineering programs have a **92%** employment rate. Our students have been hired at: Accutek, C&H Machine, Callaway Golf, Fluid Components, Hunter Industries, IOS Technologies, Means Engineering, SouthWest Greene, TE Connectivity, and ViaSat to name a few.

NEW EVENING HOURS! Machinist Technology Training

Gone are the days of the grease-covered, conventional manufacturing machinist. Today's machinist must be highly trained with very specific education and skills, working in high-tech manufacturing plants that are both clean and innovative. CNC machines, lean manufacturing, along with great housekeeping and state-of-the-art facilities give a more accurate picture of American manufacturing today. The need for trained machinists to fill hundreds of positions in San Diego County has reached critical mass.

To meet this need, we are proud to offer this 487-hour program to individuals seeking a fast-paced, high-level training. Our program will prepare students for employment in machine shops and manufacturing facilities. Students who attend will experience an accelerated program that quickly prepares them to meet trade skill sets such as shop mathematics, metal properties, layout, precision measuring, machining procedures, tooling, and a basic understanding of both manual and CNC machining.

Fee: \$6,000. GI Bill and WIOA funding approved. Partial and full scholarships may be available for those who qualify. Attend our information session to find out more.

Location: Technology Career Institute

Time: Mondays–Fridays, 1/10–4/13, 8:30 AM–4:30 PM

“I think that this program is desperately needed by a whole generation of young men. This has given me a chance to see a future beyond low wage, no growth jobs... I am leaving with a good job and a chance. Thank you.”

NEW WOMEN IN MANUFACTURING SERIES**Women, Welding & Wine**

This introductory 52-hour welding class is an opportunity for women in the area to learn how to weld in a fun and stress-free environment. This class will focus on steel mig welding, but students will get an overview of a variety of fabrication tools, materials, and techniques. By the end of the class, you will have a good grasp of the welding process and you'll make your very own wine rack (how many bottles is up to you). What a great gift idea!

Fee: \$425

Location: Landes Recreation Center

Time: Tuesdays & Thursdays, 11/1–12/15, 5–9 PM. No class on 11/24.

**Machining with Wine in Mind**

Who doesn't love wine? This introductory 30-hour machining class is an opportunity for women in the area to learn how to machine in a fun and stress-free environment. This class will focus on machining using a manual mill and lathe, but students will get an overview of a variety of fabrication tools, materials, and techniques. By the end of the class, you will have a good grasp of the manual lathe process and you'll make your very own single wine holder.

Fee: \$199

Location: Technology Career Institute

Time: Mondays & Wednesdays, 9/12–10/19, 1–3:30 PM

MATLAB I

MATLAB is a scientific computing language and program platform widely used throughout industry. It is designed to simplify rapid development and prototyping of highly intensive applications. MATLAB is used in robotics, PLC design, electrical engineering, economics, financing, neural networks, video processing, image processing, data acquisition and more. This class explains the basics of matrix algebra with applications using the software. You will learn to build your own functions based on processing audio signals and images. Finally, you will learn to use the various toolboxes available in the student version of the software.

Note: Students should have a strong basic math background and basic programming knowledge.

Fee: \$125

Location: Technology Career Institute

Time: 5 Saturdays, 9/10–10/8, 12–5 PM

OSHA-30

The OSHA-30 hour general industry outreach training course is a comprehensive safety training program designed for anyone involved in general industry. The course provides extensive information on OSHA compliance, safety and health hazards in the workplace, employer responsibilities, worker rights, and hazard recognition, avoidance, abatement, and prevention. Successful completion of this course results in a Department of Labor 30-hour OSHA General Industry safety card that is federally recognized in all 50 states and doesn't expire.

**HIRE OUR
SKILLFULLY
TRAINED
GRADUATES**



Fee: \$250

Location: Technology Career Institute

Time Options:

Monday–Wednesdays, 10/31–11/30, 6–9:30 PM
No class on 11/23.

**PLC Programming I**

Programmable Logic Controller (PLC) systems have evolved to become the central component to most automation systems today. Learn the basic skills to program, troubleshoot and configure PLC-based automation installations. This 20-hour, hands-on course will focus on Allen-Bradley software.

Note: A basic understanding of electrical circuitry is strongly recommended.

Fee: \$99

Location: Technology Career Institute

Time: 4 Saturdays, 10/29–11/19, 12–5 PM

Soldering Basics

This is the perfect entry level course on electrical soldering! Are you a home hobbyist? Or do you have a job in construction, maintenance, or engineering? Whether you like to fabricate things in your garage, or you need practice to become more proficient in your job, this 16-hour, hands-on course will help.

Fee: \$75

Location: Technology Career Institute

Time: 4 Saturdays, 10/1–10/22, 8:30 AM–12:30 PM

**Beginning SolidWorks®
for 3D Printing**

Learn how to use SolidWorks® mechanical design software to build models of parts, assemblies, and drawings. This 30-hour course will also cover design



intent, how to modify previously created features, model interrogation and troubleshooting. The class will demonstrate how to export CAD data for 3D printing, machining, and 2D drawing generation in a variety of formats.

Fee: \$150

Location: Technology Career Institute

Time: Mondays & Wednesdays, 9/12–10/12, 6–9 PM

Tour our new website
tci.miracosta.edu



Add us to
your faves

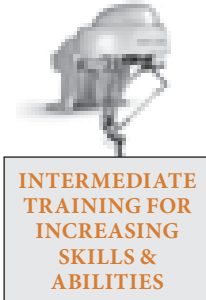
Intermediate SolidWorks® Topics for Prototyping

Once you know the basics of SolidWorks®, take your CAD skills to the next level with this 30-hour intermediate SolidWorks® class geared toward designing for prototyping. This class will expand the student's knowledge relating to surface model creation, discuss the prototyping options available and the benefits of each option, and what to take into account when designing for prototype creation. The student will take away an in-depth knowledge of prototype options and intermediate modelling tools to create more complex products.

Fee: \$150

Location: Technology Career Institute

Time: Mondays & Wednesdays, 10/17–11/16, 6–9 PM



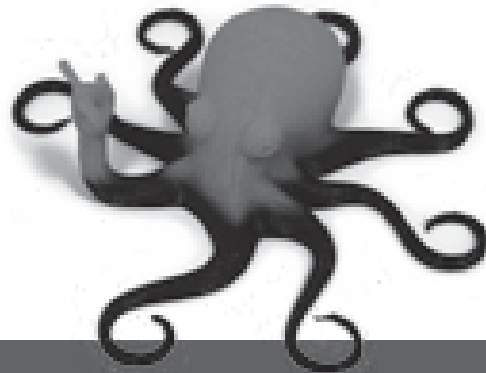
Advanced Topics in SolidWorks®

SolidWorks® is used throughout the advanced manufacturing and engineering industries. This CAD program has multiple advanced features, which will be covered throughout this course. The topics are focused toward students with prior exposure to CAD modeling, so please make sure you have working experience with parts, assemblies, and drawings. The following areas will be covered: multibody solids, modeling advanced shapes, advanced surfaces, and advanced shaping capabilities.

Fee: \$150

Location: Technology Career Institute

Time: Mondays & Wednesdays, 11/28–12/21, 6–9 PM



NEW Machine Shop MakerSpace

This fall we are opening up our Machinist Technology lab spaces to the public. Hours of Operation: Tuesdays & Thursdays, 11:30 AM–2:30 PM. Our shop will open on August 23rd and run through December 20th.

Walk-in lab prices:

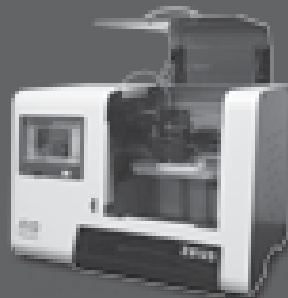
- 1 session = \$5
- 10 sessions = \$45
- 20 sessions = \$80
- 34 sessions (all available dates) = \$125

The following computer programs are available:

- AutoCAD
- Adobe
- SolidWorks 2016
- MasterCam Mill
- MS Office 2016

The following equipment is available (students must sign-up for equipment and/or sign-out any tools):

- Drill Press
- Grinder
- Manual Mill
- Manual Lathe
- Prototrack Mill
- CNC Mill
- CNC Lathe
- 3D Printer
- Laser Engraver
- Soldering



NEW Welding I

This course is designed to train students to be able to qualify for an American Welding Society certification. The course will explore:

- Basic welding processes
- OFC/OFW (oxyfuel cutting/oxyfuel welding)
- SMAW (shielded metal arc welding)
- GMAW (gas metal arc welding)
- FCAW (flux core arc welding)
- GTAW (gas tungsten arc welding)

Note: Students will need to purchase steel-toed shoes with no laces and a welding jacket.

Fee: \$750 introductory rate!

Location: Landes Recreation Center

Time: Offered again Spring 2017



An Introduction to Welding Fabrication

This 72-hour course is an introduction to fabricating with metal. Students will start with blueprint reading and the different types of metal and tools typically used in the industry. Then you will learn how to fabricate by cutting, bending, welding, and forming metal into a couple different projects. The first project will be a guided assembly off of an existing blueprint. The second project will be your choice, based off either an existing blueprint or one that you create.

Fee: \$600 introductory rate!

Location: Landes Recreation Center

Times: Offered again Spring 2017

NEW Welding: Garden Art

This 68-hour course is designed for the hobbyist who would like to learn (or practice) welding by working on an art project. This class will help you tap into your creativity with found metal



objects that can be cut or ground to your desired dimensions, without the use of forging. Once you can weld, you can join pieces together to make a sculpture, furniture, etc. Whether you're a newbie or have years of experience, you will enjoy this hands-on class. Depending on your skills and the complexity of your project(s), we anticipate you will complete 1-3 garden projects. Great for the holidays!

Note: While we will have some metal for students to use, you may want to bring in your own metal to add to the creativity of your project.

Fee: \$550

Location: Landes Recreation Center

Time: Mondays & Wednesdays, 10/24–12/21, 5–9 PM

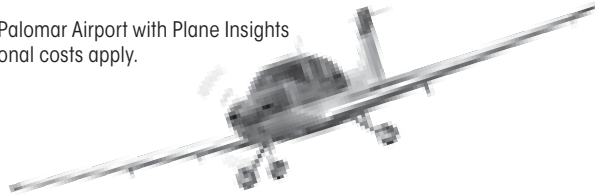
Students will be required to:

1. Enroll in our MakerSpace "class"
 2. Show proof of a safety course (or take one of ours)
 3. Pass a written and/or skills-based test prior utilizing the machines. If you would like to take a beginners workshop, students have that option for an additional fee (no testing required). Workshop prices: \$25 per 3-hour course (5 student limit per workshop).
 4. Read, sign, and abide by our lab rules
 5. Sign-in with the lab aid each visit
- Students are required to provide their own materials.

NEW Aviation Classes—Classroom Only

Whether you want to start flying for fun, become a professional pilot, or you want to refresh your aviation education, you can now take classes at the MiraCosta Technology Career Institute. We have partnered with Plane Insights, a Part 61 approved flight school, to provide you the initial course work needed to get your pilot's license. See list of courses below! Please attend our information session to find out more!

Note: All flight training can be completed at Palomar Airport with Plane Insights and an F.A.A. certified flight instructor. Additional costs apply.

**Private Pilot Ground Class (PPL)**

The initial course everyone needs to take is the Private Pilot ground class. In this 40-hour course, students will study federal aviation regulations, flight data, aerodynamics, weather and navigation, radio communications, aircraft and engine operation, flight instruments, and aircraft performance. This class prepares students for the Federal Aviation Administration's Private Pilot written examination. Upon successful completion of the Private Pilot ground class, the student will receive a Certificate of Accomplishment and will be given an endorsement to start their flight training.

Fee: \$350

Location: Technology Career Institute

Time: 16 sessions, Tuesdays & Thursdays
8/2–9/22, 6–8:30 PM

Instrument Rating Certification (IFR)

This important course covers the rules and regulations for instrument flight, interpretation of flight instruments, air navigation, meteorology, instrument flight techniques, air traffic control, and flight planning. This class prepares students for the Federal Aviation Administration's Instrument written examination. Upon successful completion of the Instrument Rating Certification (IFR) class, the student will receive a Certificate of Accomplishment and will be given an endorsement to start their flight training if they haven't already done so.

Fee: \$350

Location: Technology Career Institute

Time: 16 sessions, Mondays & Wednesdays
8/8–10/3, 6–8:30 PM

Introduction to Aviation Science (IAS)

The final classroom course is a survey of the aerospace field, including the functions and operations of various federal and state regulating aviation agencies and airport based companies such as air carrier, general aviation, aviation maintenance, flight schools, and other major occupational and supportive areas.

Fee: \$275

Location: Technology Career Institute

Time: 7 Sessions, Tuesdays & Thursdays
11/3–11/29, 8:30 AM–12 PM. *No class on 11/24.*

Commercial Pilot Certification (CPL)

The third course in the series is a comprehensive study of aircraft performance, Federal Aviation Regulations, navigation, flight charts and graphs, radio navigation and communications, meteorology, emergency procedures, aerodynamics, flight instruments, and multi engine procedure. This class prepares students for the Federal Aviation Administration's Commercial Pilot written examination. Upon successful completion of the Commercial Pilot Certification (CPL) class, the student will receive a Certificate of Accomplishment and will be given an endorsement to start their flight training if they haven't already done so.

Fee: \$275

Location: Technology Career Institute

Time: 9 sessions, Mondays & Wednesdays
10/5–11/2, 6–8:30 PM

SAVE!

If students sign up for all 4 courses at once, they receive a 20% discount on each course for a total cost of \$1,000!

**Security Programs**

We provide training to civilians, active duty/reserve military, veterans, law enforcement, and protection specialists. Our courses can be taken individually, or grouped together. Our training pipelines produce highly trained protection specialists suitable for duty in non-permissive environments, or on professional corporate and celebrity protection teams.

Certified AT/FP Specialist (CAPS)

This course is for individuals wishing to break into the static security or law enforcement industry by receiving training and certificates in numerous security and law enforcement-related subjects, skill sets and equipment. Topics covered in this course include:

- 16 hours of CA mandatory guard card courses and elective course work
- Exposed firearms and CCW instruction
- 32 hours of anti-terrorism/force protection training
- FEMA training

Corporate & Celebrity Protection

This course is the ideal starting point for those wishing to get into the protection business or those transitioning from military or law enforcement, or for high threat protection specialists/WPS/PSD to add corporate and celebrity protection to their existing knowledge and skill sets. Students will run complete details, including detail planning, advance work, site and client assessments, team brief, client brief/interview and providing 24-hour coverage for your assigned client(s).

High Risk Medic

Whether you are working in the US or abroad, well-rounded medical training can be the difference between life and death. Many people do not have time to attend lengthy EMT or paramedic courses, not to mention the dedication and opportunity to become a military medic. This course was designed with this in mind, and covers the most important life-saving aspects of all of these emergency medical professions.

High Threat Protection

The HTP course bridges the gap between conventional domestic protective operations and war-zone PSD work. This course provides the training, knowledge, and skill sets to be a proficient protective team leader/member in all threat areas by focusing on one of the most challenging protective environments, the high threat-low profile area of operations.

**COMING SOON!****Advanced High Risk Protection**

Designed to prepare students for a career in protective services at private contractor and governmental levels (diplomatic protection, US State Department WPS, US federal law enforcement, high risk protective agents in non-permissive environments).

Conflict Management Negotiator

Learn how to act as a crisis negotiator in the event of kidnapping, extortion and other criminal actions. The course is designed and taught to be actual working negotiators.

For more information, go to [htpscource.com](https://course.com).
Our programs are approved for GI Bill, WIOA, and other funding options.
Give us a call at 760.795.6822 to find out more.

Phlebotomy Technician

MiraCosta College Community Education & Workforce Development, in partnership with Family Health Services, is proud to offer this excellent opportunity for those seeking to enter the medical field as a CPT1 phlebotomy technician.



Students are required to complete

- a minimum of 20-hours in basic phlebotomy
- a minimum of 20-hours in advanced phlebotomy
- a minimum 40-hour laboratory course in applied phlebotomy
- 40-120 hours of clinical externship in a health care setting.

Students who pass the course will also be eligible to take a certification examination offered by the National Health Career Association (NHA), offered in class at the conclusion of the course. Upon successful completion of the course, participants will be issued a state-approved training certificate.

Note: National exam fee of \$90, plus application fee of \$100, and all immunization and background checks are not included in the tuition fee and must be paid by the student.

Fee: \$2,750. GI Bill and WIOA funding approved.

Location: Technology Career Institute, 2075 Las Palmas Drive, Carlsbad

Class Dates: 21 session. Mondays, Wednesdays, and Fridays, 9/12–10/28, 5–8 PM

Externship: Clinical externships will be provided and supervised by our phlebotomy program staff.

Sign up for the free information session:
Thursday, August 11, at 6 PM

NOTE: Mandatory math and reading comprehension assessments will be given on the first day of class, 9/12 at 3 PM.

Build a Better Life with Affordable Career Education

Offering online health care, technology,
and administration training

Enroll with MiraCosta College to be career ready in a year or less. Start building a better life with one of our programs:

- Medical Coding and Billing
- Medical Transcription and Editing
- Pharmacy Technician
- ICD-10 CM for the Professional Coder



Sign up for information session:
Thursday, September 29 at 6 PM

1.877.225.7151 | CareerStep.com/miracosta



COMMUNITY EDUCATION
& WORKFORCE DEVELOPMENT



Veterinary Assistant

Become a veterinary assistant in just a few months! This 60-hour program will provide an overview and entry level training for the veterinary assistant profession. Learn basic animal care principles and techniques, safety procedures and state/federal guidelines.

