

■ ACADEMICS

Bridging 1st to 2nd Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for second grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

61201	9:00 AM - 10:00 AM	MTWR	6/8 - 6/25	MVC
61202	9:00 AM - 10:00 AM	MTWR	7/13 - 7/30	MVC

Bridging 2nd to 3rd Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for third grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

61301	11:10 AM - 12:10 PM	MTWR	6/8 - 6/25	MVC
61302	11:10 AM - 12:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 3rd to 4th Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for fourth grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

61401	11:10 AM - 12:10 PM	MTWR	6/8 - 6/25	MVC
61402	11:10 AM - 12:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 4th to 5th Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for fifth grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

61501	1:00 PM - 2:00 PM	MTWR	6/8 - 6/25	MVC
61502	1:00 PM - 2:00 PM	MTWR	7/13 - 7/30	MVC

Bridging 5th to 6th Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for sixth grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

61601	2:05 PM - 3:05 PM	MTWR	6/8 - 6/25	MVC
61602	2:05 PM - 3:05 PM	MTWR	7/13 - 7/30	MVC

Bridging 6th, 7th & 8th Grade Math CHLZ 1000 \$50 12 HRS

Reinforce and expand your knowledge of basic mathematical concepts to prepare for seventh/eighth grade math. There will be group activities, puzzles, speed drills, board work and oral drills.

64601	3:10 PM - 4:10 PM	MTWR	6/8 - 6/25	MVC
64602	3:10 PM - 4:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 1st to 2nd Grade Reading CHLZ 1000 \$50 12 HRS

This class will help the first grader prepare for the second grade. In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

61901	10:05 AM - 11:05 AM	MTWR	6/8 - 6/25	MVC
61902	10:05 AM - 11:05 AM	MTWR	7/13 - 7/30	MVC

Bridging 2nd to 3rd Grade Reading CHLZ 1000 \$50 12 HRS

This class will help the second grader prepare for the third grade. In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

62001	11:10 AM - 12:10 PM	MTWR	6/8 - 6/25	MVC
62002	11:10 AM - 12:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 3rd to 4th Grade Reading CHLZ 1000 \$50 12 HRS

This class will help the third grader prepare for the fourth grade. In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

62101	9:00 AM - 10:00 AM	MTWR	6/8 - 6/25	MVC
62102	9:00 AM - 10:00 AM	MTWR	7/13 - 7/30	MVC

Bridging 4th to 5th Grade Reading CHLZ 1000 \$50 12 HRS

This class will help the fourth grader prepare for the fifth grade. In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

62201	2:05 PM - 3:05 PM	MTWR	6/8 - 6/25	MVC
62202	2:05 PM - 3:05 PM	MTWR	7/13 - 7/30	MVC

Bridging 5th to 6th Grade Reading CHLZ 1000 \$50 12 HRS

This class will help the fifth grader prepare for the sixth grade. In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

62301	3:10 PM - 4:10 PM	MTWR	6/8 - 6/25	MVC
62302	3:10 PM - 4:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 6th, 7th & 8th Grade Reading CHLZ 1000 \$50 12 HRS

In this class students will read stories in class and discuss what was read and also have drills with questions about the stories in order to strengthen their skills in comprehension.

64701	1:00 PM - 2:00 PM	MTWR	6/8 - 6/25	MVC
64702	1:00 PM - 2:00 PM	MTWR	7/13 - 7/30	MVC

SUGGESTIONS?

If you have suggestions about classes that we are not currently offering, please e-mail:

MVC-CEsuggestions@dcccd.edu.

Thank you!

■ ACADEMICS Continued

Bridging 1st to 2nd Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

62601	11:10 AM - 12:10 PM	MTWR	6/8 - 6/25	MVC
62602	11:10 AM - 12:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 2nd to 3rd Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

62701	9:00 AM - 10:00 AM	MTWR	6/8 - 6/25	MVC
62702	9:00 AM - 10:00 AM	MTWR	7/13 - 7/30	MVC

Bridging 3rd to 4th Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

62801	10:05 AM - 11:05 AM	MTWR	6/8 - 6/25	MVC
62802	10:05 AM - 11:05 AM	MTWR	7/13 - 7/30	MVC

Bridging 4th to 5th Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

62901	3:10 PM - 4:10 PM	MTWR	6/8 - 6/25	MVC
62902	3:10 PM - 4:10 PM	MTWR	7/13 - 7/30	MVC

Bridging 5th to 6th Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

63001	1:00 PM - 2:00 PM	MTWR	6/8 - 6/25	MVC
63002	1:00 PM - 2:00 PM	MTWR	7/13 - 7/30	MVC

Bridging 6th, 7th & 8th Grade Writing/Spelling **\$50** CHLZ 1000 **12 HRS**

In this writing class instruction will be focused on how to write a story with a beginning, middle, and ending using correct grammar and spelling.

