

**Cerritos College**

# **COMMUNITY EDUCATION**

**Spring 2024**

**Jan • Feb • March • April**

***Schedule of Classes***

***Discover  
the  
Power  
of AI***

**AI for Writers**

***pg. 9***



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

**CerritosCommunityEd.com**

# ***New Year, New Classes!!!***



**VALENTINE BALLOON  
DÉCOR AND MORE**

**Pg. 8**



## ***...And All Time Favorites!***

***Are You  
Ready To Ride!***

**MOTORCYCLIST TRAINING  
COURSE (MTC)**

**Pg. 14**



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**All classes are held in-person unless online is noted.**



# ***ADULT EDUCATION & DIVERSITY PROGRAMS***



Continuing  
Education

NUESTROS PATROCINADORES ESTE AÑO:

**El Clasificado**



## **FORTALECIENDO A LA MUJER 2024**

Empoderar, abogar y fortalecer a la mujer  
en las áreas de:



- EDUCACION
- SALUD
- CIVISMO

# **2**

**MARZO**

## **8 AM – 12:30 PM**

***Cerritos College Student Center  
11110 Alondra Blvd. Norwalk, CA 90650***

**PARA MAS INFORMACION O PARA RESERVAR SU  
LUGAR LLAME AL  
(562) 860-2451 EXT. 2518**



# CTE PROGRAMS

## RESIDENTIAL ELECTRICIAN & NON-RESIDENTIAL LIGHTING TECHNICIAN, ELECTRICIAN TRAINEE PROGRAM



**Looking to pursue a career in the electrical field?**

### **Electrical Trainee Programs we offer:**

- Non-Residential Lighting Technician (8 – Course Certificate of Completion)
- Residential Electrician (18-Course Certificate of completions)

Look no further! Train to become a Residential Electrician or Non-Residential Lighting Technician with the Continuing Education Division at Cerritos College for free! Students who successfully complete the program can find jobs working in residential buildings, homes, apartments or non-residential lighting fixtures.



Apply for  
your ET  
Card



Tuition  
Free



CA State  
Approved  
Courses

**ENROLL  
TODAY**

**(562) 467- 5098**  
**adulted@cerritos.edu**

**Ask for the Electrical  
Liaisons**



Cerritos College Continuing Education Division - CE 12  
11110 Alondra Blvd. Norwalk, CA 90706

# 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, 2/10

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, 2/24

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 and to forecast remaining work on the project

Sat, 3/2

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, 3/9

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 the series)

material fees not included

**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

## BUSINESS & MANAGEMENT

### EFFECTIVE FUNDRAISING AND GRANT WRITING *(online)*

Whether you are asking for organizational contributions, selling school fundraising items, putting on an event, or other requests, is asking for and bringing in funds to support your organization or program a challenge? You are not alone. You don't have to apologize when asking for support and contributions for your organization. In this course you will learn techniques to bring in funds and resources for your project or organization. This workshop is valuable for staff, Boards, volunteers, and anyone who is involved with raising funds for your nonprofit organization.

3-Tues, 4/9-4/23

6:30pm-8:30pm

\$99

**Instructor:** **Bob Reich** is Executive Consultant with *Brainstorm Bob Consulting*, with over 30 years of professional experience teaching and consulting in all aspects of nonprofit organizational management, strategic planning, programming, boards, fund raising and grants, 501(c)(3) applications, events, marketing, facility management, and community outreach.

### GOOGLE SUITE FOR HOME AND BUSINESS *(online)*

Google Suite is an introduction to Google Docs: slides, sheets, forms. During this hands-on course, you'll learn the basics of this very popular software that can be used both in business, and in your personal life, to create professional and efficient documents that will impress those around you.

Sat, 4/6

10:00am-1:00pm

\$45

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



### EXPLORE 250 LEGITIMATE HOME-BASED 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, 3/6

4:00pm-6:00pm

\$49 (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.