Topics include:

- Basic anatomy and physiology
- Basic radiology
- Small animal breeds
- Animal nutrition
- Parasite control
- Record keeping and veterinary office procedures
- Client relations and communications

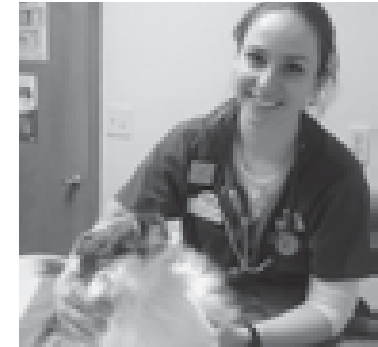
Veterinary medical terminology, hospital patient care and reception skills will also be covered. Students will learn lab skills and surgical assisting appropriate to the veterinary assistant level. This class is entry level and specifically NOT veterinary technician training, which requires a two year degree program. Students will need to purchase the book, "Veterinary Assisting Fundamentals & Applications" by Beth Vanhorn and Robert Clark (available on amazon.com) prior to the first class session.

Fee: \$980. GI Bill and WIOA funding approved.

Location: Technology Career Institute
2075 Las Palmas Drive, Carlsbad

Time: 10 Saturdays, 10/1–12/17, 9 AM–4 PM
No class on 11/12, 11/26.

Externship: We strongly recommended a minimum of 80 externship hours at the conclusion of the training (this is required for anyone receiving funding from an outside organization).



Sign up for the free information session:
Thursday, September 1 at 6 PM.

NOTE: Mandatory math and reading comprehension assessments will be September 29, at 5:30 PM.

NEED FUNDING?

MiraCosta's Community Education & Workforce Development Department works closely with America's Job Centers of California. If you are unemployed, underemployed, just out of high school or the military, you may qualify for financial assistance to help cover your education and training costs. If you noticed one of our career training courses qualifies for WIOA funding, this means that it is an approved program by the San Diego WIB.

The first step is to find and contact your local Career Center (northcountycareercenters.com) so you can start taking the necessary workshops, complete the required paperwork, and find out if you qualify.

NOTE: This process typically takes more than a month, so we recommend starting as soon as possible!

Medical Front Office

This course is intended for students interested in becoming a medical front office/medical receptionist/intake coordinator. This class will ensure students are prepared to begin a rewarding career and to become an integral part of the medical office team. Topics Include:

- Basic medical benefit terms and plans
- Eligibility and insurance benefit verification
- Patient arrival, check in, departure

Note: Students will be notified with access to their online class prior to the orientation. Details on the purchase of materials will be covered at the orientation. Visit kgpllc.net for more class info.

Fee: \$25

Supplies: \$75 (payable to instructor at orientation via PayPal)

Instructor: Kris Patterson

Mandatory Online Orientation: Saturday, 9/24 10-11 AM

Online Class Dates: 2 Wednesdays, 10/12-10/19 6:30-8:30 PM

Medical Insurance Billing Certificate Program (5-class)

This program can make you a valued professional in the fast-growing health care field. Topics Include:

- Introduction to Medical Insurance Billing
- CPT, ICD-9, ICD-10 & HCPCS Coding
- Advanced Medical Insurance Billing
- Workers' Compensation & Personal Injury
- Computerized Medical Insurance Billing

Note: Students will be notified with access to their online class prior to the orientation. Details on the purchase of materials will be covered at the orientation. Visit kgpllc.net for more class info.

Fee: \$150

Supplies: \$350 (payable to instructor at orientation via PayPal)

Instructor: Kris Patterson

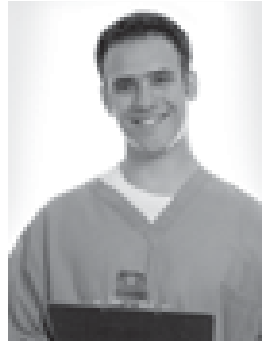
Mandatory Online Orientation: Saturday, 9/24 10-11 AM

Online Class Dates: 10 sessions. Tuesdays & Thursdays 9/27-11/1, 6:30-8:30 PM
No class on 10/6.

FACT

Advanced Manufacturing, Health Care, and Information and Communication Technologies make up **50%** of San Diego's job postings and are expected to grow **10%** over the next five years.

Provided by



QUALIFIED EMPLOYEE TRAINERS WANTED!

Community Education & Workforce Development is looking for qualified individuals who are both industry experts **AND** natural instructors. If you have experience teaching more than 10 students at a time, love your field of expertise and want to share while doing hands-on projects, contact us at tci@miracosta.edu.

Submit your resume, along with a short proposed class description. We look forward to hearing from you!



Online Electronics/Robotics

MiraCosta Community Education, in partnership with George Brown College, is proud to offer six interactive and highly innovative distance education programs that combine state-of-the-art lab simulation with award-winning curriculum. The program content is delivered on CD, DVD or USB drive, and is supported through the online virtual campus.

Automation Technician

This program provides an introduction to industrial automation, including digital electronics, process control, and programming of PLCs, robotic and SCADA systems. The program examines application and examples of automated manufacturing systems, including both theory and function of digital and industrial electronics, hydraulics and pneumatics, robotic systems, digital programming languages and alarm management.

Fee: \$1,850 or pay as you go (cost per module available online).

Electronics Technician

The ET program covers the fundamentals of electronics and prepares the graduate for employment and/or further on-the-job training as a consumer, commercial or industrial electronics service technician.

Fee: \$1,750 or pay as you go: initial registration \$430, \$60 for each of the remaining 22 modules.

Electromechanical Technician

The EM program is designed to provide students with a foundation in electromechanical technology that can lead to a career in fields such as industrial maintenance, design and installation, technical services, technical sales, and industrial research and development.

Fee: \$1,800 or pay as you go: initial registration \$430, \$60 for each of the remaining 23 modules.

Robotics Technician

This program provides an introduction to industrial robotics and explains how they are used in plants or manufacturing systems. The primary focus of the program is on automated manufacturing processes, the role of robots within these processes, and all related support equipment.

Fee: \$1,650 or pay as you go: initial registration \$570, \$90 for each of the remaining 12 modules.

Programmable Logic Controller (PLC) Technician

This program provides a basic introduction to PLCs and is designed for people with little or no background in the area. The curriculum provides a quick start on the fundamentals, incorporating traditional I/O, which targets the Allen Bradley SLC 500 and RSLogix 500 hardware and software.

Fee: \$1,800 or pay as you go: initial registration \$450, \$75 for each of the remaining 18 modules.

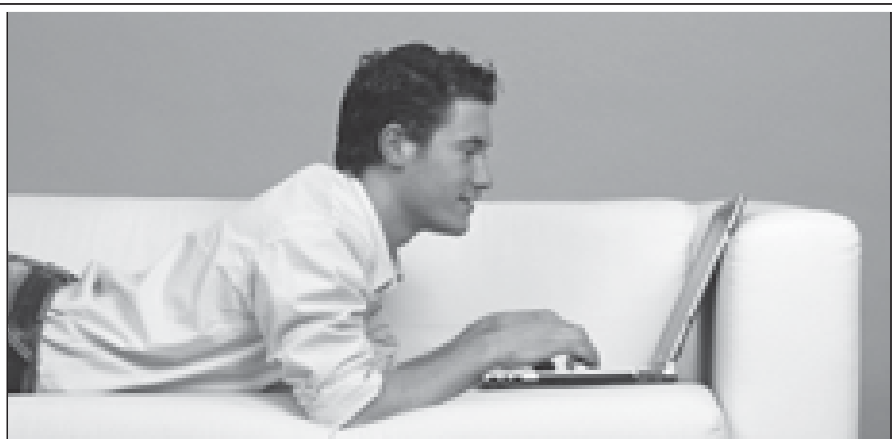
Programmable Logic Controller (PLC) Technician II

This certificate program provides a more advanced study of PLCs, introducing tags, DCS and SCADA systems. The simulator, PLCLogix, is more complex, emulating this advanced technology, specifically the Rockwell 5000 series PLC control software.

Fee: \$1,800 or pay as you go: initial registration \$450, \$75 for each of the remaining 18 modules.



In partnership with George Brown College, MiraCosta Community Education & Workforce Development provides more information at www.miracosta-gbc.com or call us at 866.277.0881.



STUDY FROM THE COMFORT OF YOUR HOME

Your Schedule • Your Budget
Online... Today!

MiraCosta Community Education & Workforce Development, in partnership with Ed2Go, provides hundreds of online, not-for-credit certificate programs designed to provide the workforce skills necessary to acquire professional-caliber positions for many in-demand occupations.

These online career-training programs assist students in developing expertise in their desired career fields and/or preparing for industry certification exams. Each self-study, online course has an instructor assigned to answer student questions and solve student problems. This is the perfect in-depth professional-level program for people who wish to continue working while learning, or who need a flexible study schedule. Our programs are designed by a team of professionals from each field, who work to provide the most effective web-based learning experience available today.

- **Health Care Programs**—Pharmacy Tech • Vet Assistant • Clinical Dental Assistant • and more
- **Business/Legal Programs**—Bookkeeper • Microsoft Office Specialist • Management Training • Six Sigma • and more
- **Construction/Automotive Programs**—Biofuel Production • Glass Technician • Home Inspection • Solar Power Professional • and more
- **Video Game Design/Development Programs**—Game Art • Digital Arts • Video Game Design and Development • Webmaster • and more
- **Networking/Comp TIA Certification Training Programs**—IT System Administrator • Comp TIA Network • Comp TIA Security • and more
- **Internet, Design, and Technical Programs**—Forensic Computer Examiner • Desktop Support Tech • Web Developer • 3D Studio Max • and more

In partnership with Ed2go, MiraCosta Community Education & Workforce Development provides detailed program outlines, descriptions, and demos at careertraining.ed2go.com/MiraCosta.

Many programs offer FREE tuition for qualified students. For more information call **760.795.6820**.

Leadership Academy

An Introductory Course for Supervisors—Become Effective Leaders

This four-week course covers the basic fundamentals of leadership, preparing emerging leaders to adopt a new role as employee-focused leaders. The program covers the latest tools on employee motivation, empowerment and communication to achieve a solid relationship of collaboration, trust and commitment between supervisor and employee. In-class activities will allow for hands-on experience on lessons learned during the course. Attendees will gain skill sets that will improve workplace communication; allowing employees to show more positive engagement, deeper commitment, and a stronger dedication to their jobs.

- Employee motivation: Discover what drives employees, the key to effectively motivating and encouraging employees to achieve higher levels of performance. Inspire creativity in the hearts and minds of everyone on the team.
- Leadership styles and employee assessments: Understand the different types of employees, what motivates them, and how to best supervise these individuals. Recognize the different personality types and how to best match a person with a job or situation.
- Delegation and empowerment: Learn hands-on techniques to effectively delegate and empower employees to achieve high levels of employee commitment. Supervisors also will learn the advantages of delegating appropriately and the links between motivation and empowerment.
- Communication: Master communication skills and practice active listening. Receive tools to prevent employee confrontations and diffuse conflicts. Practice how to communicate effectively and what to say (and avoid saying) when communicating in the workplace.

Fee: \$60/class or \$200 for all four sessions.

Instructor: Joseph Molina

Location: Technology Career Institute
2075 Las Palmas Drive, Carlsbad

Time: 4 Thursdays, 9/22–10/13, 6:30–8:30 PM

Human Resources Certificate Program



Our HR Certificate Program is appropriate for individuals who are not yet HR professionals and for HR veterans who wish to update their skills. This program was developed to enable participants to complete their studies in just three days. This program has been approved for 22.5 general recertification credit hours toward PHR, SPHR and GPRH recertification through the Human Resource Certification Institute (HRCI). All content is designed to address core HR competencies:

- History and role of human resources in today's workplace
- Creating and administering an effective HR department
- Compensation, benefits and retirement programs
- Staffing (recruiting & retention) strategies
- Employment law & compliance hot topics
- Effective employee relations and termination

Fee: \$98/class or \$530 for all six sessions.

Instructor: Nadia Ardebili

Location: Technology Career Institute
2075 Las Palmas Drive, Carlsbad

Time: 3 Fridays, 9/9–9/23, 8:30 AM–12:30 PM and 1:30–5:30 PM

Explore 100 Home-Based Business Ideas

Are you tired of working for someone else? Do you need to make more money? You will learn.

- What it takes to be an entrepreneur
- Mandatory home business paperwork
- Details for 100 home business ideas
- How to take tax Deductions (this workshop Included)
- All about business marketing, networking, and publicity

This is probably the most comprehensive business startup workshop you will ever find, so if you really want to succeed in a home business, this step by step session is a must!

Fee: \$49

Supplies: A \$20 material fee for three booklets will be collected in class.

Instructor: LeeAnne Krusemark

Location: Oceanside Campus, Room 3511

Time: 1 Wednesday, 9/14, 6–8 PM

Make Money at Home as a Virtual Assistant

Use your clerical skills and computer knowledge to make money at home as a Virtual Assistant. Having already learned all about home-based business success (participants must have attended "Explore 100 Home-Based Business Ideas"), you will then discover the secrets to profits as a Virtual Assistant, including

- How and where to find clients
- Many ways to advertise/market your services
- Effective home office equipment choices

Be your own boss, set your own hours, and have the opportunity to make more money than you ever did before by attending this workshop.

Fee: \$29

Supplies: A \$10 material fee for two booklets will be collected in class.

Instructor: LeeAnne Krusemark

Location: Oceanside Campus, Room 3511

Time: 1 Wednesday, 9/14, 8–9 PM

Make Extra Income—DMV Auto Wholesale Business from Home

Learn how to make extra income buying and selling wholesale cars as a home-based business. You will learn six techniques that can earn you \$3,000 selling just one to three cars a month. Learn how to get your auto dealer license and how to operate a profitable used car business. Find out the how and where of buying at wholesale prices and how to sell at retail for a very good profit. You'll get a FREE list of all the 300+ dealer-only auctions in the USA where automobiles are sold below wholesale. This class is DMV-approved and you'll receive a DMV certificate of completion at the end of the class.

Fee: \$89

Supplies: A \$25 material fee will be collected in class. Please bring a notebook and pen to class

Instructor: Wayne Williams

Location: Oceanside Campus, Room 3102

Time: 1 Monday & 1 Tuesday, 10/15, 6 PM–9 PM



Voice-Overs...Now is Your Time!

FORMER SAN DIEGUITO

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Lisa Foster's voice can be heard on commercials and narrations for such clients as Crest Toothpaste, Olay Cafe Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Fee: \$35

Instructor: Lisa Foster

Location: San Elijo Campus, Room 306

Time: 1 Thursday, 7/14, 6–8 PM





**MIRACOSTA
COMMUNITY EDUCATION**

MiraCosta Community Education classes, trips and programs make GREAT gifts for the hard-to-shop-for friend and/or loved one.

Call 760.795.6820 to get your gift certificate for a specific class or let them choose their own.

NEW Beginning Upholstery



Learn the craft of upholstery this class will teach you the basic fundamentals techniques. Bring your own projects to learn on. This class will take you through fabrics, planning, terminology as well as using hand tools for upholstery. This is an interesting and informative hands on class. Suitable for those who are entering the field as well as the DIYer.

Wing Chairs, Side Chairs, Dining Chairs, Stools, Benches, Ottomans, Cushions, and Upholstered Accessories Recommended in this beginning class. Those of you entering the field will begin to prepare your Professional Portfolio. Together we will plan your procedure and list materials needed to learn the art of upholstery.

Topics are:

- Tools terms and supplies
- Overview of sewing machines
- Measuring and estimating
- Pattern layout (charting)
- Selecting fabrics

Demonstrations may have handouts. Please bring binder and paper for notes. Please note upholstery of sofas and large items are reserved for advanced students. Resources for your supplies will be given.

Fee: \$125

Supplies: Limited supplies included

Instructor: Mary Cortmyer

Location: Landes Recreation Center
2855 Cedar Road, Oceanside

Time: 8 Mondays, 9/12–11/7, 5–9 PM
No class on 10/31.



NEW Advanced Upholstery

Advanced students will build on their intermediate knowledge and will be learning additional as well as more difficult and technical techniques. You will learn about styling in general and will learn to identify many types of fabrics as well as furniture styles. You will also be taught to identify and furniture building techniques and construction. Advanced students will also learn a working knowledge of finishes and minor wood restoration. Those of you entering or in the field will be adding to your current portfolio as well as editing its content as your skills have improved. You will also be compiling a notebook of suppliers, cost sheets, as well as handouts on quoting etc.

Demonstrations may have handouts. Please bring binder and paper for notes. Please note upholstery of sofas and large items are on a scheduled (1 item at a time) and most importantly a proven skills basis.

Fee: \$185

Supplies: Limited supplies included

Instructor: Mary Cortmyer

Location: Landes Recreation Center
2855 Cedar Road, Oceanside

Time: 8 Saturdays, 9/10–10/29, 9 AM–3 PM



Become a Notary Public the Smart Way—In One Day!

Learn new 2016 laws!

Making more money is never a bad idea and it shows your amazing initiative. Establish yourself as a notary public, earn additional income and provide a service to your community. Successful notaries provide a valuable service to their company, friends, and private clients. Our intensive, six-hour seminar is designed to equip you with everything you need to know to become a safe and effective notary public. You will find out about new legislation as well as how to pass the test (must be taken every four years), identify document signers, keep a journal, fill out certificates and avoid lawsuits. After becoming a Notary, train to become a Loan signing Agent and make \$200 to \$400 per signing. You'll be a part of a rewarding and lasting career. Must be at least 18 years old and have a clean record.

Note: You are automatically registered for the official state exam directly following the seminar. You must bring a \$40 check or money order payable to the Secretary of State to take the exam. (see box regarding the notary test).

Fee: \$99

Supplies: A \$30 material fee will be collected in class.

Instructor: Notary Public Seminars, Inc.

