

Cerritos College

COMMUNITY EDUCATION

Spring 2023

Jan • Feb • March • April

Schedule of Classes

***A gift
for you***



***Professional Development • Career Advancement
Online Courses & Programs • Personal Growth
Enrichment & Interests • Child & Teen Classes***

CerritosCommunityEd.com

NEW YEAR, NEW CLASSES!



CLASSICAL BALLET TECHNIQUE
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BALLET FOLKLÓRICO
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LAS INVITAMOS A QUE SEAN PARTE DE NUESTRA CONFERENCIA ANUAL

FORTALECIENDO A LA MUJER 2023

EN LAS AREAS DE EDUCACION, SALUD, Y CIVISMO.



GRATIS

SABADO MARZO 11, 2023

Para Reservar su lugar o mas informacion:
(562) 860-2451 Ext. 2518

Escanea este codigo QR



BALLET FOLKLÓRICO



If you have not experienced the wonderful world of Folkloric dance,
but you have the passion to discover the colorful traditional movements,
this class is meant for you.

Si no has experimentado el maravilloso mundo de la danza folclórica,
pero tienes la pasión de descubrir los coloridos movimientos tradicionales,
esta clase es para ti.



See Page 6

ADULT EDUCATION & DIVERSITY PROGRAMS

We provide educational opportunities that address the unique needs of adults in the region. These courses are noncredit, include open entry, open exit, and have No Registration Fees. Bilingual English and Spanish support is provided.

Courses include categories such as:

- Apprenticeship
- College English & Math Skills
- Citizenship
- GED Preparation
- English as a Second Language
- Literacy, Primary, and Secondary Education
 - Plaza Comunitaria
- Occupational Preparation
- Older Wiser Learner (OWL) for Older Adults
- Preparatory Math
- Vocational English as a Second Language
- OSHA Certification in Spanish and English
- Entrepreneurship in Spanish and English

**CURSOS
EN ESPAÑOL**



TUITION FREE!
¡ GRATIS !

Brindamos oportunidades educativas que aborden las necesidades únicas de los adultos en la región. Los cursos son sin crédito, incluyen entrada abierta, salida abierta y no tienen tarifas de inscripción. Se brinda apoyo bilingüe en inglés y español.

Los cursos incluyen categorías como:

- Apprenticeship
- College English & Math Skills
- Ciudadania
- Preparación para el GED
- Inglés como Segundo Idioma
- Alfabetización, Educación Primaria y Secundaria – Plaza Comunitaria
- Preparación Ocupacional
- Older Wiser Learner (OWL) for Older Adults
- Preparatory Math
- Inglés Vocacional como Segundo Idioma
- Certificación OSHA en Español e Inglés
- Microempreendedores en Español y Ingles

For more Registrations & more information:

(562) 467-5098

www.cerritos.edu/aed

CHILD / TEEN CLASSES

ACADEMICS: MATH



MATH MADNESS

GRADES 5-7

Love math? Or just need a refresher? You will have a great time exploring middle school math “must haves.” Through use of interactive journals, students will learn and remember that Fractions are Friends, Proportions are Pals, Equations are Everything, and X is Never Unknown.

Have your child bring their homework to every session.

IN-PERSON

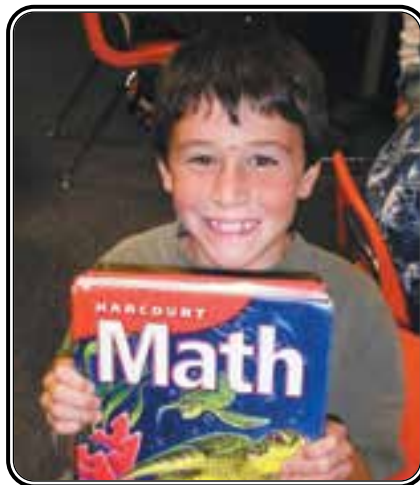
12 mtgs, T/Th, 2/21-4/6

4:00pm-5:00pm

(no class 3/14 & 3/16)

\$95

Teacher: *Dr. Lisa Perez has taught math at both the high school and college level. She is passionate about increasing women in STEM.*



ACADEMICS: READING & WRITING

STRATEGIES FOR STRENGTHENING READERS

GRADES 3-5

For many young readers, fluency can be a stumbling block, keeping them from greater reading comprehension. Through the use of guided reading, the teacher will work with your child in small groups as well as individually at their instructional level to guide them to using the context, visual, and structural cues within the story to generate meaning. These strategies are proven to be extremely useful for independent, fluent reading and decoding. This class will focus on changing your slower or even word-by-word reader into a more fluent reader who reads with greater understanding.

12 mtgs, M/W, 2/27-4/5

4:00pm-5:00pm

\$95

Teacher: *Emiliano Lopez*



ACADEMICS: LANGUAGE

SPANISH: INTERMEDIATE

GRADES 6-12

Let's have fun this summer! You will continue to learn Spanish by practicing conversations, reading and studying about Latin American cultures, idioms and expressions. We will work on the five basic skills of communication in Spanish: listening, speaking, understanding, reading, and writing in order to promote an appreciation and understanding of the Spanish-speaking people, their culture and civilization. We cover basic topics such as vacations, weather, geographical expressions and some literature.

12 mtgs, M/W, 2/27-4/5

5:00pm-6:00pm

\$95

Teachers: *Emiliano Lopez, who has earned his TEFL-TESOL certification, has taught both English and Spanish nationally and abroad for the past 10 years. He specializes in teaching English to non-native speakers using audio and visual technology.*

ACADEMICS: LANGUAGE

CHINESE LANGUAGE AND CULTURE CLASS

GRADES 3-12

Tapai-California Cultural Exchange: Introduction to Chinese language and culture

SEE Pg. 13 FOR DETAILS



CHILD / TEEN CLASSES

ENRICHMENT

NOW YOU'RE COOKING! JR. CHEF

GRADES 3-5

The ability to follow directions is one of the most important skills for a child to have in order to be successful in schoolwork. Cooking is a great way to acquire the skill along with math and reading comprehension skills. Students will learn how to make tasty and healthy snacks like veggie lasagna, veggie egg rolls, blondies, Pizza dough and pizza, and chicken nuggets. Students will make a small recipe book to start building on the items they have learned to make. Best of all, they get to eat what they make!

2-Sat, 1/28 & 2/4 9:00am-12:00pm
\$49 (plus \$10 material fee, payable upon registration)

Teacher: Ester Moreno has earned two Associate Degrees from the Cerritos College Culinary Arts Dept. She has experience creating fine dining banquets as well working with non-profits to provide food for those in need.



MUSIC

PIANO: INTRODUCTION

GRADES 3-8

This class is for students with no piano/music experience. Lessons include activities related to reading notes, rhythm and music symbols. Listening skills and keyboard activities will be included.

6-Sat, 2/25-4/1 10:05am-11:05am
\$69 (plus \$5 material fee, payable upon registration).



Mrs. Giesler is very energetic and fun. She made learning the guitar and reading music a great experience. — Jennifer P.

Teacher: Katarina Giesler holds a single subject credential in music. She has directed musical ensembles, such as band, orchestra, choir and musicals. She also teaches small group lessons.

PIANO: BEGINNING

GRADES 3-8

Sequel to Piano Introduction. Upon entering this class, students should be able to count quarter, half and whole notes. Students should be able to name the white notes on the keyboard and read notes on the staff in Middle C position.

6-Sat, 2/25-4/1 11:10am-12:10pm
\$69 (plus \$5 material fee, payable upon registration).

PIANO: INTERMEDIATE

Sequel to Beginning Piano. Upon entering this class, students should be able to read all notes on the lines and spaces of the grand staff and be able to identify intervals (leaps in the music) up to a 5th.

6-Sat, 2/25-4/1 12:15pm-1:15pm
\$69 (plus \$5 material fee, payable upon registration).

GUITAR: INTRODUCTION/BEGINNING

AGES 14 TO ADULT

Learn to play guitar in a friendly and supportive environment. Whether you are just learning to play, or want to improve your skills, this class is for you. You'll learn to play chords, single note melodies and strum styles. No musical experience required.