*"Thank you. I have taken 3 of your classes and have one more on Thursday. You are such a good teacher and I have enjoyed each of them."* Norma S.

# 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, 2/3 8am-10:30am  
\$55 (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, 2/3 11:00am-1:30pm  
\$55 (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 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.

Sun, 2/4 8:00am-10:30am  
\$55 (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

Sun, 2/4 11:00am-1:30pm  
\$55 (plus \$25 payable upon registration).

### **SERIES DISCOUNT:**

*Sign up for the LEADERSHIP SERIES*

*(all four classes at the same time)*

*and save 20%! (\$176 for the series)*

*material fees not included*

**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.

### BECOME A NOTARY PUBLIC NOTARY SEMINAR

*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

This seminar is designed to satisfy California's new requirements including the major changes in Notary affecting ALL California Notaries, such as: what must be done to avoid fines of \$500 to \$10,000, updated laws for identifying signers and thumbprint requirements and new laws regarding renewing commissions and journal entries. PRIOR TO CLASS, print out the Secretary of State application, found at [www.sos.ca.gov/notary](http://www.sos.ca.gov/notary). You are encouraged to review (download or print) the Notary Handbook at [www.sos.ca.gov/business/notary/notary\\_hdbk.htm](http://www.sos.ca.gov/business/notary/notary_hdbk.htm). Alternatively, you can request a free copy of the Handbook - contact C.P.S. at (916) 263-3520.

#### **CLASSROOM 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, Passport, and Military ID are acceptable. 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 to Instructor in cash/check or money order.

Sat, 1/27 8:00am-4:30pm  
\$115 (plus \$35 material fees, payable to the instructor).

OR

Sat, 3/16 8:00am-4:30pm  
\$115 (plus \$35 material fees, payable to the instructor).

**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 PROFESSIONAL SUPERVISED VISITATION PROVIDER

Are you looking to earn extra money, and be a service to at-risk children? Becoming an Independent Professional Supervised Visitation Provider is the job for you. You can began earning income after your training. A Family Law Judge will order a Professional Supervised Visitation Provider to accompany a minor child and their monitored parent, for various reasons. The role of the Professional Supervised Visitation Provider is to be a neutral party

2-Sat, 3/2 & 3/9 9:30am-4:30pm  
\$300 (plus \$75 material fee, payable upon registration).

**Instructor:** *Dr. Shirley Douglass has been a certified supervised visitation monitor for over 16 years, and has been training professional monitors for over nine years. She worked nearly 30 years for the Los Angeles County Superior Court.*

### NOTARY RENEWAL NOTARY SEMINAR

*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. We will go over renewal information and supply you with a separate list of all the changes and updates to the Notary laws in the last four years. You must adhere to the same policies as the Notary course (see description to the left).

Sat, 1/27 1:00pm-4:30pm  
\$79 (plus \$35 materials fee, payable to the instructor).

OR

Sat, 3/16 1:00pm-4:30pm  
\$79 (plus \$35 materials fee, payable to the instructor).

### I HAVE MY NOTARY COMMISSION, NOW WHAT?!

Now that you've got your notary commission, what comes next? Do you remember all that you learned in the class? Got concerns? Questions? Anxious about actually notarizing? This is the class for you! Find the answers to your questions and those you didn't know you had in a relaxed, comfortable setting.

- Career opportunities
- Types of businesses that need notary services
- Journal entries-doing it correctly and simply
- Real-life scenarios and how to handle them
- Hands-on instruction and role-playing
- Make sure you are notarizing legally and how to spot when someone is trying to get you to do something illegal
- Quoting prices legally, and
- Creating a buddy system for your Notary business.

4-Tues, 4/2-4/23 6:00pm-9:00pm  
\$99 (plus \$35 material fee, payable to instructor).

