

Cerritos College

COMMUNITY EDUCATION

Fall/Winter 2023

Sept • Oct • Nov • Dec

Schedule of Classes



Building Connections



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

CerritosCommunityEd.com

New Adult Classes This Fall



EFFECTIVE FUNDRAISING AND GRANT WRITING

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CPR - SAVES LIVES

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DON'T THROW IT AWAY - SELL IT ONLINE

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THE HAPPINESS FACTOR

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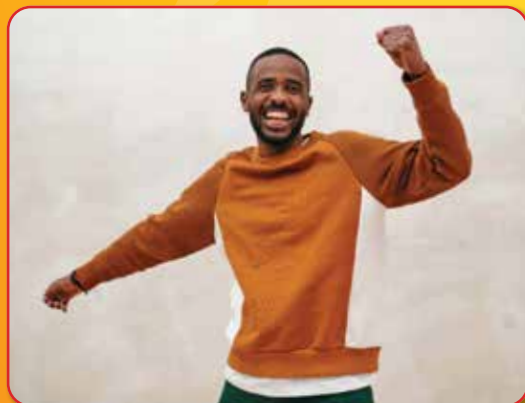


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ADULT EDUCATION & DIVERSITY PROGRAMS

CONTINUING EDUCATION DIVISION

WE PROVIDE EDUCATIONAL OPPORTUNITIES THAT ADDRESS THE
UNIQUE NEEDS OF ADULTS IN THE REGION.

BRINDAMOS OPORTUNIDADES EDUCATIVAS QUE ABORDEN LAS
NECESIDADES ÚNICAS DE LOS ADULTOS EN LA REGIÓN.

These courses are
noncredit, include
open entry, open
exit, and have NO
REGISTRATION FEES.

Bilingual English and
Spanish support is
provided.

- 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

- 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

Los cursos son sin
crédito, incluyen
entrada abierta, salida
abierta y NO TIENEN
TARIFAS de inscripción.

Se brinda apoyo
bilingüe en inglés y
español.

FOR MORE REGISTRATION
& MORE INFORMATION:
(562) 467-5098
WWW.CERRITOS.EDU/AED



TUITION FREE!
¡GRATIS!
CURSOS EN ESPAÑOL

SEXTA CONFERENCIA ANUAL

FORTALECIENDO AL HOMBRE 2023

EN LAS AREAS DE SALUD, EDUCACION, Y CIVISMO.

¡ Completamente Gratis !

Sabado
Octubre 7, 2023
8:30 am - 12:30 pm



En Cerritos College
STUDENT CENTER

Para Reservar llame al (562) 860-2451 Ext. 2518
o Escanea este codigo QR



ENTREPRENEURSHIP PROGRAM

PROGRAMA DE EMPRENDIMIENTO

The Noncredit Entrepreneurship classes are tailored to help students build on the basics of starting or expanding a small business. These classes will prepare students in a broad range of knowledge in several business related areas such as goal setting, technology, clear and effective written and oral communication, collaboration skills, and business resources.

Las clases de Emprendimiento sin crédito están diseñadas para ayudar a los estudiantes a desarrollar los conceptos básicos para iniciar o expandir una pequeña empresa.

Estas clases, prepararán a los estudiantes en una amplia gama de conocimientos en varias áreas relacionadas con los negocios, como el establecimiento de metas, tecnología, comunicación escrita y oral, habilidades de colaboración y recursos comerciales.

FOR MORE REGISTRATION & MORE INFORMATION:

(562) 467-5098

WWW.CERRITOS.EDU/AED



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-Thurs, 11/2, 11/9 & 11/16

6:30pm-9:30pm

\$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© (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, 11/4

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, 10/4

4:00pm-6:00pm

\$49 (plus \$10 material fee, payable upon registration).

Instructor: **LeeAnne Krusemark**

SMALL BUSINESS WORKSHOP: START YOUR BUSINESS IN JUST ONE WEEKEND

Do you have a business idea but you don't know where to start? We can help you with that! In just ONE WEEKEND, you can learn the essential steps to starting your own business. Starting from just an idea, you will gain the tools to transfer the vision into a full concept. You will learn the necessary tools needed to be compliant, competitive, fiscally efficient and effective in setting up your very own business venture.