You must bring your own acoustic guitar.

6-Sat, 2/25-4/1 9:00am-10:00am
\$69 (plus \$5 material fee, payable upon registration).

CHILD / TEEN CLASSES

ATHLETICS & MOVEMENT



CLASSICAL BALLET TECHNIQUE SPRING WORKSHOP



This beginning classical ballet technique class is ideal for students who are interested in creating a strong foundation in dance. The class will focus on the seven basic principals of classical ballet:

- Proper Standing Posture
- Correct positions (Parallel & Turn Out)
- Moving Correctly
- Balance
- Classical Technique
- Transferring Weight
- Coordination

Learning this basic foundation will help you as you advance in classical ballet as well as other forms of dance including Ballet Folklorico which is also offered in our program.

5-Sat, 3/25-4/29 (no class on 4/8) 11:15am-1:15pm

Instructor: Ismael Murillo

BALLET FOLKLÓRICO SPRING DANCE WORKSHOP

AGES 5-15

If you have not experienced the wonderful world of Folkloric dance, but you have the passion to discover the colorful traditional movements, this class is meant for you. This beginning course is designed to introduce students to the fundamental tools in dance with an emphasis in Folk dancing. The main purpose is to prepare students to gain the confidence necessary to shine on stage, potentially moving up to the intermediate and advanced levels. The following structure is intended for the workshop but will be flexible to accommodate the students' needs.

- Warm up: using classic technique moves (ballet, contemporary)
- Body conditioning (center stretches & across the floor phrasing)
- Footwork (Zapateado) and Skirt Work (Faldeo)
- Repertoire: Choreography (Jalisco & Michoacan)

Note: The students must bring and wear the following attire: Folkloric Skirt, Folkloric Shoes, Soft Tennis shoes (warm up), Fitted and flexible clothing (Top and Bottom), hair pulled back.

5-Sat, 3/25-4/29 (no class on 4/8) 11:15am-1:15pm

\$75 (includes both Classical and Folklorico Ballet classes)

Instructor: Ismael Murillo, who has earned his B.A in Kinesiology/Dance and his Master's Degree in Spanish has over 20 years of experience teaching and performing various genres of dance within the US and Internationally.

**Two classes for
the price of one**

ICE SKATING FOR BEGINNERS

AGES 5-17

Learn to ice skate with us at East West Ice Palace this spring. Our skating school offers classes for all age groups from toddlers to



adults. Come alone or sign up the whole family and have fun together! You will begin with the fundamentals and progress to more advanced skills.

Bonus: Free rental skates and free open skate for practice from 3:20-4:20pm on Wednesdays before your class!

5-Wed, 1/11-2/8

5:10pm-5:40pm

OR

5-Wed, 2/15-3/15

5:10pm-5:40pm

East West Ice Palace

\$69 (includes skate rental & open skate time).

Teachers: East/West Ice Palace offers ice skating and hockey lessons to the public.

CHEERNASTICS

AGES 7-12

All levels welcome! Experienced coaches safely teach stunts, jumps, cheers, arm motions, and gymnastic skills. Primary tumbling skills include cartwheels, round offs, handsprings, walkovers, and routines! A great class to take in addition to the Jammin' Gymnasts class. Performance on last day!

6-Sat, 1/21-3/4 (no class 2/18)

1:35pm-2:35pm

\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 3/25-5/6, (no class 4/8)

1:35pm-2:35pm

\$90 (plus \$2 material fee, payable upon registration).

TOOTSIE ROLLERS

AGES 18 MONTHS - 3 YEARS

PARENT PARTICIPATION REQUIRED

Let's MOVE! This class is jam-packed with music, movement and Tumble-N-Fun! Together, we'll tumble-roll-balance-bounce-sing-hop-jump and enjoy safe, creative fun + music! Your toddler will learn to express themselves through creative play to gain balance, coordination and social interaction. Join us and be a "Tumble-N-Kid!"

6-Sat, 1/21-3/4 (no class 2/18)

11:00am-11:45am

\$70 (plus \$2 material fee, payable upon registration).

6-Sat, 3/25-5/6, (no class 4/8)

11:00am-11:45am

\$70 (plus \$2 material fee, payable upon registration).

Teachers: Tumble-N-Kids, Inc.

CHILD / TEEN CLASSES

ATHLETICS & MOVEMENT

TUMBLE STARS

AGES 3.5 TO 5 YEARS

SOME PARENT PARTICIPATION MAY BE REQUIRED

Girls and boys are introduced to gymnastics in a safe, fun, age-appropriate atmosphere. Tumbling skills, "Position of the Day," rolls, balance beam, beginning cartwheels and more! Gymnastic skills are a great foundation for all sports! Lively music, props and creative play help students develop body control, flexibility, strength, coordination and balance. Class encourages confidence and fitness while teaching valuable skills to take them to the next level! Progressive skill level instruction helps "Tumble Stars" happily zoom to confidence, pride and success-high 5's for everyone!

6-Sat, Session 1: 1/21-3/4, 11:45am-12:30pm
(no class 2/18)

\$70 (plus \$2 material fee, payable upon registration).

6-Sat, 3/25-5/6, (no class 4/8) 11:45am-12:30pm
\$70 (plus \$2 material fee, payable upon registration).

Teachers: *Tumble-N-Kids, Inc.*

JAMMIN' GYMNASTS

AGES 6-10;

NO PARENT PARTICIPATION

Girls and boys safely learn age appropriate gymnastic skills including floor-tumbling, cartwheels, bridge/backbends, rolls, handstands, balance beam, trampoline and more. Beginners welcome! Gymnasts experience the benefits of healthy exercise, strength, coordination, agility, and balance while building self-confidence - valuable skills for all sports! Music and obstacle courses make learning FUN while progressive skill instruction enhances individual accomplishment, creating confidence and success.

6-Sat, 1/21-3/4 (no class 2/18) 12:35pm-1:35pm
\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 3/25-5/6, (no class 4/8) 12:35pm-1:35pm
\$90 (plus \$2 material fee, payable upon registration).

Teachers: *Tumble-N-Kids, Inc.* is a Recreational Gymnastics Program. The classes emphasize teaching students gymnastics skills in a safe, positive and non-competitive atmosphere.

PROFESSIONAL DEVELOPMENT

BUSINESS & MANAGEMENT

HOW TO START ANY HOME BASED BUSINESS + 250 HOME BUSINESS IDEAS (online)

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find.

You will discover:

- * more than 250 legitimate home business ideas
- * mandatory legal documentation
- * many ways to market your product/service
- * how to take tax deductions (this workshop included!)

Wed., 3/8 6:00pm-8:00pm
\$49 (plus \$10 material fee, payable upon registration).

Instructor: *LeeAnne Krusemark.*

MAKE \$MONEY\$ WITH A VIRTUAL ASSISTANT/WORD PROCESSING BUSINESS (post-requisite) (online)

If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

Note: *Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.)*

Wed., 3/8 8:00pm-9:00pm
\$39 (plus \$10 material fee, payable upon registration).

Instructor: *LeeAnne Krusemark* is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges

PROFESSIONAL DEVELOPMENT

BUSINESS & MANAGEMENT

PROJECT MANAGEMENT CERTIFICATE SERIES

20-hour Project Management certificate upon completion of four courses

SERIES DISCOUNT: save 10% for registering for the series!

PROJECT MANAGEMENT INTRODUCTION

Businesses use project management to manage projects and achieve outcomes typically with limited resources and under critical time and cost constraints. This introductory class will provide you with an overview of the key concepts and terminologies of project management. You will learn the basics of project management related to the project approach within different organizational structures and environments with their respective strategy of governance, and how their goals and objectives dictate project success.