# CAREER ADVANCEMENT

## CAREER TRAINING OPPORTUNITIES

### BECOME A LOAN SIGNING AGENT

(online & in-person)

CERTIFICATE AWARDED

Make the most of your Notary commission by becoming a Loan Signing Agent. Whether you are in the process of obtaining your first commission or fifth, adding loan signing services gives you another stream of income. Set your own hours notarizing real estate documents including refinances, seller and buyer packages. Loan Signing Agents work with their own clients, loan signing agencies, escrow companies, real estate offices, lenders and more. Experts in the business will teach you best practices and also explain pitfalls to avoid that took them years to learn through experience. A certificate is awarded upon completion of the course. You'll learn how to:

- Successfully notarize loan documents from any lender
- Thoroughly understand your role and develop trust with your clients
- Discuss only what the law allows you to and topics to avoid
- Register with thriving Loan Signing Agencies
- Start your business with a basic marketing strategy

**Prerequisite:** You must have completed the 'Become a Notary Public' seminar prior to taking this class.

ONLINE

3 mtgs; T, W, & Th, 3/19, 3/20 & 3/21 6:00pm-8:00pm

\$99 seminar fee paid upon registration +

\$30 for seminar guide and reference book, payable at time of registration

OR

IN-PERSON

Sat, 4/20 9:00am-4:00pm

\$99 seminar fee paid upon registration +

\$60 for seminar guide and reference book, payable at time of registration

**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

### CREATE BALLOON DÉCOR AND MORE – ADVANCED CLASS

Are you ready to take your balloon skills to the next level and decorate like the pros? In this class, you will learn how to make stunning centerpieces. Balloon sculptures, large balloon banquets, deluxe balloon garland, and balloon walls. Come and decorate with me!.

2-Sat, 3/2 & 3/16

10:00am-1:00pm

\$65 (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.

### UNCLE SAM CAN HELP YOU BUY A HOME

It is a myth that you have to have a 20% down payment to buy a home. It is also a myth that down payment assistance is only available for low income households and only in certain neighborhoods. If you want to own a home and you have steady income and a good credit history, find out about the various assistance programs that are available throughout California. Many of the former attendees of this workshop are now happy homeowners whose property has appreciated in value. Register today while funds are still available.

Sat, 3/16

11:00am-2:00pm

\$39 (plus \$15 material fee, payable upon registration).

**Instructor:** Carmen Hill, President of CitiHousing Real Estate Services, has had a varied real estate career spanning over 45 years. She has worked for financial institutions and nonprofit organizations and is currently a real estate broker, specializing in government housing programs.

### NO DAYS VACANT, NO LOST RENT PROPERTY MANAGEMENT ANYBODY CAN DO

Tired of tenants, trash and trouble? Are you an "accidental landlord" from inherited property? Tired of property managers ripping you off? Most people hate the idea of total strangers living in your houses that don't pay on time, call you at 2AM and disrespect your property.

**It doesn't have to be like this. How would you like your residents to:**

- Pay the rent before it's due?
- Maintain or even improve your property's value?
- Get along with the neighbors?
- Stay a long time?

This seminar will show first time and experienced investors how to safely and easily rent out houses in one day with minimal time and effort. Also covered: evictions, managing the landlord-tenant relationship and how to find the best areas.

Sat, 2/10

9:00am-1:00pm

\$89 (plus a \$20 material fee, payable upon registration)

**Instructor:** Steve Dexter is the author of "Real Estate Debt Can Make You Rich" and "Beat the Banks, Prospering in the Rising Wave of Bank Foreclosures. He owns and manages 23 investment properties locally and nationwide.

### VALENTINE BALLOON DÉCOR & MORE

As Valentine's Day approaches, balloons always add to this special occasion. In this class you will learn unique Valentine centerpieces, balloon bouquets and eye-catching Valentine backdrops. These can be used to decorate for extraordinary parties or small romantic gatherings. This class is perfect for those who are looking to create balloon art as a hobby or a business.

Sat, 1/27

10:00am-1:00pm

\$45 (plus \$15 material fee, payable upon registration).