Location: Oceanside Campus, Room 3205

Time: 1 Saturday, 10/8, 8 AM–6 PM

Note: Due to state regulations, no one will be admitted to the classroom after 8:30 AM. In addition, you must be on time when returning to the classroom from a break. Refunds will not be issued.

Renewing Notaries

Three-hour, state-required seminar

Take a three-hour, approved notary refresher course. We will review all laws and regulations you are required to know to continue as a notary. You must take the exam and be fingerprinted again. Your commission must be current to be eligible for a renewing class. A six-hour approved course must be taken first.

Note: You are automatically registered for the official state exam directly following the seminar. You must bring a \$40 check or money order payable to the Secretary of State to take the exam. (see box regarding the notary test).

Fee: \$50

Supplies: A \$30 material fee will be collected in class.

Location: Oceanside Campus, Room 3205

Time: 1 Saturday, 10/8, 12:45–6 PM

Notary Testing

For those students who need just the notary exam—either preregister with MiraCosta College Community Education, or pay at the door. A six-hour approved course must be completed before you are eligible to take the notary exam (see box regarding the notary test).

Fee: \$25

Location: Oceanside Campus, Room 3205

Time: 1 Saturday, 10/8, 3:45–6 PM

For regular notary, renewing notary, and those taking just the test, Cooperative Personnel Service will register you for the exam from 3:45 to 4:45 PM. The exam will be from 4:45 to 5:45 PM. If you are taking the exam, you will need the following: \$40 check made payable to "Secretary of State," current CA driver's license with photo or state-issued ID card, a 2" x 2" color photo of yourself, and two #2 pencils. If you took your notary class online, you MUST have your certificate of completion with you. Fingerprints are required after you pass the exam.

Become a Certified Loan-Signing Agent

California's real estate industry is in need of notaries and others who would like to become loan document specialists. No need to be a commissioned notary or have the results of your exam in order to take this course. You must, however, have taken a notary class in order to enroll in this workshop. Find out how to contact the most profitable businesses and who your primary contact should be; get signed up with successful signing services/agencies and build your own business. We take you through a practice loan package where you'll learn how to properly notarize loan packages. Additionally, you will learn how to negotiate your fee and advertise yourself in your market, get called back and brand yourself as a professional. No tests are needed or given to become a loan-signing agent. **BONUS:** Free listing of 50 loan-signing companies.

Fee: \$99

Supplies: A \$40 material fee and a \$20 certificate fee will be collected in class.

Instructor: Notary Public Seminars, Inc.

Location: Oceanside Campus, Room 3104

Time: 1 Saturday, 10/15, 9 AM–4 PM

Nature Hikes for Children & Parents/Caregivers

FORMER SAN DIEGUITO

Take your children into the great outdoors and experience and explore the world through their eyes! This class is great for children from birth to age 6 years with a parent or caregiver. Class is led by educator Rebecca Selk Levin, who has many years of experience teaching children of all ages both in and out of the classroom. The hikes go at the pace of the children with many stops, to look, listen and smell! And of course, there are Songs, Stories, and Snacks along the trail! Don't miss out as we take advantage of the beautiful open spaces in our own backyard that is San Diego's North County.

Note: You will receive a syllabus for all the locations on the first day of class. Make up day is scheduled on 10/25 only if it rains on the scheduled day/time.

Fee: \$94 for adults.

Instructor: Rebecca Selk Levin

Location: Oak Crest Park, Encinitas

Time: 5 Tuesdays, 9/13–10/18, 9:30–11:30 AM
No class on 10/4.

SAT Preparation Workshop

Give yourself the best advantage you can when you take the SAT. This may be one of the most important tests you ever take. This 20-hour course is designed to offer students a thorough overview of the exam. The program will familiarize you with each question type and teach you strategies for all sections of the exam. You will receive in class and home study materials, and will be given ample opportunity for practice and discussion.

Note: Parents are encouraged to register and participate with their children.

Fee: \$199

Supplies: Students must purchase 2016 The Official SAT Study Guide by College Board (ISBN: 978-145 7304309) prior to the start of class. Students should also bring a notebook, calculator, pen and pencil to class.

Instructor: TBA

Location: Oceanside Campus, Room

Time: 4 Saturdays, 9/10–10/1, 9 AM–2 PM

Location: San Elijo Campus, Room

Time: 4 Saturdays, 10/8–10/29, 9 AM–2 PM



NEW Making Your Website Accessible—Increase Website Traffic!

You've created this amazing website. But nobody is coming to it. How do you market it? How do you get people to show up? Find out in this class. You will need a WordPress website with a blog to attend this class. You will learn SEO basics for your pages and posts, how to choose images for your posts and how to optimize your post, pages and images for search. You will leave the class with a good working knowledge that will help your website increase the traffic it deserves.

Note: Students must already have a blog, or have already taken "Create a Website with WordPress" class.

Fee: \$80

Instructor: Amy Hall

Location: San Elijo Campus, Room 108

Time: 2 Saturdays, 9/24 & 10/1, 9 AM–12 PM

Creating a Website with Wordpress

Students learn the basic principles of creating a website with WordPress.com and WordPress.org. WordPress.com will be used in class because it's free and easy to set up. No special software is necessary and WordPress.com can run on Windows or Mac computers. WordPress is user friendly; provides good search engine optimization; and has lots of free online support. In addition, it's easy to update your content online and set up your site with a professional theme. Come see why there are over 56 million WordPress sites in the world!

Fee: \$80

Supplies: Students should have an idea of how the website will look and the content it will contain. Bring sack lunch.

Instructor: Amy Hall

Location: San Elijo Campus, Room 108

Time: 1 Saturday, 9/17, 9 AM–3 PM

ATTENTION COMPUTER STUDENTS

You are required to bring a backup medium for your files. We recommend at least an empty 2 GB USB flash drive.



Selling Your Stuff Online

Are you looking to get rid of books, furniture, jewelry or electronics? In this course, students will learn how to use Facebook, Amazon, Craigslist and eBay so that they can buy and sell. Taking photos and uploading them also will be taught. Students also will learn how to get more people to view their items and how to advertise them through social media sites. Through step-by-step demonstrations, become familiar with where to post what, how to create exciting ads, and other useful tips.

Fee: \$39

Supplies: A \$5 material fee will be collected in class. Please bring a notebook, pen, and digital pictures of products you might like to sell (on USB flash drive).

Instructor: Jonathan Sandoval

Location: Oceanside Campus, Room 4607

Time: 1 Saturday, 9/17, 9 AM–12 PM

Beginning Adobe InDesign

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In this Adobe InDesign class, we'll explore newsletters, brochures and more! Some of the techniques and tools used include the Selection tool, Type tool, Strokes & Fills, Master Pages and linking files. The program is the same for Mac and PC users. Prerequisite: Must have some computer skills.

Fee: \$74

Instructor: Tony Lasley

Location: San Elijo Campus, Room 112

Time: 7 Mondays, 9/12–10/24, 7–8 PM

Beginning Adobe Photoshop

With the CS6 Photoshop version, learn how to use the computer to change and edit your photos. Crop, select, transform a photo, and add filters with text. Learn the basics of the tools, painting, layers and masks to add special effects to photographs and other images. Student projects may include a post card and basic photo retouching. The program is the same for Mac and PC users. Prerequisite: Must have computer and mouse skills.

Fee: \$74

Instructor: Tony Lasley

Location: San Elijo Campus, Room 107

Time: 7 Mondays, 9/12–10/24, 5:30–7 PM

Fee: \$65

Instructor: Gary Koop

Location: San Elijo Campus, Room 112

Time: 2 Saturdays, 10/8–10/15, 9 AM–12 PM

Introduction to QuickBooks

Throughout this course, you will have hands-on experience using QuickBooks Pro, software designed to help small- and medium-sized businesses maintain their financial data with ease and accuracy. You will begin with an introduction to basic accounting fundamentals, how to maneuver through the software easily, and basic file management principles. Then you will learn the basic skills needed to effectively deal with customers, vendors, banking transactions and what happens "behind the scenes" as QuickBooks helps you manage financial data including reports such as the Balance Sheet and Profit & Loss. Throughout this course, the instructor will address your real-life bookkeeping issues in your business.

Fee: \$105

Supplies: A \$10 material fee will be collected in class. Students should bring a USB flash drive.

Instructor: Mary Ann Wallner

Location: San Elijo Campus, Room 112

Time: 2 Saturdays, 9/10–9/24, 9 AM–1:30 PM
No class on 9/17.

Microsoft Excel for the Business Professional

Students must be familiar with the basics of Microsoft Excel.

In this workshop, you will move beyond opening a spreadsheet and typing in values. Topics include:

- Create user-friendly worksheets through the use of Cell and Table Style galleries to quickly format your spreadsheet the way you want.
- Create and manipulate informative databases and workbooks.
- Use Excel's conditional formatting feature.
- Create reports and interactive charts and PivotTables.
- Write powerful math formulas that will help you perform complex math functions, make decisions, and look up values in a table.

Fee: \$75

Supplies: A \$10 material fee will be collected in class. Students should bring a USB flash drive.

Instructor: Mary Ann Wallner

Location: San Elijo Campus, Room 112

Time: 2 Saturdays, 12/3 & 12/10, 9 AM–1 PM

Microsoft Excel— One Step Above the Basics

Students should know how to use the keyboard and mouse, and know how to open and save a file. For those students not using Excel on a regular basis, we encourage you to sign up for the MS Office Suite. In this class, learn through easy-to-understand instructions how to create and edit basic worksheets and workbooks in order to give you a solid understanding of the basic functionality of Excel when completing tasks. Learn how to make your spreadsheets more professional, write basic mathematical formulas, sort and analyze data, create charts and graphs, and more!

Fee: \$75

Supplies: A \$10 material fee will be collected in class. Students should bring a USB flash drive.

Instructor: Mary Ann Wallner

Location: San Elijo Campus, Room 112

Time: 2 Saturdays, 10/29 & 11/5, 9 AM–1 PM

Microsoft Office Suite

Essential training on Word, Excel and PowerPoint for businesses and working from home on a PC.

Day 1: MS Word. Students will use real world examples to learn the core features and tools. Learn how to orient yourself to the Word 2013 interface, then delve into the functionality at the heart of Word: creating, editing, and formatting documents. Learn how to proof documents, work with tables, use document styles, layout pages, and illustrate documents.

Day 2: MS Excel. Learn tips and shortcuts to increase efficiency and get the full power out of Excel. Get more familiar with the Ribbon and Quick Access toolbar; navigate workbooks and selecting cells; learn tips for data entry and editing; get the basics of how to utilize Excel formulas and spreadsheet formatting; work with charts; sort data; and much more!

Day 3: PowerPoint. Engage an audience with images, charts and diagrams in a professional presentation. This course covers how to start a presentation from scratch; apply slide layouts for consistency; rearrange slides; run a presentation for an audience; format; add and customize with photos, clip art, tables, charts; and print your presentation.

Fee: \$140

Supplies: A \$10 material fee will be collected in class. Students should bring a USB flash drive.

Instructor: Mary Ann Wallner

Location: Oceanside Campus, Room 4607

Time: 3 Saturdays, 10/1–10/15, 9 AM–1 PM

MiraCosta College Technology Career Institute



ONLINE LEARNING. ENROLL TODAY!

Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment. Our courses and programs are highly engaging and relevant and our instructors are interactive and support you through the curriculum. Choose from our growing catalog of Instructor-Led Courses designed to teach you a new skill or refresh a current one or our Career Training Programs geared to place you into a new career in an in-demand field.

Online Courses

- Instructor-Facilitated
- 24-Hour Access
- 6 Weeks of Instruction

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. The course is available to you anytime, anywhere.

Popular Courses:

- Accounting Fundamentals
- Creating Web Pages
- Medical Terminology: A Word Association Approach
- Speed Spanish
- Introduction to Microsoft Excel
- And more...

Career Training Programs

- One-On-One Instructor Assistance
- 24-Hour Access
- All Materials and Books are Included!

Prepare for employment in some of today's hottest careers. Our online Career Training Programs are comprehensive, affordable, and self-paced. You can begin these Programs at any time and learn at your own pace.

Popular Programs:

- Medical Billing and Coding
- CompTIA™ A+ Certification Training
- Six Sigma Black Belt
- Building Analyst Quick Start Program
- Medical Transcription
- Travel Agent Training
- And more...

Community Education online classes offered through our partnership with Ed2Go are NOT FOR CREDIT. Call **760.795.6820** for more information.

Enroll, pay and easily access your course at **ed2go.com/miracosta**

The Best Program in North County

To get your driver's license in the State of California, there are **two requirements** if you are under 18: 1) **Classroom Driver Education** and 2) **Behind-the-Wheel Driver Training**. MiraCosta College offers both! Students must be at least 15 in order to take driver education classes and 15 ½ to take behind-the-wheel training.

OUR PACKAGE DEAL*: Sign up for both programs at the same time and pay **\$360**. This is a \$30 savings! Individually, Driver Education is **\$90** and Behind-the-Wheel is **\$300**.

Classroom Driver Education

Fee: \$90

Certificated instructors interact with students, use guest speakers, contemporary audio/visual aids, and the newest edition of *License to Drive*. Please call 760.795.6825.

MiraCosta College Oceanside Campus

1 Barnard Drive, Oceanside

Saturdays, 8 AM–3:15 PM, Room 3201

- 9/10–9/24 and 10/1
- 10/8–10/29
- 11/5–11/19 and 12/3–12/10

MiraCosta College San Elijo Campus

3333 Manchester Avenue, Cardiff

Saturdays, 8 AM–3:15 PM, Room 401

- 9/10–9/24 and 10/1
- 11/5–11/19 and 12/3–12/10

Adult Driver Training

Fee: \$323

(18 years of age and older)

Six hours of one-on-one instruction. Lessons consist of three days of training, two hours per day. The instructor will pick you up at your home. You must have a valid California learner's permit to sign up. Register by phone with MasterCard, Visa or Discover card or come in person to Building 1000, at MiraCosta College's Oceanside Campus. Please call 760.231.1221 for more information.



Behind-The-Wheel Training

Fee: \$300

Six hours of one-on-one training

Students receive six hours of one-on-one instruction in our Behind-the-Wheel Driver Training Program. Convenient after school, evening, and weekend times available. Behind-the-Wheel Driver Training sessions meet at Carlsbad, El Camino, Rancho Buena Vista, and La Costa Canyon high schools plus MiraCosta College's Oceanside Campus and MiraCosta College's San Elijo Campus. All licensed instructors are professional and reliable. Satisfies all DMV and Department of Education license requirements. Please call 760.231.1221 for more information.



Pre-enrollment is required for both classroom Driver Education and the Behind-the-Wheel Driver Training programs. Please call 760.795.6825 for information or to request a registration packet. You can mail the registration form, come in person to Building 1000 at MiraCosta College's Oceanside Campus, register over the phone with a credit card, or register online at miracosta.edu/community. Please call 760.231.1221 for Behind-the-Wheel scheduling.

**Students taking advantage of our package deal will choose their dates for Behind-the-Wheel Training while taking Classroom Driver Education. You must complete the Behind-the-Wheel Driver Training Program within one year of completing Classroom Driver Education.*

We are pleased to announce that we offer:

Motorcyclist Training Course

Motorcycles provided

This training is designed primarily for beginning and inexperienced riders. This class is required by the DMV for any rider under the age of 21 seeking his or her first California motorcycle License. DMV certificates will be issued for successful completion of this course. Our motorcyclist training course includes 5 hours of classroom and 10 hours of on-cycle instruction.

- Classroom portion is from 6–9 PM.
- Riding portion is on Saturday and Sunday from 7 AM–noon.
- For military members, these courses meet the level 1, 2 and 3 requirements of the military.
- Riders must have pants, a long sleeve shirt, and footwear that covers the ankles.
- Taking this course may allow you to have the riding portion of the DMV test waived.
- Show your completion card to your insurance agent for a possible discount on your motorcycle insurance.
- You must be at least 15 1/2 years old. If you are under 18 years of age, you must have parental permission and they must sign the waiver.
- We provide the motorcycles. We can also loan a helmet and gloves if necessary.

Offered at the MiraCosta College Oceanside Campus.

Fee: \$258 or \$180 (if under 21)

For upcoming dates go to:

inlandvalleymotorsportstraining.com

To enroll, please call 760.207.2171

Balance/Coordination for Seniors | FORMER SAN DIEGUITO

Simple, safe but challenging exercises designed to improve balance and coordination. They will include exercises to improve muscle strength of the "core" as well as overall muscular strength. Participants will move in often unpracticed ways such as backwards, tilting and turning. Fall prevention and recovery will be practiced throughout the course.



Fee: \$42

Instructor: Colleen Soto

Location: La Colonia Park, Recreation Room

Time Options:

12 Fridays, 9/9–12/9, 10–11 AM

12 Wednesdays, 9/7–12/7, 10–11 AM

No class on 10/19 & 11/23.

Fitness Active Older Adult

FORMER SAN DIEGUITO

Work out with energetic, active adults. This class is a total body workout that includes multilevel aerobic exercises, resistance/weight training and stretch/flexibility exercises. The exercises are specific for improving and maintaining quality of life and injury prevention. Each class will focus on cardiovascular exercises for the heart and lungs, weight training for strength and bone density, balance and range of motion exercises and floor work for abs/core and back strength. All participants are encouraged to challenge their individual fitness level to maintain and improve overall health. This class is geared to the senior exerciser seeking improved strength, vitality and an active lifestyle.