In this class, you will learn about:

- The skills and responsibilities of a project manager
- Who are stakeholders and how they influence projects
- How a project team is formed and developed
- Differences between project and product life cycles
- How projects are created and selected
- Make your projects effective and complete successfully

Sat, 3/18

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

PROJECT REQUIREMENTS AND PLANNING MANAGEMENT

The primary contributors to challenged and failed projects are poor, ill-defined requirement definitions and failure to adequately plan to properly execute on the project. This class will provide you with the knowledge, tools and techniques required to minimize or avoid requirements related problems. Proper advance planning on a project guides its execution toward ensuring its successful performance.

In this class, you will learn about:

- Development of the project's requirements
- How to create the project charter
- Role of Work Breakdown Structure (WBS) and its components to link project's deliverables, scope, requirements and work
- The major elements of a project management plan
- How to manage changes to the baseline plans

Sat, 3/25

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

PROJECT TIME AND COST MANAGEMENT

Time and cost represent two-thirds of a project's triple constraint. Building a time schedule to meet the project plan is a group technique that requires project manager's leadership skills and attention to the big picture as well as the details. In addition, financial viability is a priority concern of stakeholders examining a project, so Project Cost Management is primarily concerned with the cost of labor and material resources needed to complete the project work.

At the end of this class, you will be able to:

- Create network diagrams relating project activities
- Identify the critical path for the project and how to reduce it
- Distinguish between static (waterfall) and dynamic (agile) scheduling
- Implement cost estimating techniques to develop an estimate
- Use Earned Value Management (EVM) method to measure project performance, forecast remaining work on the project

Sat, 4/1

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

MANAGING QUALITY AND RISKS IN PROJECTS

Managing quality in projects is to ensure the project's product conforms to the intended requirements as well as meets (or even exceeds) the expectations of its customer. All projects are inherently risky due to their unique characteristics, so managing the negative risks (threats) by mitigating them while enhancing the positive risks (opportunities) helps the project manager maximize the probability of achieving overall project objectives.

At the end of this class, you will be able to:

- Define costs of quality, conformance and non-Conformance
- List 7 basic quality control tools and how to apply them
- Know various risk categories and what risk register is
- Perform qualitative and quantitative assessments of risk events
- Select appropriate response for a given risk event

Sat, 4/8

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

SERIES DISCOUNT:

**Sign up for the PROJECT MANAGEMENT SERIES
to register for all four classes on this page
and save 10% (\$305 for series)**

Instructor: Ajay Bengali holds a Ph.D. degree in Engineering and has 40+ years of industrial technical experience in Aerospace industries. He holds Project Management Professional (PMP) credentials from the Project Management Institute (PMI) and is currently an independent Project Management consultant.

PROFESSIONAL DEVELOPMENT

LEADERSHIP

HOW TO DEVELOP SKILLS OF A SUCCESSFUL LEADER

CERTIFICATE AWARDED

To be an effective leader today is to empower, show by example, communicate, and coordinate resources to achieve success. How does a leader lead? How does the leader influence the team?

Learn how to:

- Develop the qualities of highly successful leaders
- Shift leadership styles when necessary
- Help others manage change
- Delegate and motivate
- Administer discipline
- Communicate your leadership
- Recognize, reward and celebrate victories

Leadership is the art of influencing people to follow you willingly and eagerly. The leader wears several hats as developer, coach, visionary guide, facilitator, expeditor, and planner. Leadership skills can be learned.

Sat, 2/18 8:00am-10:30am
\$45 (plus \$25 payable upon registration).

ESSENTIAL SKILLS OF MASTERFUL COMMUNICATION

CERTIFICATE AWARDED

The need to communicate with impact is one of the most difficult challenges we encounter...and the one that will lead to the greatest rewards. Most of what we do, we do in the context of a relationship. Communication is the key to all relationships. To be successful in your endeavors you need to become an effective communicator.

Topics include:

- Projecting a positive, confident image
- How to communicate with difficult people
- How to reduce fear barriers to effective presentation
- Which communication style to use and when
- Keys to better listening skills
- The power of non-verbal signals

Sat, 2/18 11:00am-1:30pm
\$45 (plus \$25 payable upon registration).

EQUITY AND DIVERSITY IN THE WORKPLACE



CERTIFICATE AWARDED

With the ever-changing dynamics in society, it's more important than ever to acknowledge the importance of equity and diversity. Recognizing and respecting diverse cultures and their individual differences is key for today's the workplace. This course will build understanding, inform participants of the differences in the workplace, and use activities and dialogue to build skills on how best to acknowledge various scenarios from the perspective of others.

Sat., 2/25 8:00am-10:30am
\$45 (plus \$25 payable upon registration).

COMMUNICATE WITH DIFFICULT PEOPLE WITH TACT AND SKILL

CERTIFICATE AWARDED

What would life be if the world weren't full of difficult people? In this seminar, we will focus on ways to analyze types of difficult behavior. You will learn constructive ways to communicate with difficult people and the powerful tools of pacing, paraphrasing and inquiry.

Topics include:

- Difficult people in your life, their specific behaviors and your reaction to their behaviors
- Three models of face-to-face communication
- Guidelines to confront anyone about anything
- Task vs. people; passive vs. aggressive; behavioral analysis (Modified Myers-Briggs individual exercise)
- Tips for how to communicate with each personality type: director, entertainer, supporter, analyst
- How to deal with specific situations, such as an angry person or a backstabber

Sat, 2/25 11:00am-1:30pm
\$45 (plus \$25 payable upon registration).

SERIES DISCOUNT:
Register for LEADERSHIP SERIES
(all four classes at the same time)
and save 20%! (\$145 for the series)

Instructor: Angela Scott-Betton, is a credentialed teacher with experience teaching career skills to adults and teens entering and re-entering the job force. She has presented workshops focusing on computer skills, effective communication, and problem solving.

CAREER ADVANCEMENT

ED2GO ONLINE SIX-WEEK COURSES

**Learn from the
comfort of home!**

- EXPERT INSTRUCTORS
- 24-HOUR ACCESS
- 6 WEEKS OF INSTRUCTION
- COURSES BEGIN MONTHLY
- ONLINE DISCUSSIONS
- CERTIFICATE AWARDED
UPON COMPLETION

**COURSE COSTS
RANGE FROM
\$85-\$299**

ENROLL NOW!



HUNDREDS OF 6-WEEK ONLINE COURSES... HERE'S JUST A FEW!

A to Z Grant Writing
Accounting Fundamentals
Business & Marketing Writing
Computer Skills for the Workplace
Digital Marketing Suite
Entrepreneurship Suite
Intro to Google Analytics
Intro to Quickbooks



Certificate in Gerontology
Certificate in Holistic & Integrative Health
Handling Medical Emergencies
Medical Terminology Series

Speed Spanish
Intro to Interior Design
Grammar Refresher
Genealogy Basics
Discover Sign Language
Blogging & Podcasting

to see the complete list of courses, their descriptions and to register, go to:

ed2go.com/cerritos

PROTRAIN CERTIFICATION TRAINING PROGRAMS

ProTrain offers certification programs that are designed to help you begin a new high-demand career or advance your current career.

Courses are created by Subject Matter Experts and prepare individuals for **nationally recognized certifications**

There are **LIVE ONLINE** and **SELF-PACED** courses available
- *you pick what works best for you!*



Tuition Assistance options available!

Our **LIVE ONLINE** courses offer the convenience of online study with an instructor-led course and allow students to interact with both instructors and classmates in real-time. **Students complete training in less than 3 months.** Our **SELF-PACED ONLINE** courses provide access to all lessons immediately with the freedom to learn from virtually anywhere at your own pace. **Duration of access ranges between 6 -12 months.**

Here's a few of the LIVE ONLINE and/or SELF-PACED certification programs available:

**Certified Associate in
Project Management**

Project Management Professional

Human Resources Professional

Medical Billing & Coding

Six Sigma Green Belt

Bookkeeping Administrator

LEED Green Associate Career Prep

ServSafe Manager

DayCare Administration Career Prep

To see the full list of LIVE and SELF-PACED online programs,
read full program descriptions, and/or to register, go to

cerritos.theknowledgebase.org

BECOME A NOTARY PUBLIC NOTARY SEMINAR *(online & in-person)*

CERTIFICATE AWARDED (CPS test administered separately)

FIVE great reasons to attend the Notary Public training seminar:

1. Become more valuable as an employee
2. Provide customer service for your organization
3. Start your own business
4. Consider becoming a Notary as an option for income upon retirement
5. Consider becoming a Notary as an option to your resume

The Notary application can be found at www.sos.ca.gov/notary. You are encouraged to review (download or print) the Notary Handbook at www.sos.ca.gov/business/notary/no-tary_hdbk.htm or contact C.P.S. at (916) 263-3520 to request a copy.