### DON'T THROW IT AWAY - SELL IT ONLINE *(online)*

Get rid of your "stuff" and get paid! There are several phone apps and platforms that provide an excellent way for you to generate revenue by selling your unwanted used items or by creating a new e-commerce business. This class presents the most popular yet easy to use apps for each of the top categories including Furniture, Electronics, Clothing, Books, Art, and more. Learn which used items sell best and what can't be sold. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs and how you get paid. So, determine which apps are the best match for the items you want to sell.

Thurs, 4/4  
\$69

6:00pm-9:00pm

**Instructor:** *Kevin Boyd is a former Bell Labs engineer and VP of a cardiology software company, he teaches entrepreneurial and continuing education classes at over 40 colleges.*

### AUTO WHOLESALE BUSINESS FROM HOME *(online)*

*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.

Mon & Tues, 2/12 & 2/13

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, & RADIO

### BEGINNER'S GUIDE TO USING FREE CHATGPT (AI) FOR WRITERS



ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to:

- register for a FREE ChatGPT account
- input effective writing prompts to avoid nonsense responses
- build creative content, from stories to marketing copy
- determine its capabilities and limitations
- understand ethical/legal considerations using ChatGPT

There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now!

Sat, 3/9

11:00am-1:00pm

\$49 (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.*

### INTRO TO IMPOV

You will learn the fundamentals of improvisation (long-form) with a focus on scenework and exercises that help you understand storytelling. This class will help you develop your skills of improv and spark your creativity, and is a fun way to meet and collaborate with new people. The last class will end with a performance open to the public.

6-Wed, 3/20-4/24

7:00pm-9:00pm

\$89

**Instructor:** *Forest Hartl teaches at Cerritos College and several colleges across Southern California. He studied theatre at UC Berkeley and the University of Southern CA.*

### 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.*

# 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**

# INTENSIVE ENGLISH PROGRAM (I.E.P.)

**DO YOU HAVE A FAMILY MEMBER OR FRIEND WHO WOULD  
LIKE TO LEARN ENGLISH IN CALIFORNIA?**

## IEP Why Study English at Cerritos College?

Cerritos College offers the Intensive English Program (IEP), which is a four-month, not for credit program where you will receive 360 hours of Intensive English Language training. You will get instruction customized to your level, helping you to improve on your grammar and speaking abilities. Our class size is very small, so you get the individualized help from your teachers.



**Our Intensive English Program is all inclusive! You'll receive:**

- 360+ hours of English instruction
- All program books & class materials
- Access to specialized language workshops
- ESL individualized tutoring
- Small class size
- Field trip to experience American culture
- Certificate awarded upon program completion

**16-week Fall 2024 Dates: Aug. 15<sup>th</sup> - Dec. 5<sup>th</sup>**

**\$3,800**

**The program will be offered in Fall 2024,  
in order to get started in the process feel free to contact  
our office at **562-467-5050** (Press#1 ask for Martha),  
or email **communityed@cerritos.edu** or go to  
**www.Cerritos.edu/OISS** (click on Intensive English Program)**

# PERSONAL GROWTH

## LANGUAGE



# Modern Mandarin Language

For students with significant listening and speaking background. Introductory Modern Mandarin language course for communication skills in daily life.

- Describing people, places and objects in a simple way with familiar everyday expressions and phrases
- Write simple isolated phrases and sentences
- Learn Taiwanese culture

Enroll for a fee based class at \$45

For more information:

[Cerritos College Community Education](http://CerritosCollegeCommunityEducation)



### Introduction to Modern Mandarin 1

Wk.	date	Session Topic	
1	Jan. 9	Greetings and introduce myself	Basic Affirmative negative and interrogative sentence.
2	Jan. 16	Date and time	Numbers I, date and time.
3	Jan. 23	Shopping	Numbers II and shopping
4	Jan. 30	Mandarin for the holiday season. The Moon Festival	
5	Feb. 6	Order a meal	Basic modal verbs
6	Feb. 13	Adverb of degree exercise	Adverbs of degree
7	Feb. 20	asking for help	