In addition, you will learn:

- Business structure
- Industry research
- Network seminars
- Elements of a business plan
- How to obtain capital resources

Learn from a seasoned professional who has years of experience running their own business as well as from other students eager to become successful entrepreneurs.

Sat & Sun, 10/14 & 10/15

9:00am-2:00pm

\$175 (plus \$30, payable upon registration).

Instructor: **Angela Scott-Betton** is a small business owner and a credentialed teacher with experience teaching teens and adults.



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, 10/4

6:00pm-7:00pm

\$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

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, 10/7 8:00am-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, 10/7 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, 10/8 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, 10/8 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%! (\$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

CAREER TRAINING OPPORTUNITIES

**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

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. You are encouraged to review (download or print) the Notary Handbook at 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:

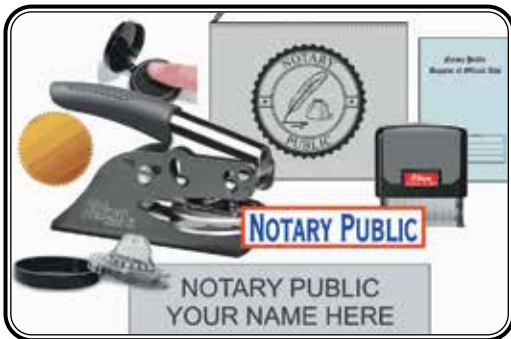
1. You must arrive on time to class, late arrivals will be turned away.
2. You must present a valid form of ID in order to take the class: CA Drivers License or ID, Passport, and Military ID are acceptable. Your picture must be clear and must be the same person who checks in.
3. A \$30 materials fee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

Sat, 10/14 8:00am-4:30pm
\$95 (plus \$30 material fees, payable to the instructor).

OR

Sat, 12/2 8:00am-4:30pm
\$95 (plus \$30 material fees, payable to the instructor).

Instructor: Kathy Houck



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, 10/14 1:00pm-4:30pm
\$49 (plus \$30 materials fee, payable to the instructor).

OR

Sat, 12/2 1:00pm-4:30pm
\$49 (plus \$30 materials fee, payable to the instructor).

Instructor: Kathy Houck has owned and operated her own notary business for over 30 years and has been teaching Notary Law and Regulations for over 20 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.

ONLINE

3 mtgs; T, W, & Th, 10/24-10/26 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, 12/9 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.

CAREER ADVANCEMENT

CAREER TRAINING OPPORTUNITIES

BUYING INCOME PROPERTY – THE BASICS

Find out what you need to know to maximize the rental income and the tax deductions on the purchase of income property. Learn the investment analysis terminology: GRM, cap rate, DSC, NOI, tax bracket, tax shelter, ROI. You will learn about the landlord rental incentives and the opportunities in the IRS-designated Opportunity Zones. This workshop is designed for first time investors, current property owners & real estate agents.

Sat, 10/21

11:00am-2:00pm

\$55 (plus \$39 material fee, payable upon registration).

Instructor: Carmen Hill, President of CitiHousing Real Estate Services, has had a varied real estate career spanning over 35 years. She has worked for financial institutions and nonprofit organizations and is currently a real estate broker, specializing in government housing programs and foreclosures.

CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, 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, 11/4 & 11/18

10:00am-1:00pm

\$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.



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, 10/26

6:00pm-9:00pm

\$69

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, 10/16 & 10/17

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.

BECOME A LIFE COACH (online)

Looking to explore a new and exciting career path? This introductory course can help you take the first steps toward becoming a Life Coach. You'll gain a solid understanding of the role of a Life Coach, learn essential coaching skills, and have hands-on coaching experience. Additionally, you will discover marketing strategies to promote your coaching business (including the use of ChatGPT) and receive practical tips for advancing your coaching career. This course is the perfect starting point for anyone considering a career as a Life Coach.

5-Thurs, 9/14-10/12

6:00pm-8:00pm

\$95

Instructor: Chuck Gohn is a certified life coach through the International Coaching Federation and a board member of the Pittsburgh chapter.

HOW TO BECOME A CULTURALLY AND LINGUISTICALLY COMPETENT HEALTH CARE (SPECIFICALLY FOR HEALTH CARE PROVIDER)

Health care organizations are realizing that unless their providers are trained to deliver culturally and linguistically proficient services, health disparities will continue to negatively influence patient care. Training in delivering culturally proficient care must become an organizational priority. It is imperative health care professionals become culturally and linguistically competent so they can enhance patient engagement and care for patients across a wide range of cultural needs. These factors influence how patients experience their illness and relationship with their health care provider.