IN-PERSON INSTRUCTIONS:

1. You must arrive on time to class, late arrivals will be turned away.
2. You must present a valid form of ID in order to take the class: CA Drivers License or ID, and Passport. Your picture must be clear and must be the same person who checks in.
3. A \$30 materials fee for class materials and certificate, payable upon registration.

ONLINE INSTRUCTIONS:

Due to the class being offered remotely, you must be able to adhere to the following:

1. You must have an electronic device (computer, laptop or phone) that will allow you to connect to Zoom and remain logged in for the duration of each class.
2. You must be able to be seen and heard by the instructor throughout the duration of each class. Your electronic device must have a speaker and a camera, and you must have them on during the entire class.
3. A Proof of Completion Certificate (which the State requires to become a notary) can only be issued if you attend the course in its entirety.
4. You must present a valid form of ID in order to take the class: CA Drivers License or ID, and Passport
5. A \$10 material fee will be collected, and your materials will be emailed to you before class begins.

IN-PERSON:

Sat, 1/28 8:00am-4:30pm
\$95 (plus \$30 material fee, payable upon registration).

OR

ONLINE:

Sat & Sun, 4/29 & 4/30 8:30am-1:00pm
\$95 (plus \$10 material fee, payable upon registration).

Instructor: Kathy Houck

NOTARY RENEWAL NOTARY SEMINAR *(online & in-person)*

CERTIFICATE AWARDED (CPS Test administered separately)

If you are a Notary Public and your commission is up for renewal, you need to take this class so that you can continue to notarize without penalty or interruption in your commission. Due to the class being offered remotely and In person, you must adhere to the same policies as the Notary 1-day in person or 2-day course Zoom course. (See description to the left).

Choose one:

IN-PERSON

Sat, 1/28 1:00pm-4:30pm
\$49 (plus \$30 material fee, payable upon registration).

OR

ONLINE

Sun, 4/30 8:30am-1:00pm
\$49 (plus \$10 material fee, payable upon registration).

Instructor: Kathy Houck has owned and operated her own notary business for over 35 years and has been teaching Notary Law and Regulations for over 30 years.

BECOME A LOAN SIGNING AGENT *(online & in-person)*

CERTIFICATE AWARDED

Now that you are a Notary, how do you build and maintain your signing business? This workshop features how to properly notarize loan packages, step by step. Learn how to negotiate your fee, get called back, and brand yourself as a professional in the market.

Topics include:

- How to develop/build your own business in five easy steps.
- Contacting lucrative and profitable businesses and who your primary contact should be
- Get signed up with successful signing services/agencies that offer assignments

Prerequisite: Must have a current Notary Public commission.

IN-PERSON

Sat, 2/25 9:00am-4:00pm
\$99 (plus \$60 material and certificate fee)

OR

ONLINE

3 mtgs; T, W, & Th, 5/23-25 6:00pm-8:00pm
\$99 (plus \$30 material & digital certificate fee)

Instructor: Notary Public Seminars, Inc. has been a leading public course provider for over 15 years. Notary Public Seminars is one of the most widely known companies offering a range of career advancement and self-help courses.

CAREER ADVANCEMENT

CAREER TRAINING OPPORTUNITIES

CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, Wedding, Retirements, Baby Showers, Holiday Events, etc.) and wanted to learn how it was done? In this class you will learn how to create stunning centerpieces, eye-catching columns and learn the secrets of Organic balloon designs. If you would like to start a small business, balloon design is a perfect way to make extra money. This course will offer hands-on instruction and formulas to start a small balloon business. Bring your creativity and a pair of scissors.

2-Sat, 3/25 & 4/1

9:00am-12:00pm

\$55 (plus \$15 material fee, payable upon registration).

Instructor: *Yvette Mack Yvette, CBA (Certified Balloon Artist), has been providing balloon Decor for over 20 Years. She specializes in Classic Balloon Decor and Organic balloon designs.*



AUTO WHOLESALE BUSINESS FROM HOME *(online & in-person)*

DMV CERTIFICATE AWARDED

Come learn how to make extra money buying and selling wholesale cars as a home-based business; learn six easy techniques to earn \$3,000 just selling 2-3 cars a month. Learn how to get your auto dealer license and how to operate a profitable used car business. You will get a FREE list of all the 300 dealer-only auctions in the USA where vehicles sell at below wholesale prices.

This class is DMV approved and you will receive a DMV certificate of completion at the end of class. With the certificate, you can take the 40-question exam with the DMV, and upon passing it, you have one year to apply for a dealer license if you choose to do so.

ONLINE

Mon & Tues, 2/6 & 2/7

6:00pm-9:00pm

OR

IN-PERSON

Mon & Tues, 4/17 & 4/18

6:00pm-9:00pm

\$89 (plus \$25 material fee, payable upon registration).

Instructor: *Wayne Williams has maintained an auto dealer's license for 9 years; insurance agent broker for six years; is a current law school student and a DMV Occupational Licensing approved instructor for five years.*

FILM, TV AND RADIO

VOICEOVERS INTRO *(online)*

ONE-ON-ONE ONLINE CLASS – 90-MINUTE INDIVIDUAL WORKSHOP

This introductory one-on-one online workshop covers the different types of voiceovers and what tools are needed to find success in this remote working industry. You will be coached as you read a script and be recorded so you can receive a professional voice evaluation later.

Requirements: *Students must have Internet access and video chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/Facetime (Mac/ios). After registering, VFA will contact you to schedule a date and time for your class.*

\$49

Instructor: *Voices For All professional voice actors are known for their fun and informative presenting methods. They have many years of experience in the voice-over industry and are masters at how to make it in voice acting.*

INTRODUCTION TO CONCERT PROMOTION AND RADIO ADVERTISEMENT



The class will provide you with the beginning tools to work in Concert, venue, nightclub promotions and radio stations. You will be coached on all the radio specifics from A-Z. You will learn the creativeness of the voiceover needed for advertisement and learn who and how to contact stadiums + venues + radio stations, in order to display your new talents.

Sat, 4/22

9:00am-12:00pm

\$45

Instructor: *Travon Smith, a radio production enthusiast for over 13 years, has worked at 93.5 Kday and Dash Radio as a Production, Community Show and Program Director. He has worked with well known personalities such as Snoop, Marcellus Wiley and Desean Jackson.*

Taipei-California Cultural Exchange

ADULTS AND YOUTH GRADES 3-12

Celebrate Chinese language and culture this spring at Cerritos College Community Education. Members of the community and students can take online courses taught by respected professors from the University of Taipei.

You can virtually attend the University of Taipei from your own home where you will receive 10 sessions. If you participate in the program, you can:

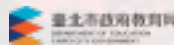
- Learn basic Chinese language
- Explore Chinese culture
- Expect small class sizes
- Participate via zoom
- Receive a Certificate of Participation at the end of the course

10 weeks-Spring 2023

6:00pm-7:00pm

\$89

For more information or to register
call (562) 467-5050 or email
CommunityEd@Cerritos.edu



臺北市立大學
University of Taipei



CERRITOS
COLLEGE

PERSONAL GROWTH

MONEY & INVESTMENTS

STOCKS – BONDS – MUTUAL FUNDS (EFT'S)

This course is perfect for those who want to learn more about the stock, bond and mutual fund markets including how they work, tracking and following them, what influences their prices, load and no-load mutual funds, and how interest rates can affect your financial well-being and how to manage risk.