### Introduction to Modern Mandarin 2

Wk.	date	Session Topic	
1	Mar. 5	Accommodation	
2	Mar.12	transportation	Numbers I, date and time.
3	Mar. 19	Call and reservation	Numbers II and shopping
4	Mar. 26	Directions and locations	
5	Apr. 2	Complement of direction	Basic modal verbs
6	Apr. 9	From affirmative to passive	Adverbs of degree
7	Apr. 16	Cross cultural communication Taiwan Lantern Festival	

## COMMUNICATION

### OVERCOME YOUR FEAR OF PUBLIC SPEAKING (online)

Is your public speaking anxiety limiting your business, school or personal goals? Join Performance Psychologist Dr. Nick Lazaris as you learn the essential skills necessary for controlling the terrifying physical and emotional feelings of anxiety and panic.

Mon, 1/29 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.

Discover key techniques to reduce speech anxiety and gain confidence. You can turn your fear of public speaking into energized performances every time.

## MONEY & INVESTMENTS

### STOCKS – BONDS – MUTUAL FUNDS (EFT'S) (online)

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.

Tues & Thurs, 2/6 & 2/8 6:30pm-9:00pm  
\$39

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

## 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, 2/21 6:30pm-9:00pm  
\$39 single OR \$49 per couple

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

## 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

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.

Wed, 3/13 7:00pm-9:00pm  
\$35 single or \$45 per couple

**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 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.**

**\$425 age 21 and over; \$395 under 21**

**Classes fill quickly - register today to reserve your spot!**



# ENRICHMENT & INTERESTS

## MOTORCYCLIST TRAINING

### 1-DAY PREMIER/IRC

*(INTERMEDIATE RIDING CLINIC) Must Be 21 and Over to Take This Class*

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 1DP 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.

#### Choose one date

Sun, 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/7 & 4/21  
\$350

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 outcomes. 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.

6:45am-4:00pm

## WOODWORKING

### 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-Sat, 1/13-5/4  
(no class on 2/17, 3/16, & 3/30)  
\$299

1:30pm-5:30pm

**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*

### WOODTURNING TECHNIQUES

This intermediate to advanced woodturning course emphasizes the art and possibilities of segmented woodturning 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, 1/14-5/5  
(no class on 2/18, 3/17 & 3/31)  
\$299

4:30pm-8:30pm

**Instructor:** *Steve 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.*

## HOME & GARDEN

### DOOR DÉCOR DELIGHTS- WOODEN WREATH WORKSHOP



Join our 'Door Decor Delights' workshop and craft your very own wooden wreath masterpiece for a warm, inviting entrance. Learn the art of wreath design, unleash your creativity, and transform your front door into a charming focal point. Elevate your home's curb appeal with this hands-on, delightful experience!

Sat, 4/20  
\$55 (plus a \$30 material fee, payable upon registration)

**Instructor:** *Helen Marquez loves all things crafty and creative. Her personality and enthusiasm to teach makes the wreath classes a joy to attend.*



# ENRICHMENT & INTERESTS

## HOME & GARDEN

### BAKE SHOP BASICS- CUPCAKES

Learn to create Beautiful Bake Shop 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 create decorated cupcakes to share with others.

Sat, 3/16

10:00am-11:00am

\$25 (plus \$15 material fee, payable upon registration).

**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.

## DANCE

### SALSA

If you have never tried Salsa but would love to experience the excitement and fast, fluid movements, this class is what you have been looking for! This course is designed for students who are beginning and those who are confident with the Salsa rhythm. You will work on the footwork, turns, patterns, shines as well as proper posture, weight transfer, frame and connection.

Come alone or come with friends; you will have the opportunity to dance with everyone including the instructors!

10-Wed, 1/31-4/10 (no class 2/14)

7:00pm-8:30pm

\$79

### 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-Mon, 2/5-4/15 (no class 2/19)

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, FUN & FITNESS IN 5

You are invited to find the "GODDESS WITHIN".