Fee: \$70

Supplies: Please bring a thick exercise mat to class. Most yoga mats are too thin for the floor work. Bring a water bottle and wear comfortable workout shoes and clothes

Location: La Colonia Park, Recreation Room

Time Options:

20 sessions / Mondays, Wednesdays, Fridays
9/7–10/21, 7:45–8:45 AM

20 sessions / Mondays, Wednesdays, Fridays
9/7–10/21, 9–10 AM

Low Impact Chair Fitness

FORMER SAN DIEGUITO-OLDER ADULTS

This course provides an opportunity for individuals to improve overall health and fitness through participation in enjoyable physical activity. The course includes a low-impact aerobic exercise warm-up, weight training, core body strengthening and stretching exercises all set to upbeat music. Emphasis is on safety, proper body alignment, appropriate exercise intensity, and control of movement. The exercises may be performed in a standing position or while seated. The course is designed to address the specific needs of the senior population.

Fee: \$42

Supplies: Students are encouraged to wear comfortable clothing and supportive exercise shoes. Please bring hand held weights (some will be available on site but not guaranteed)

Instructor: Leslie Siegel

Location: Del Mar Powerhouse, Community Room

Time: 12 sessions / Tuesdays & Thursdays

9/6–10/13, 10–11 AM

Fee: \$53

Location: Del Mar Powerhouse, Community Room

Time: 15 sessions / Tuesdays, Thursdays

10/25–12/15, 10–11 AM. No class on 11/24.

Physical Fitness Older Adults

FORMER SAN DIEGUITO

Come work out with energetic, active, seasoned adults. Our Class includes multi-level aerobic exercise, resistance training stretch/flexibility movements and final meditation. The exercises are specific for improving and maintaining quality of life and injury prevention. Each participant is encouraged to challenge his/her individual fitness level to maintain and improve overall health.

Fee: \$65

Supplies: Students are encouraged to wear comfortable clothing and supportive exercise shoes. Please bring hand held weights, towel, exercise mat and water to class.

Instructor: Leslie Siegel

Location: OceanAir, Gym

Time Options:

14 sessions / Mondays, Wednesdays, Fridays
9/7–10/7, 9:15–10:30 AM

14 sessions / Mondays, Wednesdays, Fridays
10/10–11/9, 9:15–10:30 AM

Fee: \$55

Time: 12 sessions / Mondays, Wednesdays, Fridays
11/14–12/16, 9:15–10:30 AM. No class on 11/21, 11/23, 11/25.

Fitness For Active Older Adults

FORMER SAN DIEGUITO

Combine fun with fitness as you work out with energetic, active adults. This class is a total body workout that includes multilevel aerobic exercises, resistance/weight training and stretch/flexibility exercises. The exercises are specific for improving and maintaining quality of life and injury prevention. Each class will focus on cardiovascular exercises for the heart and lungs, weight training for strength and bone density, balance and range of motion exercises and floor work for abdominals/core and back strength. All participants are encouraged to challenge their individual fitness level to maintain and improve overall health. This class is geared to the senior exerciser seeking improved strength, vitality and an active lifestyle.

Fee: \$42

Supplies: Please bring a thick exercise mat to class. Most yoga mats are too thin for the floor work. Bring a water bottle and wear comfortable workout shoes and clothes.

Instructor: Susan Bornhoff

Location: Del Mar Powerhouse, Community Room

Time: 12 sessions / Tuesdays, Thursdays

9/7–11/3, 9–10 AM

Fee: \$39

Time: 11 sessions / Tuesdays & Thursdays
11/8–12/15, 9–10 AM. No class on 11/24.

Core Barre

FORMER SAN DIEGUITO

Get in on the biggest fitness trend to slim, tone and reshape your body! Combining small, isometric movements with core ballet-inspired techniques, you'll experience a fast and effective way to sculpt and reshape arms, abs, buttocks, and thighs. Set to fun upbeat music you'll feel invigorated and energized. Great for both experienced and beginning students- modifications always shown and participants are encouraged to go at their own pace. End class with relaxing, yoga-inspired stretches to soothe the body and mind.

Fee: \$86

Supplies: Please bring yoga mat if possible.

Instructor: Lauri Loesch

Location: La Colonia Park, Recreation Room

Time Options:

6 Mondays, 9/12–10/17, 10:15 AM–11:30 AM

6 Mondays, 10/24–11/28, 10:15 AM–11:30 AM

T'ai Chi by the Sea—Level 1

FORMER SAN DIEGUITO

Perhaps you've heard of t'ai chi or watched a group of participants flowing to its gentle rhythms. Now, YOU too can learn all about t'ai chi in our class overlooking the beautiful, blue sea. Join other first-timers (and those who return again and again) to explore the world of t'ai chi, the ancient Chinese martial art long valued as a healing, meditative and defensive practice. Following yin/yang principles (the foundation of traditional Chinese medicine and acupuncture), t'ai chi promotes harmony, relaxation and balance. T'ai chi exercises condition your whole body and improve your mood, posture, concentration, coordination, circulation, strength and flexibility, while reducing stress and increasing your energy. The steps and movements ("five elements," "five animals," and basic qigong) are easily learned by everyone.

Fee: \$69

Supplies: Wear comfortable clothes and shoes.

Instructor: Mary Ann Sowards

Location: Fletcher Cove, Community Room

Time: 7 Fridays, 9/2–10/14, 8:45–9:45 AM

Fee: \$60

Location: Fletcher Cove, Community Room

Time: 6 Fridays, 10/21–12/9, 8:45–9:45 AM

No class on 11/11, 11/25.

Fee: \$69

Location: Del Mar Powerhouse, Recreation Room

Time: 7 Mondays, 9/2–10/24, 9:15–10:15 AM

Fee: \$60

Location: Del Mar Powerhouse, Recreation Room

Time Options:

6 Mondays, 10/31–12/5, 9:15–10:15 AM

6 Mondays, 10/24–11/28, 11:30 AM–1 PM



T'ai Chi by the Sea—Level 2

FORMER SAN DIEGUITO

New Horizons! Learn the 24-Movement Yang-style form. This T'ai Chi system of holistic exercises underlies many of the ancient martial arts. It is recognized as a gentle form of practice that reaps many health benefits. It promotes physical fitness, mentally-relaxed alertness, stress reduction and self-defense. Based on the traditional Chinese principle of the yin-yang harmony of the Universe, this form combines activation of the vital internal "chi" energy with the 24 graceful, smoothly-flowing movements. This movement stimulate blood circulation, corrects posture and restores whole-body balance. It is practiced as a defense, health, and meditative art.

Fee: \$69**Supplies:** Wear flat, non-skid shoes.**Instructor:** Mary Ann Sowards**Location:** Fletcher Cove, Community Room**Time:** 7 Fridays, 9/2–10/14, 10–11 AM**Fee: \$60****Time:** 6 Fridays, 10/21–12/9, 10–11 AM*No class on 11/11, 11/25.***Soulfull Yoga**

FORMER SAN DIEGUITO

A beautiful hatha yoga flow to increase flexibility, tone and strengthen muscles, while creating a state of inner awareness and well-being. The perfect balance body, mind and spirit. Appropriate for beginners as well as advanced students who want to build core power through slow movements with attention to alignment.

Modifications shown.

Leave calm, refreshed and invigorated and inspired.

Fee: \$86**Supplies:** Please bring yoga mat and a towel or other props.**Instructor:** Lauri Loesch**Location:** La Colonia Park, Recreation Room**Time Options:**

6 Mondays, 9/12–10/17, 11:30 AM–1 PM

6 Mondays, 10/24–11/28, 11:30 AM–1 PM

**Pilates/Yoga Fusion**

FORMER SAN DIEGUITO

Do you want an invigorating yet calming workout but can't decide between Yoga and Pilates? Now, you don't have to! This class format combines core stability benefits from Pilates and peace of mind aspects from Yoga. Both disciplines will strengthen, tone and elongate your muscles as well as focus and calm your mind. The class ends with a traditional relaxation pose to renew mind, body and spirit.

Fee: \$63**Supplies:** Please bring yoga mat, towel and water. Participants should be able to transition from standing to laying down position.**Instructor:** Carolyn Cretella**Location:** Carmel Valley Middle School, Room 240**Time:** 7 Thursdays, 9/1–10/13, 5:45–7 PM**Fee: \$63****Time:** 5 Thursdays, 10/20–12/8, 5:45–7 PM*No class on 10/27, 11/24 and 12/8.***Pilates Mat Class**

FORMER SAN DIEGUITO

Pilates Mat Class is a total body workout done on a mat with resistance exercises and no impact to the joints. The exercises challenge your core, as well as stretching and strengthening your entire body. This class is taught in a focused and fun environment for all to benefit and enjoy. You will leave this class feeling stronger, energized and ready to start your day!

Fee: \$69**Supplies:** Please bring exercise mat to class.**Instructor:** Geri Jones**Location:** Fletcher Cove, Community Center**Time Options:**

7 Thursdays, 9/8–10/20, 9:15–10:15 AM

7 Thursdays, 10/27–12/15, 9:15–10:15 AM

No class on 11/24.

7 Mondays, 9/12–10/24, 10:15–11:15 AM

7 Mondays, 10/31–12/12, 10:15–11:15 AM

The Alexander Technique

FORMER SAN DIEGUITO

Reduce stress, look better, feel better and move with effortless grace. Used by the most famous actors and musicians to carry themselves with grace and ease and increase their skill at anything. British Medical Journal studies show it to be the most effective and economical treatment for back pain. Whether you have muscle aches and pains or just want to improve your posture, you can benefit from the Alexander Technique. Come learn and experience what you can do for yourself to be an elegant, pain-free you!

Note: The Alexander Technique does not involve exercises.**Fee: \$43****Instructor:** Eileen Troberman**Location:** Sunset High School, Room A-4**Time Options:**

2 Saturdays, 9/17 & 9/24, 10 AM–12 PM

2 Saturdays, 10/29 & 11/5, 10 AM–12 PM

Karate for Self Defense

FORMER SAN DIEGUITO

We strive to strengthen body, mind and spirit, and faithfully transmit the art to future generations. Many students have achieved and benefitted from

physical improvements in endurance, stamina, flexibility, balance, and overall health. Classes are taught by multi-level, fully accredited black belt instructors who teach realistic self-defense and escape techniques in a safe and controlled environment. Regardless of current physical conditioning, you can benefit from and learn a practical method of self-defense. All ranks awarded are recognized by Shotokan Karate of America (SKA), a nonprofit educational organization founded in 1956 by Tsutomu Ohshima.

Fee: \$120**Instructor:** Darren Pike**Location:** San Dieguito High School Academy, Dance Room**Time Options:**13 sessions / Tuesdays, Thursdays, 9/6–10/18
6:30–7:30 PM13 sessions / Tuesdays, Thursdays, 10/20–12/6
6:30–7:30 PM. *No class on 11/24.***Adult Horsemanship**

English or Western style.

This is a wonderful opportunity for you to learn about horses, grooming, horsemanship, and to begin riding in a safe and beautiful environment. Horseback riding helps build confidence and responsibility, soothes and releases stress, provides exercise, and develops a strong bond between you and horses. All levels welcome, including the experienced rider who wants to get back in the saddle.

Note: Students must weigh under 200 lbs.**Fee: \$210****Supplies:** Bring water and sunscreen, and wear closed-toe shoes and comfortable clothes that can get dirty. All students will have to sign a waiver. Students between the ages of 15–17 must be accompanied by an adult and will need to have a parent or guardian sign a waiver.**Instructor:** Teri Cagle**Location:** Hoof Haven Farms, 4777 S. Mission Rd, Fallbrook**Time:** 6 Saturdays, 10/15–11/19, 11:30 AM–1 PM**Adult Golf Lessons**

Want to tee up with your friends, meet new people, or play with business associates? Come out to the beautiful Encinitas Ranch Golf Course to work with PGA professional Doug Timmons. Learn or get a refresher on the fundamentals of this great game so you never have to say no to a golf invitation again!

Fee: \$180**Supplies:** If you don't have your own equipment, the instructor will provide it for you.**Instructor:** Doug Timmons**Location:** Encinitas Ranch Golf Course, 1275 Quail Gardens Drive, Encinitas**Time:** 6 Saturdays, 10/1–11/15, 1 PM–2 PM

Golf—Women's Beginner

FORMER SAN DIEGUITO

This class is for ladies who are interested in learning about the game of golf in a relaxed group atmosphere. Golf is a game that can enhance your fitness, relationships and your resume. We will cover all the basics including the swing, etiquette, and basic rules so that you will feel comfortable going to the driving range or course to play with friends or for business. Enjoy the outdoors, fresh air, make new friends and learn a game that can be enjoyed for a lifetime.

Everything will be provided, just bring yourself and be ready to have some fun.

Fee: \$77

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time: 8 Tuesdays, 9/6–10/18, 9:45–10:45 AM

Fee: \$69

Time: 7 Tuesdays, 11/1–12/13, 9:45–10:45 AM

Golf—Women's Level 2

FORMER SAN DIEGUITO

Fore!!!! Are you finding yourself saying this too much? This class is designed for the lady golfer looking to improve their golf skills and achieve more consistency in all areas of the game while having fun and meeting new friends to play with. After reviewing the fundamentals, instruction will focus on using drills and simple training aids to start taking your game to the next level. There will be classes on putting, chipping, pitching as well as the full swing with the driver and irons. By the end of this class you will know why the ball goes left, right, high or low and how to fix it, so you can yell YEAH!!!, instead of FORE!!! Clubs and balls are included.

Fee: \$77

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time: 8 Tuesdays, 9/6–10/18, 11 AM–12 PM

Fee: \$69

Time: 7 Tuesdays, 11/1–12/13, 11 AM–12 PM

Golf—Level 1 Beginner

FORMER SAN DIEGUITO

The PERFECT class for beginners! This class keeps things simple and fun while introducing you to the basic fundamentals and understanding of the game of golf. It's great for your social, business and personal life, and can be learned at any age. Now is a great time to learn. This class will introduce you to the game and the shots and clubs used for each in a relaxed group atmosphere. We will cover the full swing, putting, chipping, pitching and the sand bunker shot, as well as cover basic rules and etiquette. Clubs and balls will be provided, so just bring yourself and get ready to have some fun and meet new friends.

Fee: \$69

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time: 7 Fridays, 9/9–10/14, 9–10 AM

Fee: \$77

Time: 8 Fridays, 10/21–12/16, 9–10 AM

No class on 11/25.

Golf Level 2 | FORMER SAN DIEGUITO

Fore!!!! Are you finding yourself saying this too much? This class is designed for the golfer looking to improve his/her golf skills and achieve more consistency in all areas of the game while having fun and meeting new friends to play with. After reviewing the fundamentals, instruction will focus on using drills and simple training aids to start taking your game to the next level. There will be classes on putting, chipping, pitching as well as the full swing with the driver and irons. By the end of this class you will know why the ball goes left, right, high or low and how to fix it, so you can yell YEAH!!!, instead of FORE!!! Clubs and balls are included.

Fee: \$69

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time Options:

7 Sundays, 9/11–10/23, 10:15–11:15 AM

7 Sundays, 10/30–12/18, 10:15–11:15 AM

No class on 11/27.

Golf—Short Game

FORMER SAN DIEGUITO

Have you heard the golf saying, "Drive for show, putt for dough?" It's the truth. Although it is fun to step up to a golf ball and hit it as hard and as far as you can, if you want to shoot good scores you have to have a good short game. This class will focus on all aspects of the short game such as putting, chipping, pitching, as well as the sand shot. Each week we will work on and learn new shots to hit around the greens and lower your scores. This class is a lot of fun. Sign up now and meet new friends and improve your game!

Fee: \$77

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time: 8 Sundays, 9/11–10/30, 9–10 AM

**Golf—Full Swing**

FORMER SAN DIEGUITO

Are you interested in learning the golf swing? Have you been playing a while and just can't find the consistency you are looking for? Want to cure that slice or hook? Come join me in the Full Swing fundamental class. This class will focus on the full swing only. We will go over the fundamentals of the golf swing, posture, grip, aim, swing plane, swing path. We will break the swing down and cover a different part every week including set up, back swing, transition, down swing and follow through. By the end of this class you will have a very good understanding of the golf swing and how to practice. Bring a smile, your instructor will provide the rest.

Fee: \$60

Supplies: A \$50 material fee will be collected in class.

Instructor: Scott Newman

Location: Encinitas Ranch Golf Course

Time: 6 Sundays, 11/6–12/18, 9–10 AM

No class on 11/27.

Tennis 1—Beginners

FORMER SAN DIEGUITO

Why not enjoy a game you can play all your life? Tennis is a great way to meet new people, have fun, stay healthy, live longer. Learn the basics of a great game, including forehand, backhand, groundstrokes, volley, lobs, overheads and serves, as well as rules, scoring, and etiquette. Tennis is an exercise you can enjoy. Join us and surprise yourself!

Fee: \$86

Supplies: A \$4 material fee will be collected in class for tennis balls. Bring a tennis racket, drink, hat/visor, sunscreen/sunblock.

Instructor: Andrew Cretella

Location: Canyon Crest Academy, tennis courts

Time: 6 Sundays, 9/11–10/16, 9–10:30 AM

Fee: \$73

Time: 5 Sundays, 10/23–12/4, 9–10:30 AM

No class on 11/13, 11/27.

Tennis 2 Clinic—Learn and Play

FORMER SAN DIEGUITO

This class is for those who play tennis, but want to learn to hit better and move faster. Designed to be more effective and more fun than just playing tennis, the class includes some instruction of traditional tennis plus special games designed to accelerate learning skills and techniques. Games include 4-Square, Olympics, and Offense/Defense. Join us and surprise yourself!

Fee: \$86

Supplies: A \$4 material fee will be collected in class for tennis balls. Bring a tennis racket, drink, hat/visor, sunscreen/sunblock.

Instructor: Andrew Cretella

Location: Canyon Crest Academy, tennis courts

Time: 6 Sundays, 9/11–10/16, 10:30 AM–12 PM

Fee: \$73

Time: 5 Sundays, 10/23–12/4, 10:30 AM–12 PM

No class on 11/13, 11/27.