The course will highlight issues such as stock and index options, domestic and global stock markets, new and hot issues, selling short, tax-free bonds, buying stock on margin, how the stock exchanges work, dollar cost averaging, how to read a typical account statement, retirement plans (IRAs, SEP-IRAs, Roth IRAs, 403Bs, 401ks, Annuities) and how market prices respond to news. Several stock market theories will be discussed and explained.

Sat, 3/25
\$39

9:30am-12pm

Instructor: Jalon O'Connell



RETIREMENT & YOUR GOLDEN YEARS

ESTATE PLANNING FOR EVERYONE (online)

Did you know that your 'Estate' consists of everything of value—cash, clothes, cars, real estate, investment and retirement accounts, pensions, etc. that you've accumulated throughout your lifetime?

Join us for this informative, interactive class to learn how to preserve and manage your assets while you still can, and then transfer it to your loved ones after you pass away. This process involves weighing various personal and financial decisions and creating legal arrangements to carry out those decisions.

We will discuss how to properly receive an inheritance as well as how to give one, strategies to avoid expensive delays and legal challenges and intelligent distribution of assets, charitable giving. Wills, trusts, asset protection, probate and family businesses will also be discussed.

Wed, 3/1
\$39 single OR \$49 per couple

6:30pm-9:00pm

Instructor: Jalon O'Connell is a Registered Representative, General Securities Principal and licensed Insurance Agent. For over 12 years she has taught and lectured at numerous colleges and organizations.

PREPARING FOR A RECESSION: 5 CORNERSTONES OF FINANCIAL PLANNING DURING A VOLATILE MARKET

High inflation, rising interest rates, and a market that seems to be changing direction daily-It's a nerve wrecking time for someone hoping to retire within the next 10 years. In this class we will be discussing essential strategies for retirement planning in today's volatile economy! Join us for candid discussions and to receive resources that will enable you to put yourself in the best financial situation as you prepare for retirement.

Sat, 4/8
\$49

11:00am-1:00pm

Instructor: Pamela Rodriguez is a financial planner and investment advisor with over 14 years of experience. She is passionate about financial literacy and believes that it is instrumental in helping people make better financial decisions.

HEALTH

PREDIABETES, DIABETES AND YOUR HEALTH (online)

Diabetes is one of this nation's leading chronic illnesses. Managing this condition and advocating for your health can often be challenging and intimidating. This course is ideal for those living with Prediabetes/Diabetes as well as their family members/caregivers who assist in caring for them.

In this course you will learn the following:

1. Basic facts about prediabetes and diabetes
2. How diabetes affects the body

Wed, 4/19
\$35 single or \$45 double

6:00pm-9:00pm

3. The relationship between diabetes, weight, diet, and exercise
4. Identify the medical professionals that are part of your prediabetes/diabetes team
5. Strategies for effectively communicating with your medical team.

You will have the opportunity to discuss your experiences as well as receive useful resources to help manage your illness.

Instructor: G.A. Kendrick is a credentialed Health educator and a Registered Dietitian with over 30 years of experience.

ENRICHMENT & INTERESTS

MOTORCYCLIST TRAINING

MOTORCYCLIST TRAINING COURSE (MTC)

*DMV CERTIFICATE AWARDED
(upon successful course completion)*

California Motorcyclist Safety Program offers the Motorcyclist Training Course (MTC), which is designed for the novice rider with no (or limited) street-riding experience. This 16-hour weekend course includes both classroom and on-cycle instruction. Although designed for new riders, any rider that has not taken a motorcycle course will benefit from this course. You will learn fundamental skills required to operate the motorcycle and progress to street riding skills and strategies. Topics covered include: overcoming fear, understanding how motorcycles turn, proper cornering strategies, and emergency crash avoidance skills.

This course is mandatory for those under 21 years of age desiring a motorcycle or scooter license. For students under 18, a parent must show ID (or legal guardian proof of guardianship) and sign a waiver at the start of the first class.



You will have 6 hours of in-class instruction and 10 hours of on the range, riding instruction and practice. You must be on time to every part of this course – if you are late, you will be dismissed from the class. Please bring water, and a sack lunch, as you will be in your class all day and will not have enough time to leave campus to purchase food.

A motorcycle and helmet will be provided for you in this course; if you want to complete the course on a scooter, you must notify us upon registering for the class. You need to bring either a valid a state issued driver's license, permit or ID card to the first class. Additionally, you will need to be dressed in a long sleeve shirt or jacket, full-fingered street-motorcycle-specific or leather gloves (mechanics-style gloves, off-road gloves, etc. are NOT allowed), long, thick jeans or pants (no spandex/stretch pants) without rips or holes and sturdy, padded, over the ankle boots (no fashion boots, or high heeled boots), leather high-top sneakers are allowed (canvas or cloth sneakers are NOT allowed).

In accordance with State safety standards, early dismissal may occur during the riding portion of the class if you do not demonstrate safe riding techniques (as determined by the instructor). Your attendance and participation is not a guarantee that you will be able to successfully complete the course. Students successfully completing the class will receive the DMV completion certificate, which may waive the riding portion of the DMV test. Your certificate will be mailed to you within 10 working days of your course completion. (Note: you will still need to take the written test at the DMV).

COMPLETE COURSE OVER 3-DAY PERIOD:

**Thurs. online classroom, Sat. in-person riding and classroom,
Sun. in-person riding.**

\$350 age 21 and over; \$295 under 21

Classes fill quickly - register today to reserve your spot!



ENRICHMENT & INTERESTS

MOTORCYCLIST TRAINING

1-DAY PREMIER/IRC (INTERMEDIATE RIDING CLINIC)

Developed by Total Control Training, and the CMSP, the 1-Day Premier and Intermediate Riding Clinic Courses are the perfect next step for current riders who are looking to improve their skills as well as veteran riders that have recently returned to riding and need a refresher session. If your goal is to obtain an M1 license and your skills are beyond the basics, the 1-DP class is definitely the course for you. Upon successful completion, you will be issued a DL389 certificate which may enable you to waive the riding skills portion of the DMV license application. If you already have your Class M1 license and have more than 500 miles of experience and may not have ridden for a while, the IRC class is for you.

These courses include both short classroom sessions and hours of riding exercises. The IRC & 1DPC are based on the most current research in rider safety, utilize modern training methods and have been proven to enhance student out-comes. Although designed primarily as a safety course, the course is also challenging and fun and it is completed in one 8-hour day.

We can provide a motorcycle for you if you sign up for the 1-Day Premier and should need one.

Sun, 1/15, 1/22, 2/12, 2/26, 7:00am-4:00pm
3/12, 3/26, 4/9 or 4/23
\$279



WOODWORKING

WOODTURNING TECHNIQUES

This intermediate to advanced wood turning course emphasizes the art and possibilities of segmented wood turning and will cover other turning techniques such as closed form, natural edge and multi-centered turnings. The main objective is improving the student's skill in the use of lathe, tools and machinery. The student will design and execute projects using various turning techniques for the creation of wooden bowls, vessels and sculptural objects. Emphasis is placed on proper technique, safety and shop policies.

14-Sun, 1/29-5/14 1:00pm-5:00pm
(no class 2/19 and 4/9)
\$359

Instructor: Steven Romo is a lifetime woodworker and has been woodturning for many years. As a member of the AAW (American Association of Woodturners), he has attended several symposium events since 2013 and can offer a variety of tips and techniques.

FUNDAMENTALS OF WOOD AND BOWL TURNING

This Fundamentals class is appropriate for beginning to advanced wood turners. The class will start with wood turning basics emphasizing use of lathe and turning tools plus sharpening, general spindle and hollowing work on selected projects. For intermediate and advanced students, bowl projects include hollow form, natural edge, free form and decorating enhancements.

14-Sun, 1/29-5/14 8:00am-12:00pm
(no class 2/19 and 4/9)
\$299

Instructor: Jerry Knight, is an award-winning bowl turner and is a lifetime woodworking hobbyist. He is currently Vice President of the Orange County Wood Workers Association and has been teaching wood turning at Cerritos College since 2016.