In this 5 week gender inclusive class, you will learn to express your Body, Mind and Soul, through the ever popular and

beautiful art of Belly Dancing. This dance is a complete body workout and you will gain an in depth understanding of body isolations, dance steps, combinations and dance stylization. Increase your energy and stamina and beautify your body image.

For any-Age, For every-Body

5-Sat, 4/6-5/4

10:00am-11:00am

\$69

**Instructor:** *Tonya Chianis R.Sc.P.*, is an internationally renowned, award winning, belly dancer, singer, composer, author and producer of the "Global Bellydancer Of The Universe Competition", now in it's 33rd year.



## MIND, BODY & SOUL

### REIKI I (online)

6 HOURS – CERTIFICATE AWARDED

This course is on the Japanese natural healing system called Reiki, which translated from Japanese means "universal life force energy." Reiki is an energy based system that allows relaxation thereby eliminating stress & toxins from the body while increasing the body's natural ability to heal. Students will learn the first level of Reiki healing for self-care and healing as well as Holy Fire Reiki which is a more refined, powerful energy (hands-on).

Sat, 1/27

10:00am-4:00pm

\$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.

The class emphasis will be on how stress, and habitual thinking patterns impact the body/mind, and how to use Reiki to care for themselves. The instructor will teach how to transmit Reiki energy to the body with particular emphasis on the endocrine system and secondary function endocrine glands for overall body relaxation.

# ENRICHMENT & INTERESTS

## MIND, BODY & SOUL

### 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.

6-Sat, 1/20-2/24

8:30am-9:45am

OR

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, 3/16-4/20

8:30am-9:45am

\$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.*

## 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, 1/13-2/24 (no class 2/3)

9:00am-10:00am

\$69 (plus \$5 material fee, payable upon registration).

### GUITAR: INTERMEDIATE

AGES 14 TO ADULT

Students will continue learning acoustic guitar basics with emphasis on learning more chords, strum styles and single note melodies.

*You must bring your own acoustic guitar.*

**Prerequisite:** *Students must first take Intro Guitar class OR have experience playing.*

6-Sat, 3/16-4/27 (no class 4/6)

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.*

## SOMETHING FOR EVERYONE

### 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, 1/27

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 realizing your dreams and goals.*

### LEARNING HOW TO MASTER AND LIVE THE HAPPINESS FACTOR

Everybody wants to be happy, are you? There are people who truly are regardless of their circumstances. In this two-part series you will learn theories as well as holistic properties that will help you understand how to utilize the mindset and strategies that work to build your resilience. You will leave with tools to help you optimize your outlook. Feel great, you deserve it!

2-Sat, 3/2 & 3/9

9:30am-12:30pm

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

**In Spanish- Viviendo Los Factores de la Felicidad - Serie Parte 1 y Parte 2**

2-Sat, 3/16 & 3/23

9:30am-12:30pm

\$55 (plus \$15, 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).*

# ENRICHMENT & INTERESTS

## SOMETHING FOR EVERYONE

### 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, 2/3 9:30am-12:30pm  
\$49 (plus \$15 materials 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 driver's 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.

Sat, 1/13, 2/10, 3/16, 4/13 8:00am-4:00pm  
\$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.*

## CHILD / TEEN CLASSES

### ENRICHMENT

### NOW YOU'RE COOKING! JR. CHEF

GRADES 1-4

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, biscotti, frittatas, blondies, bread in a bag with homemade butter, pizza dough and pizza, and apple dumpling bake. 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!

**Note:** *Food items listed are examples, actual recipes may differ.*

2-Sat, 2/10 & 2/24 9:00am-12:00pm  
\$49 (plus \$10, payable upon registration).

**Instructor:** *Luz Quiroz has been a chef specializing in modern cuisine for over 15 years. She enjoys teaching children the art of cooking.*

### 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, 2/24 9:30am-12:30pm  
\$49 (plus \$15 material fee, payable upon registration).

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).