NEW Ballroom 101

Learn to dance with confidence, grace, and style. This is a great class to brush up or learn new dances. This session, we are exploring the elegant Waltz, with its distinctive timing and class, and the upbeat swing. We will cover social dancing, and how to take the material we learn in class to an actual real life dance situation. No partner necessary.

Fee: \$79**Supplies:** Wear soft, smooth-soled shoes (no flipflops). Please bring a notepad and pen or pencil.**Instructor:** Ana Gloria**Location:** San Elijo Campus, Room 204**Time:** 7 Saturdays, 9/10–10/29, 9–10 AM
*No class on 10/8.***Introduction to Ballroom Dance**

FORMER SAN DIEGUITO

Be ready for your holiday parties with new dance skills and confidence! In this class, you'll learn the 5 main dance steps and several easy combinations to move gracefully to almost any style of music. You'll also learn proper lead and follow so you won't step on toes or get stepped on. By the end of class, you'll feel confident dancing basic moves in Foxtrot, Waltz, Rumba, and Swing, knowing which dance suits what style of music, and finding and sticking to a beat.

Fee: \$60**Note & Supplies:** Leather soled shoes recommended. Partners strongly recommended. There will be a small amount of changing partners**Instructor:** Liz O'Grady**Location:** La Costa Canyon High School Dance Room**Time:** 6 Mondays, 9/12–10/24, 6:30–7:30 PM
No class on 10/10.**Smooth Ballroom Dance**

FORMER SAN DIEGUITO

This class at La Costa Canyon High School rotates dances each session. For this session, the focus will be on Ballroom Foxtrot. Detailed, expert instruction from a world champion ballroom dancer will have you sailing around the floor in no time. We will work on lead and follow, proper form and some exquisite steps. Sign up with a partner or if you are interested in joining solo, please contact the instructor for availability. Great exercise and you'll never be bored at a wedding.

Fee: \$84**Supplies:** Wear soft, smooth-soled shoes (no flipflops).**Instructor:** Michelle Madore**Location:** La Costa Canyon High School, Dance Room**Time:** 7 Thursdays, 10/6–11/17, 7–8 PM**Sizziling Latin Dance**

Latin dance is very popular and easy to learn. Students will understand rhythm and timing, how to follow and lead-while at the same time enjoy Latin music. This session, we are covering the fun Salsa, the most popular Cha Cha with its distinctive timing and steps. This exciting class highlights the Latin-rhythm partner dances that can be danced at Latin clubs or at your won house party. No partner necessary.

Fee: \$79**Supplies:** Wear soft, smooth-soled shoes (no flipflops). Please bring a notepad and pen or pencil.**Instructor:** Ana Gloria**Location:** San Elijo Campus, Room 204**Time:** 7 Saturdays, 9/10–10/29, 10:15–11:15 AM
*No class on 10/8.***Location:** Oceanside Campus, Small Gym 5004**Time:** 7 Fridays, 9/9–10/28, 6:30–7:30 PM
*No class on 10/7.***Latin Partner Dance Class**

FORMER SAN DIEGUITO

This class at Fletcher Cove rotates dances each session. For this session, the focus is on the Spicy Salsa and Energetic Mambo. Expert Instruction from a World Champion Ballroom Dancer will have you feeling great on the dance floor quickly! Learn how to lead and follow, count the music and feel confident with fun and spicy patterns and steps. Great exercise and great fun! Sign up with a partner or contact the instructor if you are interested in joining solo.

Fee: \$84**Supplies:** Wear soft, smooth-soled shoes (no flipflops).**Instructor:** Michelle Madore**Location:** Fletcher Cove, Community Room**Time:** 7 Wednesdays, 10/5–11/15, 6–7 PM**Belly Dance "Gypsy" Attitude for Fun Fitness**

FORMER SAN DIEGUITO

Join us to learn feminine dance steps to beautiful Middle Eastern music. Great for improving core muscle strength, flexibility, coordination and fitness. Make new friends! Recommended for beginners and those with belly dance experience. Lebanese-Arabic style with "GYPSY" energy and attitude! Easy choreography will be taught. Wear a hip scarf with coins and shoes with leather or suede or cloth soles or socks. Instructor ("Sheerah") has been both a professional cabaret belly dancer and a gypsy belly dancer (Dunyavi Gypsy (Roma) Dance) since 1997 and her student troupe performs at local belly dance festivals.

Fee: \$69**Supplies:** Wear soft, smooth-soled shoes.**Instructor:** Vicki Deriso**Location:** Carmel Valley Middle School, Room 240**Time:** 7 Wednesdays, 9/14–10/26, 7:35–8:35 PM**Fee: \$60****Time:** 6 Wednesdays, 11/2–12/7, 7:35–8:35 PM**NEW Women's Ancient Indian ODISSI Dance**

Connect spiritually in these one of a kind dance classes to get a deeper understanding of the 2000 year old classical Temple dance associated with the practice of Hatha yoga and Bhakti yoga. Expand your horizons as you let your body move & flow beyond traditional yoga & meditation. If you have never danced before but feel restless with all the energy patterns created in yoga this would be the perfect fit. This beginner level class for Women is suitable for novices as well as those with a little dance background. You will have a lot of fun with like-minded Dance Bhakts as you work on mind, body & soul integration. This class is taught by top Indian dance professional who has performed all over the nation for more than a decade.

Fee: \$69**Note:** This course is only for women. Please wear loose yoga pants.**Instructor:** Nilanjana Banerjee**Location:** San Elijo Campus, Room 204**Time:** 7 Tuesdays, 9/13–10/25, 6:30–7:30 PM**Soul Line Dancing**

Make your body smile and feel rejuvenated while learning popular SOUL Line Dances choreographed to your favorite R&B, jazz, latin and blues tunes. Soul line dancing is easy to learn, doesn't require a partner and is great for all ages. Beginner and experienced dancers encouraged. No partner necessary.

Fee: \$75**Supplies:** Wear soft, smooth-soled shoes (no flipflops).**Instructor:** Pamela Jackson**Location:** San Elijo Campus, Room**Time Options:**

6 Thursdays, 9/1–10/6, 6–7:30 PM

6 Thursdays, 10/13–11/17, 6–7:30 PM



Club Line Dancing: Basics

COME ON OUT AND KICK UP YOUR HEELS!!! A fun energizing line dance class with Country, Pop and R&B music. Make new friends! Students will learn basic line dance steps to beginner line dances (ultra, mid & hi beginner levels). Improve cardio fitness, muscle strength, flexibility and coordination. Wear shoes to SLIDE around on the dance floor (leather or suede or cloth soles or socks). Instructor has been a line dance since 2001 and taught fitness dance classes for over 20 years. Learn dances done at local line dance clubs Incahoots, The Renegade, Temecula Stampede, The Cowshed, Moonshine Flats, etc.

Fee: \$69**Supplies:** Wear soft, smooth-soled shoes.**Instructor:** Vicki Deriso**Location:** Carmel Valley Middle School, Room 240**Time:** 7 Mondays, 9/12–10/24, 6:30–7:30 PM**Fee: \$60****Time:** 6 Mondays, 10/31–12/5, 6:30–7:30 PM**Club Line Dancing: Beg/Intermediate**

COME ON OUT AND KICK UP YOUR HEELS!! A fun, energizing line dance class with country, pop and R&B music. Make new friends! Dances taught will be high beginner/low-mid intermediate levels. Recommended for students with prior line dance experience. Improve cardio fitness, muscle strength, flexibility and coordination. Wear shoes to SLIDE around on the dance floor (leather or suede or cloth soles or socks). Instructor has been a line dancer since 2001 and taught dance fitness classes for over 20 years. Learn dances done at local line dance clubs Incahoots, The Renegade, Temecula Stampede, The Cowshed, Moonshine Flats, etc.

Fee: \$69**Supplies:** Wear soft, smooth-soled shoes.**Instructor:** Vicki Deriso**Location:** Carmel Valley Middle School, Room 240**Time:** 7 Wednesdays, 9/14–10/26, 6:30–7:30 PM**Fee: \$60****Time:** 6 Wednesdays, 11/2–12/7, 6:30–7:30 PM**Country Line Dance & Partner Dancing—Cowboy Cha-Cha**

Grab your cowboy boots and come join us for a good country time. From line dances such as the Cowboy ChaCha, Tush Push, Honkytonk and more! A great way to get ready for your country dance outing! Brush up on some old dances and pick up some new ones! Gain confidence and get onto the country dance floor. No partner necessary.

Fee: \$79**Supplies:** Wear soft, smooth-soled shoes (no flipflops). Please bring a notepad and pen or pencil.**Instructor:** Ana Gloria**Location:** San Elijo Campus, Room 204**Time:** 7 Saturdays, 9/10–10/29, 11:30 AM–12:30 PM
*No class on 10/8.***Swing Dance Class****FORMER SAN DIEGUITO**

East Coast Swing is a great dance to get you moving and having fun on the dance floor! It's the "classic" Swing and will be a very versatile dance. It's popular with bands of all kinds, at weddings, and events. Detailed instruction from a world champion ballroom dancer will get you where you want to be quickly! Grab a partner and sign up, or contact the instructor for availability of joining solo. Great exercise for men and women and a lot of fun! Stop being a wallflower and get up and dance!

Fee: \$84**Supplies:** Wear soft, smooth-soled shoes (no flipflops).**Instructor:** Michelle Madore**Location:** Fletcher Cove, Community Room**Time:** 7 Wednesdays, 10/5–11/15, 7–8 PM**Adult Beginning Ballet****FORMER SAN DIEGUITO**

Ballet is a beautiful art form, as well as a great workout for the body. You will learn basic through intermediate ballet technique with barre and across the floor work. It will strengthen and stretch your muscles, along with improving your posture and balance. This class is taught in a fun and enjoyable environment! Please wear workout clothing and socks or ballet slippers.

Fee: \$69**Instructor:** Geri Jones**Location:** FC, Comm. Center**Time Options:**

7 Mondays, 9/12–10/24, 11:30–12:30 AM

7 Thursday, 9/8–10/20, 10:30–11:30 AM

Italian Wine, Food, Culture, and Language (Fall Harvest/Holiday treats)

If you love everything Italian, then this class is for you! Immerse yourself in Italian food, wine and culture in this fun and delicious class including weekly wine tastings with wines from a variety of different regions of Italy. Enjoy olive oil, cheese, and various Italian food tastings. We will invigorate your senses with Italian music, art and film and take you away to known and unknown Italian lands weekly. Of course, those favorite Italian expressions you love so much will be here too. No formal Italian language skills are necessary for this class. All who love Italy are welcome.

Note: Must be 21 or older to register.**Fee: \$90****Supplies:** A \$35 material fee will be collected in class to cover wine, handouts, food, and utensils. Please bring notebook, pen, and a bottle of drinking water.**Instructor:** Kristin Maccarrone**Location:** San Elijo Campus, Room 406**Time:** 6 Tuesdays, 11/1–12/6, 6–8 PM**NEW For the Love of France**

As Audrey Hepburn once said "Paris is always a good idea" lover of all things French? Join sommelier Bridget Cheslock as we spend 6 weeks experiencing the treasures of France; its culture, food and most importantly its wine. We'll taste and learn of all the great wine regions such as burgundy, bordeaux and champagne and ones you may have never experienced before Viva la France!

Note: Please refrain from wearing strong fragrances or colognes, as they will interfere with your learning experience. Must be 21 or older to register.**Fee: \$75****Supplies:** A \$60 material fee will be collected in class. Please bring 3 wine glasses, pen & paper to each class.**Instructor:** Bridget Cheslock**Location:** San Elijo Campus, Room 406**Time:** 6 Mondays, 11/7–12/12, 6–8 PM**Wine 101**

New to wine? Been drinking for years but want to better understand what you are drinking? This class will help demystify wine. You will learn the basics of how it is made, how to read wine labels and list as well as taste from some of the most legendary regions in the world and ideal food pairings. Arm yourself with some go to options for the upcoming holiday.

Note: Please refrain from wearing strong fragrances or colognes, as they will interfere with your learning experience. Must be 21 or older to register.**Fee: \$75****Supplies:** A \$60 material fee will be collected in class. Please bring 3 wine glasses, pen & paper to each class.**Instructor:** Bridget Cheslock**Location:** San Elijo Campus, Room 406**Time:** 6 Wednesdays, 10/26–12/7, 6–8 PM
No class on 11/23.**NEW Cooking Healthy Fast Food Meals for Busy People**

Tired of fast food for you or your family because of busy lives? No time to search for healthy recipes? This class will show you how to make fast easy and healthy food. Plan ahead, shop smart and get on track with easy to follow recipes and delicious foods.

Fee: \$49. A \$15 material fee will be collected at the time of registration.**Supplies:** Please bring apron (optional).**Instructor:** Rain Hampton**Location:** San Elijo Campus, Room 406**Time:** 1 Tuesday, 10/4, 6:30–8:30 PM

NEW Cooking Ethnic foods with Healthy real food Options (Mexican/Italian)

Many delicious ethnic meals are filled with easy to change ingredients that still allow for flavor and culture yet punch up the healthy factor. Each class will feature a different region. One night will be all about turning Mexican food healthy and the other will be Italian foods. Delicious and lots of yummy food to taste and take home.

Fee: \$69. A \$25 material fee will be collected at the time of registration.

Supplies: Please bring apron (optional).

Instructor: Rain Hampton

Location: San Elijo Campus, Room 406

Time: 1 Tuesday & 1 Thursday, 10/11-10/18 6:30-8:30 PM

**NEW** Holiday Healthy Cooking and Entertaining

Get ready for the holidays with a healthy twist on the festivities. We will prepare delicious options for entertaining guest so that they leave with a smile and not extra pounds. These easy recipes can be used at your party or can impress you hostess when you bring your plate of healthy and scrumptious dish at the holiday party.

Fee: \$49. A \$15 material fee will be collected at the time of registration.

Supplies: Please bring apron (optional).

Instructor: Rain Hampton

Location: Torrey Pines High School, HE1

Time: 1 Thursday, 11/17, 6:30-8:30 PM

**NEW** Main Dish Salads and Dressings

Turn your salad into mouth-watering and fulfilling meal with easy to learn recipes. Throw away all your dressing bottles! Learn the simple 3 steps to master dressings that will save you money and turn your salad into a bowl of healthy deliciousness!

Fee: \$49. A \$15 material fee will be collected at the time of registration.

Supplies: Please bring apron (optional).

Instructor: Rain Hampton

Location: San Elijo Campus, Room 406

Time: 1 Saturday, 10/1, 10 AM-12 PM

**NEW** 5 Ingredients or Less

Become a master chef of fast, fresh and flavorful dishes using just 5 ingredients! We will whip up one appetizer, entrée and dessert using just 2 ingredients each.

Fee: \$49. A \$15 material fee will be collected at the time of registration.

Supplies: Please bring apron (optional).

Instructor: Rain Hampton

Location: Torrey Pines High School, HE1

Time: 1 Thursday, 12/1, 6:30-8:30 PM

NEW Meatless Tuesdays: A Taste of Europe

Vegan Schnitzel? Yea right. Creamy Alfredo without butter or heavy cream? There's no way. Join Chef Gina as she shows show you meatless substitutions for these classic dishes in a fun, hands-on class that will take you on an European culinary tour with mouth-watering recipes the whole family will love. Previous kitchen or cooking experience is not required.

Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 10/18, 6:30-8:30 PM

NEW Meatless Tuesdays: Asian Cuisine

A Japanese dashi that's vegan? Hai, sayonara fish sauce. What, a meatless Banh Mi sandwich? Of course and it's soy delicious! Join Chef Gina as she shows you meatless substitutions for these classic dishes in a fun, hands-on class that will take you on an Asian culinary tour with mouth-watering recipes the whole family will love. Previous kitchen or cooking experience is not required.

Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 11/15, 6:30-8:30 PM

— THE ART OF RAW CUISINE —

Raw foods are plant-based, uncooked foods the way nature provides it to us. Raw foods provide a full range of enzymes, vitamins, minerals, oxygen, fiber, and other nutrients required for optimal health. Cooking means heating anything beyond 116° F. At this temperature enzymes in food begin to be destroyed and our bodies have to work harder to digest the foods.

NEW The Art of Raw Food Cuisine: Sauces and Dips

In this hands-on class you will make amazing raw sauces, and dips that will transcend your meals to another level. Learn about herbs and spices and the 5 elements of flavor – sweet, sour, salty, bitter, and umami – in order to create mouthwatering meals.

Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 9/6, 6:30-8:30 PM

NEW The Art of Raw Food Cuisine: Main Entrees

In this hands-on class you will make mouthwatering raw entrees such as pastas, wraps, and rolls, as well as side dishes that will wow your friends and family. Learn about the different techniques to prepare them.

Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 9/20, 6:30-8:30 PM

NEW Meatless Tuesdays: South American Cuisine

Vegan Ceviche? Nothing fishy about that. Empanadas Argentina's? Make no beef about it, it's delicious. Join Chef Gina as she shows you meatless substitutions for these classic dishes in a fun, hands-on class that will take you on a South American culinary tour with mouth-watering recipes the whole family will love. Previous kitchen or cooking experience is not required.

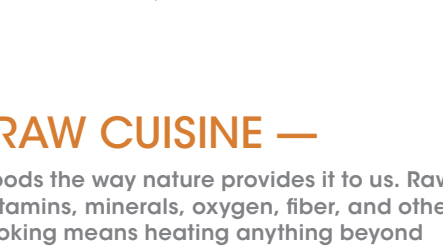
Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 11/1, 6:30-8:30 PM

**NEW** The Art of Raw Food Cuisine: Desserts

In this hands-on class you will make amazing raw desserts that are innovative, decadent, delicious, and without the guilt! Learn about basic ingredients and sugar substitutions used.