ENRICHMENT & INTERESTS

HOME & GARDEN

BAKE SHOP BASICS – FLOWER TOPPED CUPCAKES



Learn to create Beautiful Bake Shop Style Buttercream Flower Topped Cupcakes with step by step instruction and creative techniques. You will learn how to tint icing, fill a decorating bag, and how to pipe a variety of decorations, including the popular 1M swirl. Students will make at least 6 decorated cupcakes. Just in time for Valentine's Day or just because.

Sat, 2/11 10:00am-12:00pm
\$25 (materials needed are listed online).

CUTTING CREATIVITY WITH CRICUT®



Welcome to the world of making Pinterest-perfect party decor and other personalized items! Get started with your Cricut® machine and its latest design software. We will explore the machine's various features and how to work with the most popular materials. At the end of this class, you will be able to: Set up and connect the Cricut® machine. Using your laptop with Design Space installed you will learn how to use the software. You will also make a multi-layered card.

Sat, 1/21 10:00am-12:00pm
\$25 (materials needed are listed online).

***Instructor: Lakyn Wynn**, who has taught baking and the arts for more than a decade, is an award winning cake decorating teacher. Her philosophy is to keep homemade and handmade alive.*

WREATH MAKING



Wreaths are not just for the holidays! Wreaths can be used for a variety of occasions: birthday parties, baby showers, weddings and just because! You will be supplied with the wreath and ornaments to create your one of a kind design. No craft experience necessary, just a great imagination and a willingness to have fun!

Sat, 3/11 9:00am-1:00pm
\$45 (plus a \$20 material fee payable upon registration).

***Instructor: Helen Marquez** loves all things crafty and is very creative. Her contagious personality coupled with her enthusiasm to teach and years of experience, makes this wreath making a class a joy to be in.*



DANCE

CARIBBEAN AND LATIN DANCE

Why waste your dollars working out at a gym? Have fun dancing and get your workout at the same time, Latin style! Learn Merengue, Salsa and Cumbia (traditional & street style). Individual attention will be given to each student. Partners are welcome but not necessary. Instruction will be given in English and/or Spanish. Class may be repeated.

10-Wed, 2/8-4/19 (no class, 3/15) 7:00pm-8:30pm
\$79

***Instructor: Latin Spice Dance Group** has over 20 years of experience teaching dance. Besides teaching, Latin Spice instructors also demonstrate at company events, weddings, and private parties.*



BELLY DANCING

Explore and share in the exciting rhythms and dances of the Near and Middle East through proper and beautiful arm, hand and body techniques. Start immediately with footwork and learn mysterious belly rolls and hypnotic veil work as well as dance combinations.

Class may be repeated.

Please bring 2-1/2 to 3 yards of flowing fabric, approximately 45" wide.

5-Sat, 4/15-5/13 10:00am-11:00am
\$59

***Instructor: Tonya Chianis** has won the International Academy of Middle Eastern Dance Award for Best Teacher, and the Hall of Fame Award presented by the Middle Eastern Culture and Dance Association.*

This course not only offered a fun way to exercise but cultural enrichment as well. The instructor is extremely inspirational.

— V. Reyes

ENRICHMENT & INTERESTS

MIND, BODY & SOUL

REIKI II

7-HOUR CERTIFICATE AWARDED

Students will learn the second level of Reiki healing for the purpose of deepening their practice toward the healing of self and others. The class emphasizes the active and experiential practice of Reiki integrating hands-off or distance healing into the student's knowledge of hands-on healing from Reiki Level I.

Additional self-care techniques will be introduced including mindfulness meditations focusing on breathing and awareness of subtle energies. Information on how to start a private practice will be provided.

Suggested book to purchase prior to the first day of class is "Reiki: The Healing Touch First & Second Degree Manual" by William Lee Rand.

Prerequisite: Reiki Level I. Class can be repeated if looking to renew previous teachings; all lineages welcome.

Sat, 2/25 10:00am – 5:30pm
\$129

Instructor: Dr. Laura Luna, is certified in Reiki I, II and master level Reiki III. She completed training with two different Reiki masters, trained in the Usui for Reiki

TAI CHI CHUAN

Through lecture, demonstration, and the practice of the Tai Chi movements, students will experience the benefits of this ancient Chinese exercise and martial art, such as reduced stress, improved balance, and increased muscle tone. You will learn Chinese Chi Kung (breath work) as a calming exercise prelude to Tai Chi practice.

This course introduces students to a Chinese health exercise, which is neither vigorous nor strenuous. It is suitable for anyone who wants to exercise to gain or maintain good health. It will strengthen the muscles and organs, relax the mind and body, improve blood circulation, and increase memory and concentration.

6-Sat, 1/21-2/25 8:30am-10:00am
\$65

OR

6-Sat, 3/11-4/15 8:30am-10:00am
\$65

Instructor: Dan Layne, B.S. is certified as a specialist in Balance and Mobility through Cal State Fullerton and holds a "Master Trainer" certification for the Matter of Balance program sponsored by the Department of Ageing. He is certified to teach Tai Chi Chuan by the Hong Kong Royal Life Saving Society.

CARDIO HIIT/CARDIO SWEAT & BURN

This class consists of full body exercises. It promotes total body training and fitness in a way that nearly no other sport does. Best of all, it is a great way to get away from run-of-the-mill workouts. Whether you are just starting to hit the gym, or have been doing so for years, Cardio HIIT can help strengthen and tone you. It can help you in your personal life, with your performance, self-esteem, how you look, feel,

and much more. You can burn 700-900 calories each class. The Cardio HIIT workout training combined with a healthy diet will make you reach your fitness goals quickly.

You will need: a yoga mat, jump rope, water and a towel

Note: Ages 15 and up

10 mtgs, Tues & Thurs, 1/17-2/16 6:30pm-7:30pm
\$99

Coach Experience: Christopher Rizo is a certified personal trainer by NASM (National Academy of Sports Medicine) 25+ years of boxing experience. Retired undefeated professional boxer, Trained by the famous boxing coach, Freddie Roach.

MUSIC

GUITAR: INTRODUCTION/BEGINNING

AGES 14 TO ADULT

Learn to play guitar in a friendly and supportive environment. Whether you are just learning to play, or want to improve your skills, this class is for you. You'll learn to play chords, single note melodies and strum styles. No musical experience required.

You must bring your own acoustic guitar.

6-Sat, 2/25-4/1 9:00am-10:00am
\$69 (plus \$5 material fee, payable upon registration).

Instructor: Katarina Giesler holds a single subject credential in music. She has directed musical ensembles, such as band, orchestra, choir and musicals. She also teaches small group lessons.

ENRICHMENT & INTERESTS

SOMETHING FOR EVERYONE

CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, Weddings, Retirements, Baby Showers, Holiday Events, etc.) and wanted to learn how it was done? In this class you will learn how to create stunning centerpieces, eye-catching columns and learn the secrets of Organic balloon designs. If you would like to start a small business, balloon design is a perfect way to make extra money. This course will offer hands-on instruction and formulas to start a small balloon business. Bring your creativity and a pair of scissors.

2-Sat, 3/25 & 4/1

9:00am-12:00pm

\$55 (plus \$15 material fee, payable upon registration).

Instructor: *Yvette Mack, CBA (Certified Balloon Artist), has been providing balloon Decor for over 20 Years. She specializes in Classic Balloon Decor and Organic balloon designs.*



CRAFT BEER CRAZE (online)

MUST BE 21 TO ENROLL

Beer shouldn't be confusing; it should be fun! Craft beer is booming nationwide. There are over 9,000 breweries in the United States. It can be overwhelming to find a beer you'll enjoy, but we are here to help. In this introductory course aimed at those with little experience, but great enthusiasm, you will learn a brief history of beer, how beer is made, various style differences and how to decode a beer menu. So, sit back, relax and enjoy a cold beer.