# CHILD / TEEN CLASSES

## ENRICHMENT

### NOW YOU'RE COOKING! ELEMENTARY CHEF

GRADES 5-8

Your child is ready to expand their cooking skills with more independence! They will continue to establish the basic cooking concepts with preparation, measurement, and general food safety. This class will explore various techniques of cooking with different kitchen tools and appliances. They will learn the importance of healthy nutrition, planning a menu and grocery shopping within a budget.

2-Sat, 3/23 & 3/30 9:00am-12:00pm  
\$49 (plus \$10 material fee, payable upon registration).

**Instructor:** *Luz Quiroz has been a chef specializing in modern cuisine for over 15 years. She enjoys teaching children the art of cooking.*

Students will learn how to make tasty and healthy snacks like veggie lasagna, veggie egg rolls, biscotti, frittatas, blondies, bread in a bag with homemade butter, pizza dough and pizza, and apple dumpling bake....and will create small recipe book to start building on the items they have learned to make. Best of all, they get to eat what they make!

**Note:** *Food items listed are examples, actual recipes may differ.*

## 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, 1/13-2/24 (no class 2/3) 10:15am-11:15am  
\$69 (plus \$5 material fee, payable upon registration).

OR

6-Sat, 3/16-4/27 (no class 4/6) 10:15am-11:15am  
\$69 (plus \$5 material fee, payable upon registration).

### 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, 1/13-2/24 (no class 2/3) 11:20am-12:20pm  
\$69 (plus \$5 material fee, payable upon registration).

OR

6-Sat, 3/16-4/27 (no class 4/6) 11:20am-12:20pm  
\$69 (plus \$5 material fee, payable upon registration).

### PIANO: INTERMEDIATE

GRADES 3-8

Sequel to Beginning/Intermediate 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, 1/13-2/24 (no class 2/3) 12:25pm-1:25pm  
\$69 (plus \$5 material fee, payable upon registration).

OR

6-Sat, 3/16-4/27 (no class 4/6) 12:25pm-1:25pm  
\$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, 1/13-2/24 (no class 2/3) 9:00am-10:00am  
\$69 (plus \$5 material fee, payable upon registration).

### GUITAR: INTERMEDIATE

AGES 14 TO ADULT

Students will continue learning acoustic guitar basics with emphasis on learning more chords, strum styles and single note melodies.

*You must bring your own acoustic guitar.*

**Prerequisite:** *Students must first take Intro Guitar class or have experience playing.*

6-Sat, 3/16-4/27 (no class 4/6) 9:00am-10:00am  
\$69 (plus \$5 material fee, payable upon registration).

**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.*

*Found the instructor to  
be quite professional,  
helpful, and patient.  
Would highly recommend!*

# CHILD / TEEN CLASSES

## ATHLETICS & MOVEMENT



### LATIN DANCE FOR YOUTH

AGES 5-15

Come celebrate national Hispanic Pride through dance. Latin dance roots are full of traditions that bring friends and family together. Join us to learn the connection to our music, cultural backgrounds and more.

Let's go on an exciting journey together, with the rhythms of SALSA, FLAMENCO AND FOLKLÓRICO.

5-Sat, 3/16-4/13

11:15am-1:00pm

\$75

**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.*

### ICE SKATING FOR BEGINNERS

(AGES 5-17)

Learn to ice skate with us at EastWest 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.

**Special notice Bonus:** *Free rental skates and free open skate for practice from 2:15pm-4:20pm on Wednesdays before your class! Lessons will be held at East West Palace located at 11446 Artesia Blvd. Artesia, CA 90701.*

5-Wed, 1/10-2/7

5:10pm-5:40pm

\$70

OR

5-Wed, 2/14-3/13

5:10pm- 5:40pm

\$70

OR

5-Wed, 3/20-4/17

5:10pm-5:40pm

\$70

**Instructor:** *EastWest Ice Palace offers ice skating and hockey lessons to the public.*

### 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!"

5-Sat, 1/13-2/10

10:30am-11:15am

\$60 (plus \$2 material fee, payable upon registration).