During this course you will:

- Define culture, cultural humility, cultural sensitivity and cultural competence
- Learn how respectful communication; providing responsive, culturally proficient care increases therapeutic alliance with patients
- Understand how ignoring diversity and culturally incongruent health care can adversely affect patient outcomes and result in patient dissatisfaction.
- Learn how to eliminate misunderstandings in diagnosis and treatment planning that may result from differences in language or culture

Sat, 10/21 9:00am-12:00pm
\$55 (plus \$10 material fee, payable upon registration)

Instructor: *Elijah Levy, Ph.D. has dedicated his career to working in inpatient and community based psychosocial/psychiatric rehabilitation programs. He has received several awards, is a published author and consultant to mental health programs.*



CPR – SAVES LIVES



This CPR training class offers American Heart Association Certified CPR & AED (Automatic External Defibrillator) training for professionals in the medical/dental field, first responders, educators as well as individuals interested in being prepared in the event of an emergency. Through classroom and hands on instruction (practice manikin), you will learn the necessary skills required for licensure and be confident that you are prepared to assist in a choking, heart attack, or stroke emergency. You will receive a manual and certification card as part of your class materials.

Sat, 10/21 8:00am-12:30pm

OR

Sat, 12/16 8:00am-12:30pm
\$99 (materials included).

Instructor: *Anne Contreras has over 27 years of working in the field of dentistry. She is a faculty member at Cerritos College and a CPR instructor for the American Heart Association.*

FILM, TV, & 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 in-formative presenting methods. They have many years of experience in the voice-over industry and are masters at how to make it in voice acting.*



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 Spring 2024 Dates: 1/11-5/16

\$3,800

**The program will be offered in Spring 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

COMMUNICATION SKILLS

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.

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

Mon, 9/18 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.



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, 10/17 & 10/19 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.



"Jalon was very thorough and presented the topics in ways we could all understand..." - Jon G.

PERSONAL GROWTH

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.

Sat, 11/11

9:30am-12:30pm

\$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, 10/18

6:00pm-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 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.**

\$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.

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.

Choose one date

Sun, 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 12/31
\$350

7:00am-4:00pm

"I really loved this class. It was not only informative but also fun. I felt infinitely more comfortable on a bike." - Anonymous

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, 9/9-12/16 (no class on 11/25) 2:00pm-6:00pm
\$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.*

HOME & GARDEN

FALLING INTO CREATIVITY: DECO MESH FALL WREATH CLASS



Join us for a delightful and inspiring Deco Mesh Fall Wreath Class, where you'll immerse yourself in the enchanting world of seasonal crafting. Delve into the artistry of deco mesh, a versatile material that forms the heart of your fall creation. You will learn how to create beautiful loops, ruffles, and twists. Unleash your imagination as you blend the colors of fall while incorporating lifelike fall embellishments. Watch as maple leaves, acorns, pinecones, and other seasonal accents come to life, adding depth and dimension to your masterpiece. Whether you're a seasoned crafter or a beginner this class promises to be a wonderful opportunity to celebrate the beauty of fall while mastering the art of wreath design.

Sat, 9/16 9:30am – 1:30pm
\$55 (plus \$30 material fee, payable upon registration)

Instructor: *Helen Marquez*

'TIS THE SEASON CHRISTMAS WREATH CLASS



Step into the enchanting world of festive creativity with our Christmas Wreath Class! Delight in the holiday season as we guide you through the art of crafting personalized Christmas wreath. You'll learn how to carefully arrange evergreen branches, the art of balancing colors, textures, and shapes as you adorn your wreath with the carefully chosen ornaments and decorations. Immerse yourself in the joyous atmosphere of the class, where you can connect with fellow participants, share ideas, and revel in the magic of the season. Whether you're a seasoned crafter or a complete beginner, this class is designed to accommodate all skill levels, ensuring a fun and rewarding experience for everyone.

Sat, 11/11 9:30am-1:30pm
\$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

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, 9/20-12/6
(no class 10/18 & 11/22)

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, 9/18-11/27 (no class 10/16) 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, 9/9-10/7

10:00am-11:00am

\$69

OR

5-Sat, 10/21-11/18

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)

7 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).