2-Sat, 2/25 & 3/4

1:00pm-3:00pm

\$59

Instructor: *Gabriel Velarde is an alumni of Cerritos College Culinary Arts. He has over 10 years combined experience in food and beverage industries. Having worked in craft beer both behind the bar and in production, his knowledge will help introduce you to the world of beer.*

TEXAS HOLD 'EM FOR BEGINNERS

YOU MUST BE 21 TO REGISTER

Have you dreamed of playing in the Main Event of the World Series of Poker? Or do you just want to impress your friends by crushing your Friday night home game? Either way, in poker it all begins with the fundamentals. This course was designed to give beginners the skills necessary to be comfortable in just about any game you find yourself sitting in.

This course will consist of a series of short lectures, followed by examples, and then the opportunity to put what you just learned to the test on a real poker table. We will teach you a proven method of analyzing your chances to win with any two cards. You will be filmed, to see where you need to make adjustments in your game. And our "final exam" will consist of a poker tournament with one of you coming out on top!

Please note: *There is no exchange of money or wagering in this class.*

2-Sat, 2/4 & 2/11

9:00am-1:00pm

\$65

Instructors: *Tim Smith, MBA, JD & Greg Milbaupt, MBA*

TEXAS HOLD 'EM INTERMEDIATE

YOU MUST BE 21 TO REGISTER

Now that you understand the basics of Texas hold 'em, it's time to take your game to the next level...

The class is not for beginners. We will assume you understand the game and have played it at least a few times. We will not cover the rules, as we want to dive right into strategy!

Everything from starting hand selection, to taking advantage of position or a big stack of chips. There will be some math involved, but don't worry, we'll walk you through it step by step. The critical thing about poker is understanding where you are at, at any given point during a hand.

This class will be a mix of lecture, hand quizzes, and of course, some tournament play.

Please Note: *There is no exchange of money or wagering in this class*

3-Mon, 4/10, 4/17 & 4/24

6:00pm-8:30pm

\$65

Instructors: *Tim Smith, MBA, JD, is a Management Consultant who has played poker both at the amateur and professional level for over 30 years. He has played in tournaments all over the country, including WSOP. Greg Milbaupt, MBA, is a Chief Financial Officer, who over the past 14 years has fine-tuned his poker skills playing among some of the world's elite poker players at the World Series of Poker. He also regularly plays in a local poker club that he formed and hosts.*

ENRICHMENT & INTERESTS

SOMETHING FOR EVERYONE

OVERCOME ANXIETY IN STRESSFUL SITUATIONS *(online)*

Whether you are making a presentation at work or in school, auditioning for a role, presenting on video or Facebook, giving a closing argument in a courtroom, or stepping up to the first tee, you can conquer your fear and achieve success when you need it most! You will learn the mental and physical skills necessary to think more clearly and creatively under pressure. Overcome your anxiety and perform better than ever before.

Mon, 2/27 7:00pm-9:00pm
\$39 (plus \$25 material fee, payable upon registration).

Instructor: *Dr. Nick Lazaris is a Clinical Psychologist & Professor at California Southern University with over 35 years' experience helping his clients achieve their absolute personal best in life, business and relationships.*

UNDERSTANDING GRIEF AND LOSS

Loss is an inevitable part of life, and grief is a natural part of the process. In this class you will learn about the Stages of Grief and Loss and have the opportunity to share your experiences with others who are going through the same experience. The course objective is to provide knowledge, personal growth, and an understanding of the experience of the loss of a loved one. Additional resources that can help you continue on your journey of healing will be provided.

Sat, 3/18 9:30am-12:30pm
\$39 (plus \$10 material fee, payable upon registration).

Instructor: *Teresa Estrada*

ENTENDIENDO EL DUELO

La pérdida es una parte inevitable de la vida y el duelo es una parte natural del proceso. En esta clase aprenderán sobre las etapas del duelo y la pérdida y tendrán la oportunidad de compartir sus experiencias con otras personas que están pasando por la misma experiencia. El objetivo del curso es proporcionar conocimiento, crecimiento personal y comprensión de la experiencia de la pérdida de un ser querido. Se proporcionarán recursos adicionales que pueden ayudar a continuar en su viaje de curación.

Sat, 3/25 9:30am-12:30pm
\$39 (plus \$10 material fee, payable upon registration).

Instructor: *Teresa Estrada is an experienced educator and counselor. She teaches workshops on grief and loss at various locations. She also has taught grades K-12, as well as ESL, college prep courses, and psychology courses at Webster Career Business College (where she had been nominated for Teacher of The Year in 1997).*

TRAFFIC SCHOOL

Pre-register to save \$5 on your class registration!

Traffic school classes fill quickly - if you register anytime before the day of class, you will ensure your spot AND save \$5!

Cerritos College (traffic school #TVS00087) offers an eight-hour class, taught in English. After obtaining permission from the courts to attend traffic school, you can then register for traffic school.*

You must bring your drivers license and citation to class - if you do not, your information cannot be entered into the CA DMV website and you will not get credit for your traffic school attendance. If your ticket was obtained out of state, you MUST VERIFY BEFORE REGISTERING with the out-of-state courts as to if they will accept the completion receipt (not all will). If you register and the out of state court rejects your completion receipt, no refund will be given.

Per DMV regulations, class begins at 8am sharp - you cannot arrive late. Please arrive approximately 15 minutes before class begins in order to buy your parking permit, find your class location on campus and fill out your paperwork you need to complete for your class. You need to be in your seat at the start of class - if you are late, you will not be let in, and no refund will be issued.

At the completion of class, you will receive a completion receipt. Within three business days, the office will enter your attendance and information you provided on the forms you completed into the CA DMV system electronically; this is how the courts will know that you completed your class.

*Per DMV regulations, commercial drivers are prohibited from attending traffic school except if they obtain a violation when operating a non-commercial vehicle (per AB 1888).

Sat, In-Person 8:00am-4:00pm
Please call (562) 467-5050 for dates
\$35 pre-registration, \$40 same day registration

Instructor: *Mr. Richard Jensen was a member of the Whittier Police Dept. for 24 years. He was awarded the 2018 "Case of the Year" award from the Orange County Traffic Investigators Association.*

VISION BOARD *(online)*

In the Vision Board class, this phrase takes on a whole new meaning when you create an intentional road map that allows you to explore your goals, dreams and aspirations and create clear means of achieving them. Through guided exercises, discussion and feedback, you will leave with a clearer picture for the future. This fun and informative class is great for adults, children and families and you leave with a concrete reminder you can reference for a lifetime.

Sat., 3/11 10:00am-1:00pm
\$55

Instructor: *Dr. Dorothy Kegler is the owner of Kegler's Consulting, an educational and career consulting firm. She is destined to assist you with your dreams and goals.*

IN-PERSON & ONLINE CLASS INFORMATION

We are happy to be able to offer both in-person and online classes. **Within our spring schedule all classes listed are offered in-person unless “online” is indicated.** Below is very important information that you will need to know when accessing our classes in-person or online.

In-Person Classes – You will receive information regarding materials, classroom location and parking location prior to the start of class. The college follows COVID protocols of classrooms being thoroughly cleaned, and mask wearing indoors is strongly encouraged. All students must practice hand hygiene (washing and sanitizing) and refrain from attending class if feeling sick.

Also, to ensure the health and safety of our community and in an ongoing effort to minimize the spread of COVID-19 and its variants, any person attending classes in person must complete a health screening prior to coming on campus.

All students, regardless of age, must complete the following steps when taking in-person classes.

Step 1. Required Health Screening: Before you arrive on campus, complete the health screening COVID-19 questions online within four (4) hours of your arrival.

Step 2. Clearance: Once approved, you will be cleared to come to campus.

Step 3. Mask Up: Masks are not required, but highly recommended to stop the spread of COVID.

Step 4. Wristbands: Visit the Health Screening Kiosk to get your wristband. Wristbands must always be worn on campus (you will receive a map with kiosk locations, prior to the start of your class).

Step 5. Report your Symptoms: If you are on campus, you are required to report to contact Community Education if you:

- Receive a positive COVID-19 test.
- Experience COVID-19-related symptoms.
- Been in close contact with someone who is COVID-19 positive.