OR

5-Sat, 2/24-3/23

10:30am-11:15am

\$60 (plus \$2 material fee, payable upon registration).

OR

5-Sat, 4/6-5/4

10:30am-11:15am

\$60 (plus \$2 material fee, payable upon registration).

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

### 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!

5-Sat, 1/13-2/10

11:25am-12:10pm

\$60 (plus \$2 material fee, payable upon registration).

OR

5-Sat, 2/24-3/23

11:25am-12:10pm

\$60 (plus \$2 material fee, payable upon registration).

OR

5-Sat, 4/6-5/4

11:25am-12:10pm

\$60 (plus \$2 material fee, payable upon registration).

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

### JAMMIN' GYMNASTS

AGES 6-12

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.

5-Sat, 1/13-2/10

12:15pm-1:15pm

\$75 (plus \$2 material fee, payable upon registration).

OR

5-Sat, 2/24-3/23

12:15pm-1:15pm

\$75 (plus \$2 material fee, payable upon registration).

OR

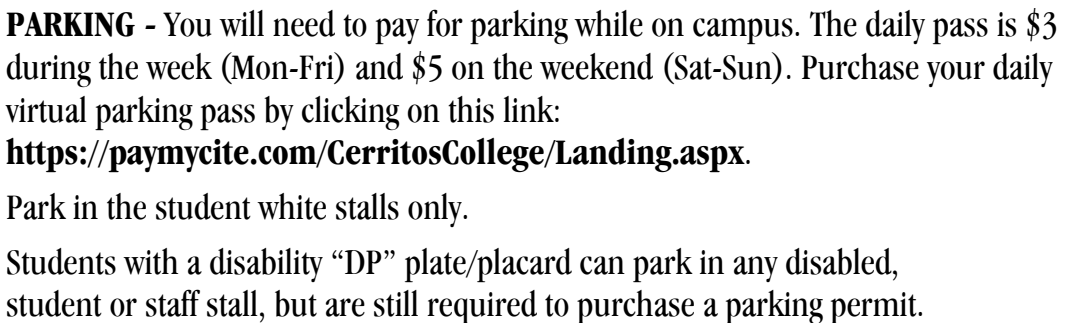
5-Sat, 4/6-5/4

12:15pm-1:15pm

\$75 (plus \$2 material fee, payable upon registration).

**Instructor:** *Tumble-N-Kids Inc is a recreational gymnastics program. The classes emphasize teaching students gymnastic skills in a safe, positive, and non-competitive atmosphere.*

*Coach Andie Is Back!*



# ***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 unforeseen circumstances 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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Trustee Area 7

# 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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# FUN, FOOD, FUTURE CHEFS



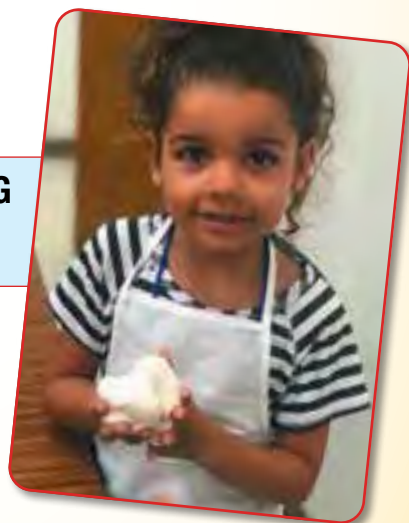
**NOW YOU'RE COOKING –  
ELEMENTARY CHEF'S**

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**NOW YOU'RE COOKING  
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**Cerritos College District  
Community Education**  
11110 Alondra Blvd.  
Norwalk, CA 90650

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Organization  
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Cerritos College

DATED MATERIAL

# Dive Into Summer!



**COLLEGE FOR YOUTH**

JUNE 24<sup>th</sup> – AUGUST 2<sup>nd</sup>

*Look for Our Summer Schedule In Late April*

**CerritosCommunityEd.com**