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.

Sat, 10/14

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.*

"Instructor was excellent, very nice & approachable. I would recommend this class to others-looking forward to Reiki II" - Denise M.

ENRICHMENT & INTERESTS

MIND, BODY & SOUL

TAI CHI CHUAN *(in-person)*

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, 9/9-10/14

8:30am-10:00am

OR

6-Sat, 10/28-12/9 (no class 11/25) 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.*



MUSIC

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, 9/30-11/11 (no class 10/28) 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.*



*"Guitar class is fun,
challenging and interesting!
The teacher is awesome,
patient and very motivating"*
- Ana S.

ENRICHMENT & INTERESTS

SOMETHING FOR EVERYONE

CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, 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, 11/4 & 11/18 10:00am-1:00pm
\$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.*

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, 11/5 & 11/12 9:00am-1:00pm
\$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.*

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.

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

Mon, 9/18 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.*

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, 11/4 & 11/18 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, 12/2 & 12/9 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).*

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, 12/2 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.*

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, 10/14 9:30am-12:30pm
\$39 (plus \$15 materials 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 re-cursos adicionales que pueden ayudar a continuar en su viaje de curación.

Sat, 10/21 9:30am-12:30pm
\$39 (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).*

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.

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.

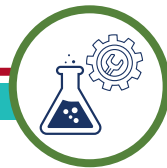
*Per DMV regulations, commercial drivers are prohibited from attending traffic school except if they obtain a violation when operating a non-commercial vehicle (per AB 1888).

Sat, 9/16, 10/21, 11/18, 12/9 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

MATH



ALGEBRA/GEOMETRY SKILL-BUILDING AND TUTORING

(GRADES 7-10)

Are you just getting started with the fundamentals of Algebra 1 or Geometry? Do you need some help understanding some of the concepts? This class will provide specific help to meet the needs of each student. You meet twice a week for six weeks and the instructor will go over key Algebra and Geometry concepts/skills, and then in the group setting, help students to work at their own level on their homework. The instructor will provide academic support as well as encouragement to help your son/daughter feel more confident in their understanding of Algebra and Geometry.

Have your child bring their homework to every session.

6-wks, Tues & Thurs, 9/26-11/7 (no class 10/31) 4:00pm-5:00pm
\$95

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



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, 10/14 & 10/21 9:00am-12:00pm
\$49 (plus \$10, payable upon registration).

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.

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.

2-Sat, 11/11 & 11/18 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.*



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, 9/30-11/11 (no class 10/28) 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, 9/30-11/11 (no class 10/28) 11:30am-12:30pm
\$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, 9/30-11/11 (no class 10/28) 12:45pm-1:45pm
\$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, 9/30-11/11 (no class 10/28) 9:00am-10:00am
\$69 (plus \$5 material fee, payable upon registration).

"Great class size and pace of teaching"

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.*

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 FOLKLORICO.

5-Sat, 9/9 - 10/7

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.*

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, 9/9-10/14

10:00am-10:45am

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

6-Sat, 10/28-12/16

10:00am-10:45am

(no class 11/11 & 11/25)

\$70 (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!

6-Sat, 9/9-10/14

10:45am-11:30am

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

6-Sat, 10/28-12/16

10:45am-11:30am

(no class 11/11 & 11/25)

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

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

JAMMIN' GYMNASTS

AGES 8-12

NO PARENT PARTICIPATION

Girls and boys safely learn ageappropriate 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, 9/9-10/14

12:40pm-1:40pm

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

6-Sat, 10/28-12/16

12:40pm-1:40pm

(no class 11/11 & 11/25)

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

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

KARTWHEEL-N-KIDS



AGES 6-8

NO PARENT PARTICIPATION REQUIRED

Tumblers learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills while incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success.