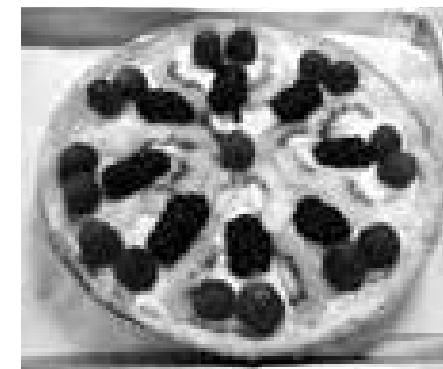
Fee: \$39. A \$15 material fee will be collected at the time of registration.

Supplies: Bring paper and pen to take notes (optional)

Instructor: Gina Sample

Location: Torrey Pines High School, HE1

Time: 1 Tuesday, 10/4, 6:30-8:30 PM



NEW Therapeutic Massage for Couples—Health & Wellness

After a long, stressful day at work or a strenuous athletic event, there is no better feeling than receiving a nourishing, therapeutic massage by your partner or loved one in your own home. Taught by a professional massage therapist with over 20 years of experience, Therapeutic Massage for Couples teaches a professional, quick 10, 15 or 20-minute quality massage session designed to reduce stress and some common ailments such as headaches, low back issues or tired achy feet. You can stay in your comfortable clothing and there is no expensive equipment required. Massage can easily be enjoyed in your everyday life and for a lifetime by unlocking your natural ability to assist health and healing through touch.

Fee: \$80 per couple

Supplies: A \$10 material fee will be collected in class for handouts and massage lotion. Please bring note paper, small hand towel, mats, two pillows, and wear loose, comfortable clothing.

Instructor: Keoni & Kasey Salgado

Location: San Elijo Campus, Room 204

Time: 1 Saturday, 10/8, 10 AM–2 PM

"Excellent balance of technical skills and practical application. Very complementary team teaching"

American Heart Association BLS Health Care Provider**Required course for health care providers.**

This class provides a wide variety of health care professionals with the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe and effective manner. The course covers adults, children and infants, and is intended for certified or non-certified, licensed or non-licensed health care professionals. Call Rescue 411 at 858.204.7244 or 310.925.4899 to register. Payments are by cash or check.

Fee: \$65

Instructor: Cesar Garcia

Location: Oceanside Campus, Room 3205

Time Options:

1 Saturday, 9/17, 10 AM–2 PM

1 Saturday, 10/15, 10 AM–2 PM

1 Saturday, 11/19, 10 AM–2 PM

1 Saturday, 12/3, 10 AM–2 PM

Heartsaver Adult/Child CPR & AED**American Heart Association Adult/Child CPR and AED certification cards are valid for 2 years.**

Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults and children, in addition to learning how to use an automated external defibrillator (AED) on adult and child victims of cardiac arrest. Participants receive lifesaving information, hands-on training, and an American Heart Association booklet. Call Rescue 411 at 858.204.7244 or 310.925.4899 to register. Payments are by cash or check.

Fee: \$65

Instructor: Cesar Garcia

Location: Oceanside Campus, Room 3205

Time: Same dates as BLS Health Care Provider

Heartsaver First Aid with CPR & AED**Students will receive a CPR/AED certification card and first aid card, valid for 2 years.**

This course is recommended for medical professionals, lifeguards, fitness instructors, teachers, and public and private safety and security employees. This class teaches participants how to recognize and care for breathing and cardiac emergencies in adults, children and infants; how to perform one- and two-rescuer CPR; how to use a resuscitation mask (pocket mask), and how to use an AED for victims of sudden cardiac arrest, and how to handle common first aid emergencies. Call Rescue 411 at 858.204.7244 or 310.925.4899 to register. Payments are by cash or check.

Fee: \$99

Instructor: Cesar Garcia

Location: Oceanside Campus, Room 3205

Time Options:

1 Saturday, 6/18, 10 AM–5 PM

1 Saturday, 7/16, 10 AM–5 PM

1 Saturday, 8/20, 10 AM–5 PM

**Meditation for Everyone**

Please join Christina Neumeyer and learn this simple, affordable, and ancient technique of focused relaxation, a perfect class for both new and experienced practitioners. Research has consistently shown that meditation can reduce symptoms related to chronic pain, insomnia, and anxiety. Breathing exercises, soft music, and quiet contemplation help to reduce stress hormones and improve well-being. Each class will offer skills to increase calmness, self-soothe, and engage more deeply in life's daily tasks. Christina offers a wealth of resources, book recommendations and handouts, keeping the class momentum interactive. All adult ages and physical conditions welcome. Please bring a mat or towel. Class will fill up so register early. This is just what the doctor has ordered!

Fee: \$35

Supplies: Please bring a towel or a mat.

Instructor: Christina Neumeyer

Location: San Elijo Campus, Room 202

Time: 3 Wednesday, 10/5–10/19, 6–7 PM

**Have Your Midlife Crisis in Napa®****FORMER SAN DIEGUITO**

Have Your Midlife Crisis in Napa® is a crash course on maximizing your time and money on your vacation in the Napa Valley. We'll cover the best way to get there, where to stay, best restaurants and wineries, tasting protocol and lots of free and discounted wine tasting and dining invitations along with personal contacts and industry secrets. Having owned and operated "The Adorable Purple Victorian" in Napa's historic downtown district since 2003 Janet can share the ins and outs of the Napa wine culture. Classes held in Del Mar Heights. Come join the fun!

Fee: \$36

Supplies: A \$10 material fee will be collected in class.

Instructor: Janet Russell

Location: Russell Studio

Time: 1 Saturday, 11/5, 4–6 PM

Dare to be Beautiful**FORMER SAN DIEGUITO**

Discover your unique personal style and let your inner beauty shine through! Embark on a journey of self-discovery and transformation as you create a style vision board, explore the six style personality types, and enjoy a guided visualization to tap into the secret of looking and feeling fantastic every day. You will also be empowered with affirmations, visualizations, meditations, and other techniques that break through negative self-talk and limiting beliefs that are keeping you stuck. Emerge with a healthy new self-perception, a broader definition of beauty, and an inspiringly beautiful new self-expression. At the same time improve your appearance through proven practical techniques and uncover your unique personal style. Dare to be beautiful!

Fee: \$41

Supplies: A \$5 material fee will be collected in class.

Instructor: Lauri Loesch

Location: La Colonia Park, Conference Room

Time: 1 Thursday, 9/29, 9 AM–12 PM

Shop Your Closet**FORMER SAN DIEGUITO**

Transform your look and your life! Break out of the old ruts and embrace a new style—transform your look and your life! Lauri Loesch, a premier style coach, will guide you on a journey of self-discovery and transformation. Simplify by purging what you don't need so your closet explodes with potential. Learn to mix, match, layer and accessorize to create dozens of new looks from what you already own. Adopt a revolutionary approach to dressing by incorporating a personal color scheme and wardrobe capsule. Take off years and pounds as you freshen and update and learn the styles and shapes that flatter. Break through old shopping patterns, eliminate impulse purchases, and shop like a pro! Dressing will never be the same!

Fee: \$49

Instructor: Lauri Loesch

Location: La Colonia Park, Conference Room

Time: 2 Thursdays, 9/8–9/15, 9:30 AM–12 PM

Be Your Own Handyman

This course is packed with hands-on lessons that will teach you the basics of carpentry, plumbing electrical, wall patch and tile repair. You will learn how to replace toilets, install faucets and deal with those pesky leaks. You will also learn how to replace electrical outlets, install light fixtures and trouble-shoot your electrical wiring. By the end of all 4 sessions you will be repairing minor wall damage, patching drywall installing ceramic tile. Whether you are thinking of becoming a professional handyman or just want to save money by "doing it yourself," you will find what you need in these hands-on workshops. Save time and money completing your own home repairs.

Fee: \$49 each session

Supplies: Note Pad & Pen

Instructor: Clayton Thibodeau

Location: Oceanside Campus, Room 7001

- **Session I: Do it Yourself—Rough Carpentry, Plumbing & Electrical**
1 Saturday, 9/10, 9 AM–12 PM
- **Session II: Do it Yourself—Wall Patch & Tile**
1 Saturday, 9/17, 9 AM–12 PM
- **Session III: Do it Yourself—Plumbing**
1 Saturday, 9/24, 9 AM–12 PM
- **Session IV: Do it Yourself—Electrical**
1 Saturday, 10/1, 9 AM–12 PM

Location: San Elijo Campus, Room 406

- **Session I: Do it Yourself—Rough Carpentry, Plumbing & Electrical**
1 Saturday, 10/8, 9 AM–12 PM
- **Session II: Do it Yourself—Wall Patch & Tile**
1 Saturday, 10/15, 9 AM–12 PM
- **Session III: Do it Yourself—Plumbing**
1 Saturday, 10/22, 9 AM–12 PM
- **Session IV: Do it Yourself—Electrical**
1 Saturday, 10/29, 9 AM–12 PM



AVOID PARKING CITATIONS

PARKING PERMITS ARE NOW REQUIRED AT:
Community Learning Center Oceanside Campus
San Elijo Campus
San Dieguito High School Academy

Exceptions:

- Students who have a current California disabled placard are not required to pay parking fees; however, they must register their vehicles with College Police.
- Second Saturday workshops. See page 51.

Students attending the Technology Career Institute do not need to pay for a parking permit.

Please see page 4 for parking information and where to purchase parking permits.

SECOND SATURDAY Divorce Workshop for Women

A parking pass is included with registration fee.



What women need to know about divorce!

A Community Education class open to women who want to learn more about the process of divorce.

- Explore the legal, financial, psychological, and social issues of divorce.
- Discover community resources available to help you.
- Talk with other women experiencing similar life changes.
- Learn from experts who have guided thousands of women through divorce.

Registration: 8–8:30 AM on the day of the class. For more information please call 858.792.0524 or 858.524.0955.

8:30 AM–1:30 PM class, San Elijo Campus, Room 201

Held the second Saturday of each month

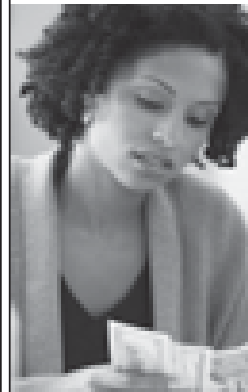
Summer dates: 9/10, 10/8, 11/12, 12/10

ONLY \$45 per session

WOMEN AND MONEY

Saving, Investing & Managing Money Independently

A parking pass is included with registration fee.



What you need to know to empower your financial life forever!

The Money Club™ is a simple but powerful concept designed to teach women about finances in a collaborative, supportive environment..... and have fun in the process! Class is open to all women, married or single.

Taught by Candace Bahr, financial advisor and co-founder of the non-profit Women's Institute for Financial Education (WIFE.org) and SecondSaturday.com.

You will learn to:

- Build a foundation of financial management skills
- Save, earn, invest, and feel good about money
- Uncover your own personal journey of financial empowerment

Registration: 8:30–9 AM on the day of the class. For more information, please call Candace Bahr at 760.431.9288.

9–10:30 AM class, San Elijo Campus, Room 202.

Held the second Saturday of each month

Fall dates: 9/10, 10/8, 11/12, 12/10 • ONLY \$15 per session

Materials: All students issued Financial Plan Binder to assemble throughout the year (no charge)

DIVORCE WORKSHOP FOR MEN

A parking pass is included with registration fee.



Save time, money and added grief!

- Learn about the legal, financial, and psychological issues surrounding divorce.
- Find helpful community resources available to men.
- Learn from experts who have guided thousands of men through divorce.

Registration: 8–8:30 AM on the day of the class.

Pre-registration is available through the Community Education Office. For more information please call 760.795.6820.

8:30–11 AM class, San Elijo Campus, Room 30

Held the second Saturday of each month

Summer dates: 9/10, 10/8, 11/12, 12/10

ONLY \$25 per session



Beginning French Conversation for Travelers

Do you dream of strolling through the cobblestone streets of Paris, or basking in the sun on the French Riviera? Learn how the French live, how they speak, and how you can best fit into that world while you travel. Master the basics and begin speaking the language. Quickly learn key words and expressions you can use to make you feel confident and comfortable in your travels. You'll be ready to say, "Bon Voyage!" before you know it.

Fee: \$90

Supplies: A \$10 material fee will be collected in class. Please bring a folder and a pen or pencil.

Instructor: Kristin Maccarrone

Location: San Elijo Campus, Room

Time: 6 Wednesdays, 9/22-10/26, 6-8 PM

Beginning Italian Conversation for Travelers

Come and be prepared to have a fun in this easy-going and energetic class that will motivate you to plan that trip to Italy you have been dreaming about! Here, you will immerse yourself in Italian language, cultural tips and customs so that you will feel more like an "Italian" in Italy. You will be amazed at how quickly you learn the language with a series of activities and typical Italian expressions designed to get you speaking as soon as possible.

Fee: \$90

Supplies: A \$10 material fee will be collected in class. Please bring a folder and a pen or pencil.

Instructor: Kristin Maccarrone

Location: San Elijo Campus, Room 307

Time: 6 Tuesdays, 9/20-10/25, 6-8 PM

Capturing Your Memoir

FORMER SAN DIEGUITO-OLDER ADULTS

Everyone has a story to tell. If you've ever thought about documenting your life story, here is your chance to make it a reality. Led by life-story writer Sid Shapira, the course will include in-class exercises and feedback to inspire you to begin the process of writing your memoir. Students will have the opportunity to work on their life story and exchange ideas during the sessions. Don't miss out on your chance to preserve your family history. Intended for writers of all abilities.

Fee: \$60

Instructor: Sid Shapira

Location: Torrey Pines High School, Room 308

Time: 6 Tuesdays, 9/20-10/25, 6:30-8:30 PM

NEW Beginning Spanish Conversation for Travelers— Learn Spanish fast and easy

Join this class for a fun and easy-going class. You will immerse yourself in Spanish language and learn lots of basic vocabulary. You will learn about renting a car, asking for flight time, where to find taxi, taking a train, going to a theater, and much more. Come learn useful phrases that will help you navigate your way through some common scenarios, whether traveling or being surrounded by Spanish-speaking people.

Fee: Special rate of \$95

Supplies: A \$5 material fee will be collected in class. Please bring a folder and a pen or pencil.

Instructor: Gerda Snell

Location: La Colonia Park, Conference Room

Time: 6 Tuesdays, 9/6-10/11, 9:30 AM-11:30 AM



NEW Spanish at a Workplace— Speak Spanish for your customers & co-workers

Communicating with Spanish speaking employees, customers, citizens or co-workers is important. In this class, you will learn lots of repetition, drills, practice and conversations that will meet your business basic communication goals. If you don't have the time or budget for long term Spanish classes, this class is designed for students who want to learn easy expressions and it will get you speaking as soon as possible.

Fee: Special rate of \$95

Supplies: Students must purchase book, prior to first class session: "Household Spanish, ISBN: 13-978-0-7641-2941-4. Bring a notebook, pencil/pen and highlighter.

Instructor: Alicia Meneses

Location: San Elijo Campus, Room 306

Time: 6 Wednesdays, 9/7-10/12, 6-8 PM

Spanish Story & Conversation

Learning Spanish is fun when you're reading an entertaining story! That's just what you'll do in this class. Just in time for fall, we'll be reading a short, simple novel in Spanish about the Mexican traditions surrounding Dia de los Muertos. The story will be a springboard to hearing, reading and practicing Spanish. You'll be pleased at the improvement you see in your comprehension! This enjoyable course allows and encourages you to do what most language classes do not: actually practice and get more comfortable speaking the language. This safe environment will help you gain confidence as you improve your comprehension, grammar and, most importantly, your speaking skills. Appropriate for and open to advanced-beginners with at least some basic Spanish and intermediate students.

Fee: \$120

Supplies: A \$10 material fee will be collected in class for audio recording. Students must purchase book, prior to first class session: "Tumba", ISBN: 978-0-9836958-5-1, approx. \$6 + s/h. (Purchase info: <http://italianowithjodina.com/spanish-classes/>) Bring a notebook, pencil/pen and highlighter.

Instructor: Jodina Hahn Gallo

Location: Oceanside Campus, Room 3609

Time: 8 Wednesdays, 9/28-11/16, 7-9 PM



Spanish 1A | FORMER SAN DIEGUITO

This course is designed for those with little or no knowledge of Spanish. Classes will include grammar, vocabulary, pronunciation and culture as well as reading, writing, and conversation through dialogues, stories and role playing. Extra credit is given to those who keep the laughs flowing. Please join us! Text: Spanish is Fun book (lessons 1-6).

Fee: \$128

Supplies: Students must purchase Spanish is Fun book 1, ISBN 978-1-56765-815-6

Instructor: Gerda Snell

Location: La Colonia Park, Conference Room

Time: 7 Wednesdays, 9/7-10/19, 10:30 AM-12:30 PM

Spanish 2A | FORMER SAN DIEGUITO

This course is designed for those with knowledge of Spanish in Present Tense. Classes will include more vocabulary, pronunciation, and culture as well as reading, writing and conversation through dialogs, stories and role playing. Extra credit is given to those who keep the laughs flowing. Please join us! Text: Spanish Made Simple (lessons 19-28, excluding lessons 23 and 27).

Fee: \$111

Supplies: Students must purchase Spanish Made Simple, ISBN 0767915410.

Instructor: Alicia Meneses

Location: La Colonia Park, Conference Room

Time: 6 Fridays, 10/21-12/9, 11:45 AM-1:45 PM

No class on 11/11, 11/25.