Here is the link you will use to complete the pre-screening:

- scan the QR code below to sign in
- Text “cerritos” to 562-273-9224 for the link to check in
- Please type the word class under visitor company and reason why you are visiting



Online Classes – We will continue to offer our amazing classes live online (via zoom or a similar platform). These classes allow for live instruction and as much student-teacher interaction as possible. Whichever type of online course you choose, you can do it from the comfort of your couch, your backyard, or the beach... wherever you like! No traffic, all you need is a computer, laptop or smartphone, it's that easy!

Whichever way you decide to take our classes we are happy that you've chosen our program and look forward to “seeing” you either in-person or online. As always, feel free to contact us at CommunityEd@Cerritos.edu or (562) 467-5050 (press #1).

Have a Great Class!
Community Education

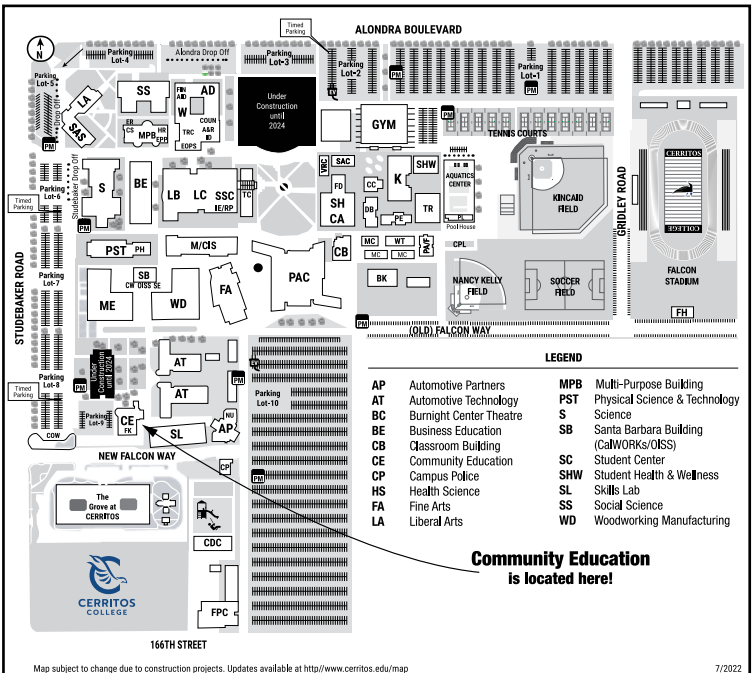
CAMPUS MAP & PARKING INFORMATION

A PARKING PERMIT IS REQUIRED & ENFORCED 24 HOURS A DAY, YEAR-ROUND

PARKING - You will need to pay for parking while on campus. Purchase your daily \$5 virtual parking pass by clicking on this link: <https://paymycite.com/CerritosCollege/Landing.aspx>.

Park in the student white stalls only.

Students with a disability “DP” plate/placard can park in any disabled, student or staff stall, but are still required to purchase a parking permit.



REGISTRATION INFO

TRANSFERS & CANCELLATION POLICIES

Once you are registered in a class(es), you will receive an emailed receipt along with an email confirmation. The confirmation contains all the class information you need to know about your class(es).

TRANSFERS

To transfer registration to another class, your request must be received three or more business days before the first class meeting of the original class. There is a \$10 transfer fee for all transfers completed. We cannot complete any transfer once a class has begun.

CANCELLATIONS

We make every effort to publish accurate course information, but due to the COVID-19 restrictions and uncertainty of the situation, some class dates/times may be subject to being rescheduled or cancelled. Any class that does not meet minimum enrollment may be cancelled. If Community Education cancels a class, you will be notified by email and phone prior to when the class was to begin. If our department has to cancel a class, a full refund will be issued to you.

If you want to cancel a class(es), you need to notify us about the cancellation three (3) or more business days prior to the start of the original class. There is a \$10 cancellation fee for all cancellations completed. If you notify us after a class has begun, no cancellation can be given.

If you are given a refund, registration fees paid by credit card will be returned to that card within 72 hours or less. Payments made by cash or check will be refunded by check from the District within 2-4 weeks and will be mailed directly to you.

STUDENT CONDUCT AND DISCIPLINARY PROCEDURES

Students enrolling in any Cerritos College, Community Education course assume an obligation to abide by all District regulations and are subject to disciplinary actions if they fail to adhere to these regulations. The Office of Judicial Affairs is responsible for the student conduct and disciplinary procedures of the college. <http://www.cerritos.edu/activities/office-of-student-conduct-and-grievances/default.htm>.

STUDENTS WITH DISABILITIES

Reasonable accommodations for students with a disability are available upon request. Requests must be made a minimum of 10 business days in advance of the class start date. Contact the Community Education office to begin the process of consideration of your accommodation request.

CERRITOS COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES

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4 EASY WAYS TO REGISTER!



ONLINE

CerritosCommunityEd.com

- If you are a new student, click on "sign in" and create a new profile.
If you are a returning student, simply login using your login & password.
- Select classes you want to register for by putting them in your "cart."
- Check-out and pay for your classes, using a VISA, Mastercard or Amex.
- You will get an email confirmation of your payment and class registration.



PHONE

562-467-5050 (press #1)

- A registrar will help you over the phone to register for the class(es) you want.
- You will pay over the phone with VISA, Mastercard or Amex
- You will get an email confirmation of your payment and class registration.



SCAN/EMAIL

CommunityEd@Cerritos.edu

- Complete this registration form including credit card info for payment.
- Scan form or take a picture and email to CommunityEd@Cerritos.edu.
- You will get an email confirmation of your payment and class registration.



MAIL

Cerritos College Community Education 11110 Alondra Blvd., Norwalk, CA 90650

- Complete the registration form and include your payment (check or credit card).
- You will get an email confirmation of your payment and class registration.

REGISTRATION FORM

TO BE COMPLETED BY ADULT STUDENT OR PARENT OF YOUTH STUDENT

Adult Name (required): _____
First Middle Last

Address (required): _____

City (required): _____ Zip (required): _____

Primary Phone (required): _____ Secondary Phone: _____

Email (required): _____ Date of Birth (required): _____

Note: This is where we will send your receipt, registration confirmation and log-in information.

COMPLETE IF YOUTH STUDENT (AGES 1-17). (If adult student, skip section)

Youth Name (required): _____
First Middle Last

Date of Birth (required): _____ Grade Level (required): _____

Emergency Contact (required): _____ Phone (required): _____
First Last

REGISTER FOR THESE CLASS(ES)

Class Title	Class Date(s)	Class Fee(s)
Total Registration Amount:		\$

PAYMENT INFORMATION

☐ Credit Card - Visa / MC / AMEX: _____
(circle type) (credit card number) (expiration date)

☐ Card Billing Address (if different): _____
Note: The billing address of the credit/debit card will be verified to match the address your credit or debit provider has on file.

☐ Check Amount: _____
(check number)

Signature (required): _____ Date (required): _____

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EXPLORE YOUR PATH TO SUCCESS! COLLEGE FOR YOUTH THIS SUMMER



These icons below represent the Learning Career Pathways at Cerritos College. The classes in our College for Youth Program are grouped according to the learning/career path they represent. Your child will learn more about them as a way to immerse themselves in the Cerritos College Experience.



LOOK FOR OUR SUMMER SCHEDULE IN LATE APRIL/EARLY MAY!

**Cerritos College District
Community Education**

11110 Alondra Blvd.
Norwalk, CA 90650

DATED MATERIAL

Non-Profit
Organization
U.S. POSTAGE

PAID

Cerritos College



THE KNOWLEDGE HOUSE



**CERRITOS
COLLEGE**

WE SERVE WE EMPOWER WE EDUCATE

WE BRING YOU:

INTRO TO TECH

English Only

The Innovation Fellowship Pretraining is a 9-week course that provides an overview of the tech industry and covers foundational computer science concepts that help prepare participants for technical job training programs and coding boot camps.

APPLY NOW! Class starts March 20th to May 19th

Contact to Apply:

Adult Education Department (562) 467-5098 ext 2518

Cesar Cruz (213) 347-5850



CerritosCommunityEd.com