6-Sat, 9/9-10/14

11:35am-12:35pm

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

6-Sat, 10/28-12/16

11:35am-12:35pm

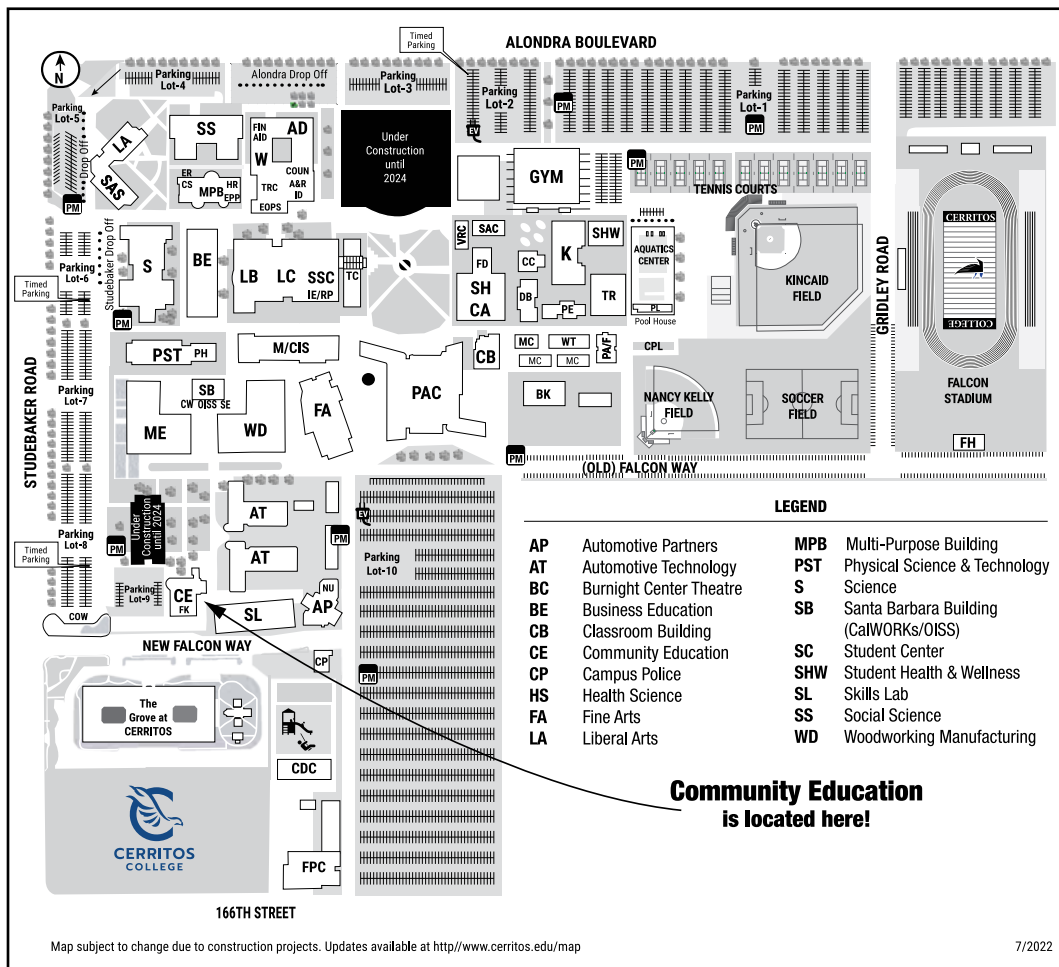
(no class 11/11 & 11/25)

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

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

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. The daily pass is \$3 during the week (Mon-Fri) and \$5 on the weekend (Sat-Sun). Purchase your daily 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 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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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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College For Youth Continued.... Take One Of Our New Youth Classes, Or Retake One Of Your Favorites!

NEW



LATIN DANCE FOR YOUTH

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NEW



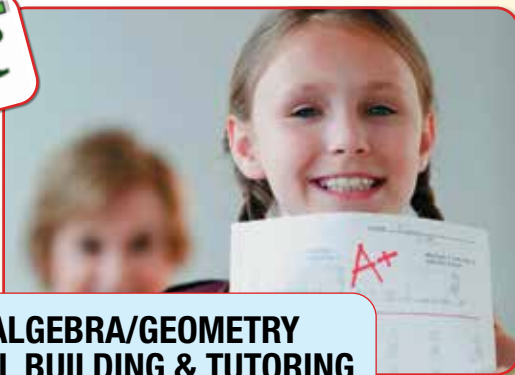
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**Cerritos College District
Community Education**

11110 Alondra Blvd.
Norwalk, CA 90650

DATED MATERIAL

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Cerritos College

We Hope You Enjoyed This Summer!



See You This Fall!



CerritosCommunityEd.com