Spanish 3A | FORMER SAN DIEGUITO

This class is designed for students with at least two years of Spanish. During classes, we will review grammar, increase vocabulary, improve pronunciation, and culture as well as reading, writing, and conversation through dialogs, stories, and role playing. Text: The Ultimate Spanish Review and Practice (Lessons 1-7)

Fee: \$93

Supplies: Students must purchase The Ultimate Spanish Review and Practice, Second Edition, with Interactive CD-ROM, ISBN 978-0-07-174418-8

Instructor: Maria De La Parra

Location: La Colonia Park, Conference Room

Time: 7 Thursdays, 10/6-11/17, 10:30 AM-12:30 PM

Spanish 1B | FORMER SAN DIEGUITO

This class is a continuation of Spanish 1A. The class is designed for those with a little knowledge of Spanish. Classes will include grammar, vocabulary, pronunciation, and culture as well as reading, writing, and conversation through dialogues, stories and role playing. Extra credit is given to those who keep the laughs flowing. Please join us! Text: Spanish is Fun book (lessons 7–12).

Fee: \$128

Supplies: Students must purchase Spanish is Fun book 1. ISBN 978-1-56765-815-6

Instructor: Gerda Snell

Location: La Colonia Park, Conference Room

Time: 7 Wednesdays, 10/26–12/7
10:30 AM–12:30 PM

Spanish 1C | FORMER SAN DIEGUITO

This class is a continuation of Spanish 1B. Classes will include grammar, vocabulary, pronunciation, and culture as well as reading, writing and conversation through dialogs, stories and role playing. Extra credit is given to those who keep the laughs flowing. Please join us! Text: Spanish is Fun book (lessons 13–18).

Fee: \$128

Supplies: Students must purchase Spanish is Fun book 1, ISBN 978-1-56765-815-6

Instructor: Gerda Snell

Location: San Dieguito High School Academy, P-8

Time: 7 Tuesdays, 9/6–10/18, 6–8 PM

Spanish 2C | FORMER SAN DIEGUITO

This class is a continuation of Spanish 2B. This class will provide lots of conversation practice. Classes will include new vocabulary, direct and indirect object pronouns, cardinal numbers and much more. Please join us and become more confident in speaking Spanish. Please join us! Text: Spanish Made Simple (lessons 23, 27, 35–40).

Fee: \$111

Supplies: Students must purchase Spanish Made Simple, ISBN 0767915410.

Instructor: Alicia Meneses

Location: La Colonia Park, Conference Room

Time: 6 Fridays, 9/2–10/7, 9:30–11:30 AM

Spanish 1D | FORMER SAN DIEGUITO

This class is a continuation of Spanish 1C. Classes will include grammar, vocabulary, pronunciation, and culture as well as reading, writing and conversation through dialogs, stories and role playing. Extra credit is given to those who keep the laughs flowing. Please join us! Text: Spanish Made Simple (lessons 19–24).

Fee: \$128

Supplies: Students must purchase Spanish is Fun book 1, ISBN 978-1-56765-815-6.

Instructor: Gerda Snell

Location: San Dieguito High School Academy, P-8

Time: 7 Tuesdays, 10/25–12/6, 6–8 PM.

Fee: \$111

Instructor: Alicia Meneses

Location: La Colonia Park, Conference Room

Time: 6 Fridays, 9/2–10/7, 11:45 AM–1:45 PM

Spanish 2D | FORMER SAN DIEGUITO

This course is a continuation of Spanish 2C and will provide lots of conversation practice. Classes will include new vocabulary, future of regular and irregular verbs, comparing people and things and much more. Please join us and become more confident in speaking Spanish. Text: Spanish Made Simple (lessons 41–48).

Fee: \$111

Supplies: Students must purchase Spanish Made Simple, ISBN 0767915410.

Instructor: Alicia Meneses

Location: La Colonia Park, Conference Room

Time: 6 Fridays, 10/21–12/9, 9:30–11:30 AM.

No class on 11/11, 11/25.

The Writer's Elevator

FORMER SAN DIEGUITO

Have you always dreamed of writing a novel or penning an article for your favorite magazine? Have you wanted to see your name in print but haven't had the time to make your cherished goal a reality? If that sounds like you, consider this: within two hours, you will take your writing from a blank page to the heights of being published. The tried-and-true methods taught in this class have elevated writers of all backgrounds to published authors. If being published is your dream, then The Writer's Elevator is for you!

Fee: \$39

Supplies: Students must bring a notebook, pen/paper.

Instructor: Sarah Turitto

Location: San Elijo Campus, Room 307

Time: 1 Tuesday, 9/6, 6:30–8:30 PM

Write and Publish a Book

FORMER SAN DIEGUITO

There is a writer in all of us. In this single workshop, Carlsbad published author and screenplay writer, Antonio F. Vianna, helps you understand and apply the five basic steps of writing to both fiction and nonfiction works: Planning, organizing, writing the draft, revising and editing, and submitting for publication. In addition, Vianna helps you understand the importance of branding, promoting and showcasing your work. The 3-hour session is relevant to those thinking about writing, the first time writer, and those at an advanced level. Audio CD of the information and copies of PowerPoint slides are offered to each participant. Vianna has 22 published books, along with 9 screenplays.

Fee: \$41

Supplies: A \$12 material fee will be collected in class.

Instructor: Antonio Vianna

Location: San Elijo Campus, Room 306

Time: 1 Saturday, 10/8, 9 AM–12 PM

Write a Screenplay

FORMER SAN DIEGUITO

In this single workshop, Carlsbad published author and screenplay writer, Antonio F. Vianna, helps you understand and apply the five basic steps of writing a screenplay: Planning, organizing, writing the draft, revising and editing, and submitting for film consideration. Loglines, synopsis, and treatments are discussed. Professional resources are also identified to get the most out of your writing. The 3-hour session is relevant to those thinking about writing a screenplay as well as the first time screenplay writer. Copies of PowerPoint slides are offered to each participant. Vianna has 23 published books, along with 9 screenplays.

Fee: \$41

Supplies: A \$5 material fee will be collected in class.

Instructor: Antonio Vianna

Location: San Elijo Campus, Room 306

Time: 1 Saturday, 10/22, 9 AM–12 PM

**Beginning Ukulele**

Do you have a ukulele sitting in your house waiting to be played? Why not pick up a ukulele, jam on the beach with friends and show off what you will learn from this class! This ukulele class is open to all who are beginners and those who continue to play the ukulele, but are not quite on the intermediate level yet. We will cover music theory basics, basic chord progressions, basic chords and strumming patterns and possibly a little bit of finger-style picking. You will learn how to sing and play the ukulele at the same time to some traditional and contemporary Hawaiian and English songs. If you enjoy playing the ukulele for fun or just want to learn more than what you already know, sign up for this 8-week course! You'll be glad you did!

Fee: \$70

Supplies: A \$10 material fee will be collected in class. Please bring your own ukulele, tuner, 3-ring binder, notebook and pencil to class.

Location: San Elijo Campus, Room 201

Time: 8 Tuesdays, 9/6 & 10/25, 6:30–8 PM

**Coastal Communities Concert Band** | FORMER SAN DIEGUITO

Under the direction of Tom Cole, the 80-piece Coastal Communities Concert Band rehearses every Monday night at Oak Crest Middle School from 7–9:30 PM. Membership is based on experience and needed instrumentation. Because most sections are full, please call the personnel director at 760.436.0783 to learn about joining. If your section is full, you may be put on a waiting list until a vacancy occurs. Our next performance will be "Broadway" on August 14, "Greatest Generation" on October 16, and our annual Holiday Concert benefiting Meals-on-Wheels on December 4, 2016. All will be held at the Carlsbad Community Church starting at 2 PM. Visit website: www.cccbnd.com.

Fee: \$75

Instructor: Tom Cole

Location: Oak Crest Middle School, Crest Hall

Time: 16 Mondays, 9/5–12/19, 7–9:30 PM

Beginning Blues Harmonica

This class will get you quickly jammin' da blues as you learn the many techniques to make the harmonica cry, moan, and wail the blues! Through this fun, one-night workshop, you will learn proper breathing technique, blues harmonica rhythm, improvisational techniques, and how to effectively solo and practice. No previous experience necessary.

Fee: \$45

Supplies: A \$15 material fee will be collected in class. Please bring your own C major diatonic harmonica, or you can purchase one in class for \$13.

Instructor: Dave Broida

Location: Oceanside Campus, Room 3102

Time: 1 Monday, 11/7, 6–8 PM

Beginning Guitar

If you know little-to-nothing about the guitar, this is the place for you. The course covers guitar techniques, chords, strumming and some notation/theory. By the end of this course you will have an understanding of chord structure and beginning strumming techniques! Most of the songs learned will be by the Beatles. Book not required. Instructor will have some handouts. No experience necessary.



Fee: \$80

Location: San Elijo Campus, Room 201

Time: 8 Saturdays, 9/17–11/19, 11 AM–12 PM
No class on 10/8, 11/12.

Acting—Lights, Action & Sound

FORMER SAN DIEGUITO

Monty Silverstone, father of Alicia silverstone (Clueless, etc) will teach budding and experienced actors monologues, scene study, cold reading and improvisation. Not only will you have fun, you might even be discovered. Class size limited. Book now.

Fee: \$162

Supplies: A \$18 material fee will be collected in class.

Instructor: Monty Silverstone

Location: Fletcher Cove, Community Room

Time: 6 Wednesdays, 9/7–10/12, 1:30–4:30 PM

Singing the 80's

FORMER SAN DIEGUITO

Sing the classic rock of the eighties. We'll cover the basics of pop vocal technique and then apply it to songs like Rosanna, Heartbreaker, Celebration and Love Shack; artists like The Police, Stevie Nicks, Billy Joel and Madonna. We'll be singing the songs that YOU vote for from a listing of #1 hits. Polish a personal solo or work with others on a duet, trio or group song with harmony. Then, try your new skills on a professional sound system. Tuition includes a personal windscreen and karaoke cd. Classes held in Del Mar Heights.

Fee: \$60

Supplies: A \$15 material fee will be collected in class.

Instructor: Janet Russell

Location: Russell Studio

Time: 4 Tuesdays, 9/6–9/27, 6–7:30 PM

Retirement Planning Today

It takes more than money to live a "rich life." This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. In just two entertaining and informative sessions, you'll learn what they didn't teach you in school. Discover five strategies to manage investment risks, 11 ways you may save money on this year's taxes, important questions to ask before buying insurance coverage, how to invest in and take money out of your company's retirement plan, as well as determine the savings you need to retire today or in the future.

Fee: \$60—bring your spouse for **free!**

Supplies: This course includes a 235-page illustrated book.

Location: Oceanside Campus, Room 3201

Time: 2 Wednesdays, 9/14 & 9/21, 6:30–9:30 PM

Location: Oceanside Campus, Room 3205

Time Options:

2 Thursdays, 9/22 & 9/29, 6:30–9:30 PM

2 Thursdays, 12/1 & 12/8, 6:30–9:30 PM

2 Tuesdays, 12/6 & 12/13, 6:30–9:30 PM

How to Maximize your Social Security Benefits and Secure your Retirement

FORMER SAN DIEGUITO

The most essential part of your estate plan is the needs of your beneficiaries. Understanding their needs will guide your plan. This class allows you to explore how the different planning tools will help you meet the needs of your beneficiaries. While trusts will be highlighted, you will learn why a trust is not always the best way to distribute certain assets. You will learn about taxes, legal fees and how to preserve important family relationships. Gain insights, methods and techniques from a friendly, approachable and experienced attorney and educator about planning for your estate, your health care and your finances. Bob Ayers has been a local attorney for over 25 years with an emphasis in estate planning and administration.

Fee: \$35

Instructor: Brad Lineberger

Location: San Elijo Campus, Room 306

Time: 1 Wednesday, 11/9, 6:30–8:30 PM

Planning Your Retirement

FORMER SAN DIEGUITO

Do you have a plan that ensures you will be able to enjoy the lifestyle you envision when you retire? This two-session educational course will provide information to help you achieve your financial goals and plan your future with confidence. You will learn how to use new tax laws to save money, to eliminate debt and improve cash flow, how to invest in your employer sponsored retirement plan, to ask the right questions when evaluating insurance coverage, to use five strategies to minimize risk and maximize returns, and how to create a plan that will give you financial peace for your future.

Fee: \$59—bring your spouse for **free!**

Supplies: This course includes a 235-page illustrated book.

Instructor: Brad Lineberger

Location: Carlsbad Senior Center, Art Studio

Time: 2 Saturdays, 10/1 & 10/8, 9 AM–12 PM

Location: La Costa Canyon High School, Room 1301

Time: 2 Wednesdays, 10/5 & 10/12, 6–9 PM

Medicare Basics

This class covers the essentials of the American Medicare Health System, its structure, the restriction or gaps that exist, cost and coverage details as well as who can become a beneficiary.



Other areas of concern to be discussed include supplemental coverage options such as Medi-Gap Insurance, Senior Advantage plans and prescription drug plans; structured timelines for coverage, cost and coverage limitation, etc. Medicaid/Medi-Cal coverage and missing coverage areas in all plans will also be detailed. A question and answer session will follow the main presentation. This event is only for educational purposes and no plan-specific benefits or details will be shared.

Fee: \$35

Location: Oceanside Campus, Room 3106

Time: 1 Saturday, 9/10, 10 AM–12 PM

Location: San Elijo Campus, Room 304

Time: 1 Saturday, 12/3, 10 AM–12 PM

Financial Planning for Women

FORMER SAN DIEGUITO

Statistics tell us that 8 out of 10 women will end up handling their own finances. This may be due to longevity, divorce or many other reasons. This class will prepare you to handle your finances and give you a deep knowledge of financial markets, current events and practical resources. This class will give you peace of mind as well as tools and knowledge that will last a lifetime. This is an interactive class and questions are welcomed.

Fee: \$57

Instructor: Michael Graney

Location: San Elijo Campus, Room 306

Time: 2 Mondays, 10/10–10/17, 6–9 PM



Show Me the Money— for College!

FORMER SAN DIEGUITO

You might be amazed to find that many high income families will qualify for college financial aid and that there are strategies to increase college funding. Though this might not be true of federal and state aid, there are millions of dollars in funding available. This class will provide powerful and often unknown strategies to reduce college costs and insights into the reality of the sticker price of college. It will further explore other hints and details about financial aid and scholarships that is often complex and misunderstood. Empower yourself with as much information as you can about college financial aid, which colleges give out the most money and why, student loan realities, scholarship tips, and information to reduce out of pocket costs for college.

Fee: \$35

Instructor: Kathleen Johnson

Location: Torrey Pines High School, Room 309

Time: 1 Tuesday, 10/18, 7–8:30 PM

Estate Administration Essentials

FORMER SAN DIEGUITO

A trustee has an important job with serious legal consequences. This class will teach you how to be prepared for the end of a loved one's life. Step by step instructions will be provided for the post death administration of an estate, whether by the death of a spouse or someone else. You will learn ways to minimize the stress on yourself and your family. This class will even help someone who is planning their estate, because knowing what actually happens after death helps prepare for it. Gain insights, methods and techniques from a friendly, approachable and experienced attorney and educator. Bob Ayers has been a local attorney for over 25 years with an emphasis in real estate, business and estate planning and administration.

Fee: \$35

Instructor: Bob Ayers

Location: San Elijo Campus, Room 308

Time: 1 Thursday, 10/20, 6:30–8:30 PM

Estate Planning Essentials

FORMER SAN DIEGUITO

The most essential part of your estate plan is the needs of your beneficiaries. Understanding their needs will guide your plan. This class allows you to explore how the different planning tools will help you meet the needs of your beneficiaries. While trusts will be highlighted, you will learn why a trust is not always the best way to distribute certain assets. You will learn about taxes, legal fees and how to preserve important family relationships. Gain insights, methods and techniques from a friendly, approachable and experienced attorney and educator about planning for your estate, your health care and your finances. Bob Ayers has been a local attorney for over 25 years with an emphasis in estate planning and administration.

Fee: \$35

Instructor: Bob Ayers

Location: San Elijo Campus, Room 308

Time: 1 Tuesday, 10/18, 6:30–8:30 PM





**Classes & excursions
sell out quickly!**

Call or register online to reserve your space—bring a friend or relative to make it more fun: 760.795.6820 or tci.miracosta.edu.

MiraCosta College English Language Institute

Upcoming Program Dates for 2016: 8/22–10/14, 10/17–12/09 and 1/23–3/17

The English Language Institute (ELI) offers international students the opportunity to increase their English language proficiency and develop the skills needed for success in a college or university in the United States. This intensive English-as-a-second-language program provides individualized instruction in small classes. The program is designed for students with a minimum of one year English language training at high school or college level. This class may not be appropriate for advanced ESL students or students with a TOEFL score greater than 500 paper-based or 46 IBT. Students must be at least 18 years old or meet our minor policy requirements. 1-20's will be issued through our International Student Office. We also accept tourist visas for a modified program.



Instructional components include:

- TOEFL preparation
- Study of American culture
- Computer literacy Development of study skills

Integrated academic preparation in reading, writing, listening, speaking, and grammar.

Fee: \$1,865 (instruction, application fee, books, and student services). Health insurance is an optional fee of \$370. Students must purchase our insurance plan or purchase their own insurance plan that meets our requirements. Fees subject to change.)

For more information, write, telephone, or email:

MiraCosta College English Language Institute

MiraCosta College, 1 Barnard Drive, MS 14, Oceanside, CA 92056

Telephone: 760.757.2121, x6590 | Email: lcargile@miracosta.edu | miracosta.edu/eli

EXCURSIONS

Delight in the Scenery of Channel Islands—Visit Santa Cruz Island

Saturday, September 10

Full of wild and solitary grandeur, the Channel Islands have lovely heights and green canyons with rippling streams to photograph. The island is a geological wonderland full of exotic plants and animals. Join us for a wonderful outdoor day trip to Santa Cruz Island's East Anchorage at Scorpion Harbor. We will drive to Ventura Harbor in a luxury bus while you catch up on your sleep or read a good book. Then enjoy a one-hour boat trip across the channel to the East Anchorage landing area. Watch for dolphins and whales along the boat trip. The island is a naturalist's paradise, but it is also the perfect place to delight in the wildlife and scenery as you take those perfect pictures or draw with your sketch pad.

Fee: \$115

Guides: Ermano & Kristin Maccarrone

Note:

- Wear low-heeled, rubber-soled shoes with good tread (no high heels).
- Dress casually and in layers of clothing for cool and/or warm weather.
- Sunscreen and/or hat is recommended.
- Cameras and binoculars are great to bring along.
- Check with your doctor for appropriate sea sickness medication if necessary.
- Bring a small backpack, your lunch and drink items. Bring snacks.

Depart: 6:15 AM Return by 7:30 PM



Rose Bowl Flea Market & L.A. Farmers Market

Sunday, October 9

Come with us to the world's most unusual flea market—the shopping place of the stars. Featuring over 2,500 vendors and 15,000 to 20,000 buyers every month, the Rose Bowl Flea Market is one of the most famous markets in the



world, and is celebrating more than 40 years of continued success at the world-famous Rose Bowl in Pasadena. The assortment of different booths sell anything from vintage and high-end designer clothing to rare knickknacks and home furnishings. The market has a carnival-like atmosphere, with people on stilts towering over shoppers and unicyclists weaving through the crowd. Live music greets customers as they make their way through the turnstile gateway. We have plenty of room in the coach luggage compartment to hold your purchases. We will finish our outing with a visit to the L.A. Farmer's Market. This farmer's market is more like an international gourmet bazaar with lots of fun boutiques thrown in. Grab a late no-host lunch. You may bring small-medium ice coolers on the bus so that your purchases of perishables can stay fresh on the way home.

Fee: \$64 (includes transportation and flea market entrance fee)

Note: We recommend you wear VERY comfortable walking shoes and bring a collapsible rolling cart.

Guides: Carrie & Debi (staff)

Depart 8 AM Return by 6:30 PM

The Beautiful Getty

Saturday, November 5

Join us on a trip to the Beautiful Getty and discover more about Richard Meier's architecture and the design of the Getty Center site. Enjoy the rich mythological and cultural connections of ancient gardens. This season's galleries feature London Calling with emphasis on the human figure and every day landscape, Photography from France 1847-1860, and Richard Learoyd's In the Studio collection with large scale photographs. The location and view from the one billion dollar center is as spectacular as the architecture and 54 galleries containing some of the world's major pieces of art. There will be a number of other fantastic exhibitions, including: Pre-20th-century European paintings, sculpture, contemporary and modern outdoor sculpture and architecture.

Gallery teachers, curators, and docents lead free guided tours of the galleries, architecture and gardens throughout the day. Please bring your ID card if you would like to rent a free audio guide at the Getty's Center. There will be a no-host lunch. You may bring your own lunch and enjoy a picnic on the lawn adjacent to the Central Garden or at any of the Getty Center's public seating areas as well.



Fee: \$59

Guides: Armano & Kristin Maccarrone (staff)

Note: We recommend you wear VERY comfortable walking shoes.

Depart 8:30 PM Return by 6 PM

NOTE: Day parking permits are required at MiraCosta College, Oceanside Campus. Parking permit may be purchased from machine in Parking Lot 1-A. Day parking fee is \$1.

Excursion Rules & Regulations

- Refunds will be granted no later than five working days before the excursion. There will be a \$25 cancellation fee if the excursion is full and a replacement can be found. No refunds will be granted after the excursion has taken place.
- The bus will depart on time. **Pick up and drop off at MiraCosta College, Oceanside Campus, Parking Lot 1A.**
- Anyone missing the bus will not receive a refund.
- MiraCosta College reserves the right to make itinerary changes if necessary. Any excursion may be cancelled due to low enrollment.
- Seating arrangements on the bus will be on a first-come, first-served basis. Those who have difficulty sitting at the rear of the bus are advised to arrive early.
- No smoking is permitted on the bus.

TRIPS MiraCosta College Multi-Day

2017 Join us for a fun **FREE** slide presentation of these trips
Thursday, September 8, 2016 from 5:30-7 PM
MiraCosta College Technology Career Institute, Room 102

Spectacular South Africa

April 6-19, 2017 | 14 Days | 22 Meals

South Africa's cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this 14-day tour. Explore Soweto, birthplace of Nelson Mandela. Search out the "Big Five" during an open-air safari game drive. Visit the Featherbed Nature Preserve. Travel the lush Garden Route between the mountains and the balmy Indian Ocean. Visit a working ostrich farm. Relax among the vineyards in the winelands region. Indulge in a wine tasting and a wine pairing dinner. Relax during a leisurely three night stay in Cape Town, one of the most beautiful cities in the world.



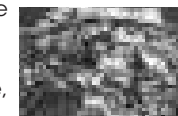
- Search for the "Big 5" during your included open-air safari game drive!
- Visit one of the oldest working ostrich farms in Oudtshoorn—the ostrich capital of South Africa—and learn about these fascinating animals.

Fee: \$5,049 pp double, \$5,749 single
(Book soon to get this group price!)

Portugal & Its Islands

April 28-May 10, 2017
13 Days | 17 Meals

Discover the true gems of Portugal. Enjoy multi-night stays on the remote islands of São Miguel, Azores and Madeira, the "pearl of the Atlantic." Marvel at the geothermal wonders of the Furnas Valley. Take in the beauty of the twin lakes of Sete Cidades and Lagoa do Fogo (Fire Lake). Explore wine tasting, charming coastal villages and beautiful botanical gardens in Madeira. Enjoy Azorean culinary traditions during an interactive cooking demonstration. Experience Portugal's Riviera with visits to the charming fishing village of Cascais and chic Estoril. Lisbon comes to life as you tour this grand capital. Visit 5 UNESCO World Heritage sites, including the fairytale town of Sintra. Indulge in local cuisine, regional wines and traditional entertainment.



- Discover the bountiful crops of the region at pineapple and tea plantations.
- Stroll through the tranquil botanical garden of Terra Nostra Park.

Fee: \$4,499 pp double, \$5,249 single
(Book soon to get this group price!)

Iceland's Magical Northern Lights

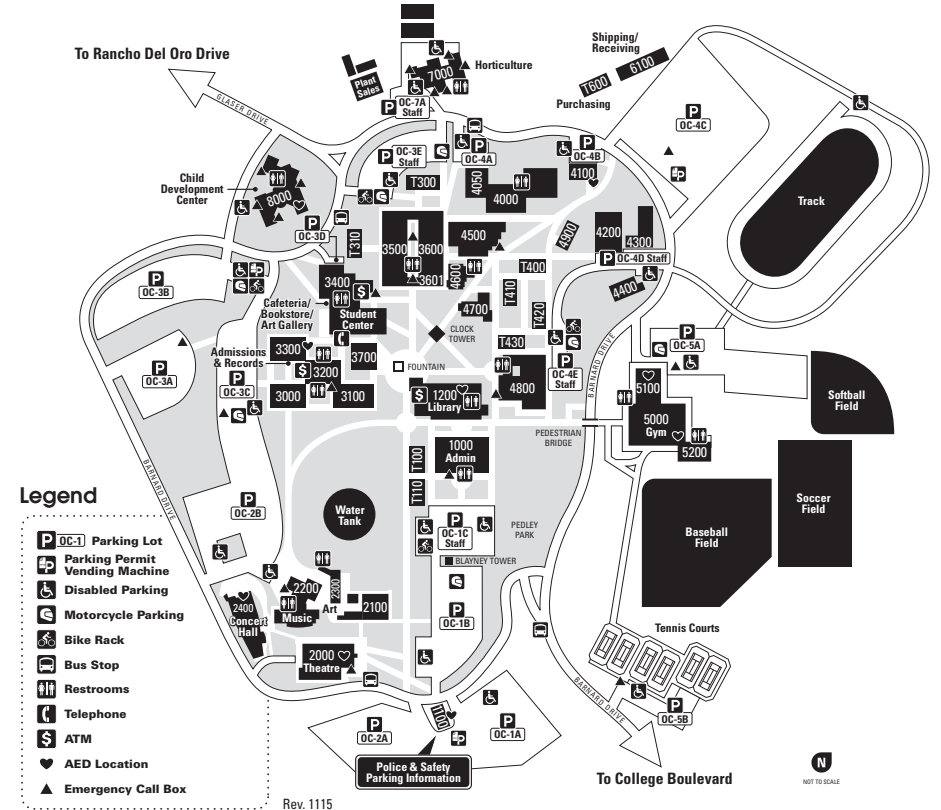
March 11-17, 2017 | 7 Days | 10 Meals

This "land of fire and ice" is a place of many wonders, including the rare opportunity to see the spectacular Aurora Borealis or Northern Lights. This tour will bring you on a search for that once-in-a-lifetime moment. Take an exhilarating evening Northern Lights Cruise. Travel to the "Golden Circle," home to many of Iceland's most renowned natural wonders. Spend time at Thingvellir National Park, the nation's most historic area. Gaze at the spectacular Gullfoss Waterfall—one of the world's most incredible cascades. At Eyjafjallajökull Volcano Visitor Center, learn about life during and after the dramatic 2010 volcanic explosion. Explore Skogar Folk Museum and see traditional turf-built houses. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the natural geothermal pool the Blue Lagoon. All the while spending your evenings in search of the breathtaking Northern Lights.



- Search for nature's dazzling display on an Northern Lights cruise.
- See Jökulsárlón glacial lagoon, filled with floating icebergs.
- Relax in the warm, mineral-rich water of the Blue Lagoon.
- Travel to the Golden Circle, one of many of Iceland's natural wonders.

Fee: \$3,549 pp double, \$3,949 single (Book soon to get this group price!)



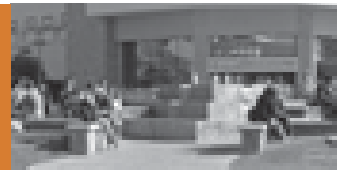
Directory

	Bldg. #		Bldg. #		Bldg. #
Admissions & Records	3300	Disabled Students Services	3000	Printing Services	3400
Art	2100, 2200, 2300	Driver Education and ELI	1000	Proctoring Center	3300
Art Gallery	3400	Enrollment Information	3300	Purchasing	1600
Associate Faculty Office	4606	EOPS	3000	School Relations/Diversity Recruit.	3400
Associated Students	3400	Facilities Department	4200	Service Learning	3300
Athletics	5200	Financial Aid/Scholarships	3000	Shipping/Receiving	6100
Automotive Technology	4000	Gymnasium	5000	Student Accounts	3200
Biotechnology	4050	Health Services	3300	Student Activities	3400
Bookstore	3400	Horticulture	7000	Student Center	3400
Business Development	1000	Human Resources	1000	Tech Prep	3700
Business Services	1000	Institutional Research	1000	Testing Office	3300
Cafeteria	3400	Instructional Services	1000	Theatre	2000
CalWORKS	3000	International Students	3400	Little Theatre	3601
Career Center	4700	Library & Information Hub	1200	Transfer Center	3700
Child Development Center	8000	Lost & Found	1100	Tutoring	1200
College Police	1100	Math Learning Center	1200	Veterans Education Office	3300
Computer/Business Department	4800	Music	2200, 2300	Veterans Information Center	1100
Concert Hall	2400	Nursing/Allied Health	1420, 4400	Wellness Center	4100
Counseling	3700	Parking Permits	1100	Writing Center	1200
Dance Studio	5100	President, Office of the	1000		



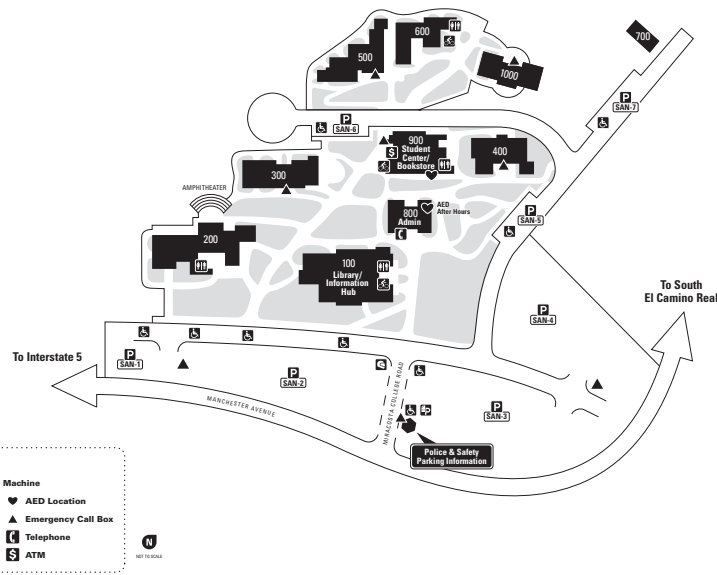
OCEANSIDE CAMPUS

Located just north of Highway 78 off College Boulevard; 121-acre hilltop campus with coastal and mountain views



SAN ELIJO CAMPUS

3333 MANCHESTER AVENUE | CARDIFF | CA 92007 | 760.944.4449 | MIRACOSTA.EDU

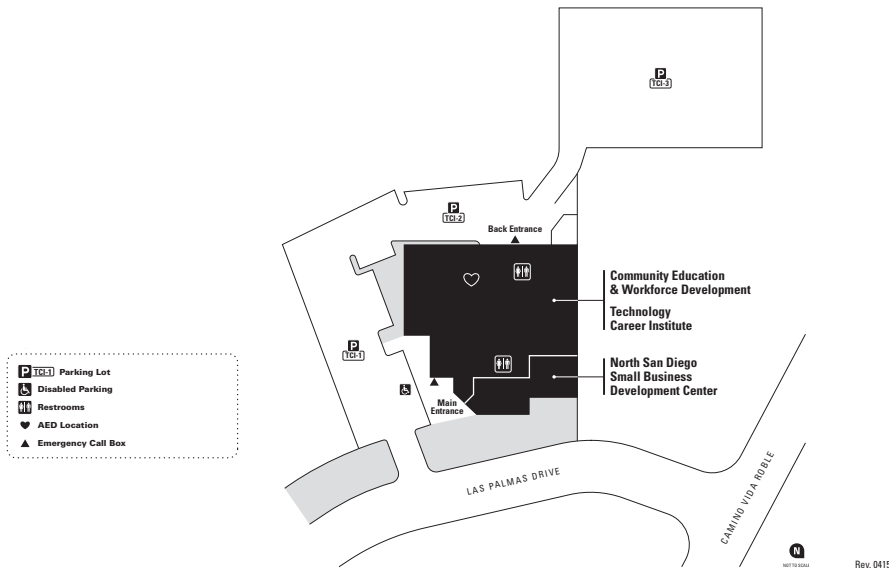


SAN ELIJO CAMPUS

Nestled below the bluffs and facing the San Elijo Lagoon; 42-acre campus just east of I-5

TECHNOLOGY CAREER INSTITUTE & SMALL BUSINESS DEVELOPMENT CENTER

2075 LAS PALMAS DRIVE | CARLSBAD | CA 92011 | 760.795.6820 | TCI.MIRACOSTA.EDU



TECHNOLOGY CAREER INSTITUTE & SMALL BUSINESS DEVELOPMENT CENTER

Located off Palomar Airport Road between El Camino Real & I-5

CLASS LOCATION GUIDE

CLASS LOCATION GUIDE

DMSG	Don Myers Stained Glass	1025 South Coast Highway	Oceanside
ECHS	El Camino High School	400 Rancho del Oro Drive	Oceanside
ERGC	Encinitas Ranch Golf Course	1275 Quail Gardens Drive	Encinitas
HHF	Hoof Haven Farms	4777 South Mission Road	Fallbrook
LRC	Landes Recreation Center	2855 Cedar Road	Oceanside
CLC	MiraCosta College, Community Learning Center	1831 Mission Avenue	Oceanside
OC	MiraCosta College, Oceanside Campus	1 Barnard Drive	Oceanside
SAN	MiraCosta College, San Elijo Campus	3333 Manchester Avenue	Cardiff
TCI	MiraCosta College, Technology Career Institute	2075 Las Palmas Drive	Carlsbad
CCA	Canyon Crest Academy	5951 Village Center Loop Road	San Diego
CCE	Carmel Creek Elementary	4210 Carmel Center Road	San Diego
CVBGC	Carmel Valley Boys & Girls Club	3800 Mykonos Lane	San Diego
CVL	Carmel Valley Library	3919 Townsgate Drive	San Diego
CVMS	Carmel Valley Middle School	3800 Mykonos Lane	San Diego
CVRC	Carmel Valley Recreation Center	3777 Townsgate Drive	San Diego
DMPC	Del Mar Powerhouse Community Center	1658 Coast Blvd	Del Mar
DMSTDR	Del Mar Surf & Turf Driving Range	Jimmy Durante Blvd	Del Mar
ECSC	Encinitas Community Senior Center	1140 Oak Crest Park Drive	Encinitas
EL	Encinitas Library	540 Cornish Drive	Encinitas
ERGC	Encinitas Ranch Golf Course	1275 Quail Gardens Dr.	Encinitas
EWMS	Earl Warren Middle School	155 Stevens Avenue	Solana Beach
FC	Fletcher Cove Community Center	133 Pacific Ave.	Solana Beach
LCCHS	La Costa Canyon High School	One Maverick Way	Carlsbad
LCP	La Colonia Park	715 Valley Avenue	Solana Beach
OCMS	Oak Crest Middle School	Balour Drive & Oak Crest Park Drive	Encinitas
RS	Russell Studio	4581 Tarantella Lane	San Diego
SDHSA	San Dieguito High School Academy	800 Santa Fe Drive	Encinitas
SHS	Sunset High School	684 Requeza St.	Encinitas
SPEC	St. Peter's Episcopal Church	334 14th Street	Del Mar
TPHS	Torrey Pines High School	3710 Del Mar Heights Road	San Diego

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