64801	2:05 PM - 3:05 PM	MTWR	6/8 - 6/25	MVC
64802	1:00 PM - 2:00 PM	MTWR	7/13 - 7/30	MVC



For the most up-to-date schedule listing, go to:
www.econnect.dccd.edu
and select CONTINUING EDUCATION STUDENT MENU

■ DANCE

Ballet, Beginning Ages 3-4 **\$50** CHLZ 1000 **5 HRS**

Ballet can improve your child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

60503	10:05 AM - 10:35 AM	S	6/13 - 8/22	MVC
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Ballet, Beginning Ages 5-6 **\$50** CHLZ 1000 **5 HRS**

Ballet can improve your child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

60202	12:45 PM - 1:15 PM	S	6/13 - 8/22	MVC
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Ballet, Beginning Ages 7-9 **\$50** CHLZ 1000 **5 HRS**

Ballet can improve your child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

64402	1:20 PM - 1:50 PM	S	6/13 - 8/22	MVC
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Folklorico Dance for Children Ages 9-11 **\$75** CHLZ 1000 **10 HRS**

Young children are introduced to the basic footwork and skirt work of ballet folklorico. Emphasis is on enjoying sounds and rhythms of folklorico music as a basis for future development. Parents/guardians are invited in class for the fifth and last lessons. Dance leotard and footed dance tights required. The children will also need folklorico shoes and skirts.

69601	9:00 AM - 10:00 AM	S	6/13 - 8/22	MVC
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Hip Hop, Beginning Ages 7-9 **\$50** CHLZ 1000 **5 HRS**

Young children are introduced to the basic steps. Emphasis is on enjoying sounds and rhythm basic to dance as a basis for future development. Parents/guardians are invited in class the fifth and last lessons. Dance leotard and footed dance tights are required.

64302	1:55 PM - 2:25 PM	S	6/13 - 8/22	MVC
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Tap, Beginning Ages 3-4 **\$50** CHLZ 1000 **5 HRS**

Young children are introduced to the basic tap steps. Emphasis will be on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians will be invited in class the fifth and last lessons. Tap shoes, dance leotard, and footed dance tights are required.

60303	10:40 AM - 11:10 AM	S	6/13 - 8/22	MVC
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■ **GUITAR**

Guitar for Youth I Ages 8-10 **\$40**
12 HRS
MUAZ 1000

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. If bringing an electric guitar, also bring guitar amps.

64502 9:00 AM - 10:30 AM S 6/13 - 8/8 MVC

Guitar for Youth I Ages 11-13 **\$40**
12 HRS
MUAZ 1000

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. If bringing an electric guitar, also bring guitar amps.

64602 11:00 AM - 12:30 PM S 6/13 - 8/8 MVC

Guitar for Youth II Ages 8-10 **\$40**
12 HRS
MUAZ 1000

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. If bringing electric guitar, also bring guitar amps.

64702 1:00 PM - 2:30 PM S 6/13 - 8/8 MVC

Guitar for Youth II Ages 11-13 **\$40**
12 HRS
MUAZ 1000

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. If bringing electric guitar, also bring guitar amps.

65201 3:00 PM - 4:30 PM S 6/13 - 8/8 MVC

■ **MODELING**

Modeling for Young People Ages 10 & Up **\$45**
12 HRS
CHLZ 1000

In this course the instructor will teach students how to walk for fashion shows, which will promote their self-confidence along with building high self-esteem and proper etiquette. Students will be informed about the modeling field and modeling opportunities. Parents/guardians will be invited out to their fashion show during their last session.

65402 5:30 PM - 7:30 PM TR 6/9 - 6/25 MVC

■ **RECREATION & FITNESS**

Baseball Clinic Ages 10-14 **\$30**
8 HRS
CHPZ 1000

Improve your throwing, fielding, and hitting skills as well as your base running ability. And, of course, learn and exchange baseball trivia along the way. Bring a glove.

65201 9:00 AM - 11:00 AM MTWR 6/15 - 6/18 MVC

Basketball Clinic Ages 6-8 **\$30**
8 HRS
CHPZ 1000

Learn some new techniques from a college coach to enhance your skills in playing the popular sport of basketball. Students will learn how to dribble, catch and shoot correctly.

65301 1:00 PM - 3:00 PM MTWR 6/22 - 6/25 MVC

Basketball Clinic Ages 9-12 **\$30**
8 HRS
CHPZ 1000

Learn some new techniques from a college coach to enhance your skills in playing the popular sport of basketball. Students will learn how to dribble, catch and shoot correctly.

65401 3:00 PM - 5:00 PM MTWR 6/22 - 6/25 MVC

Football Clinic Ages 9-11 **\$30**
8 HRS
CHPZ 1000

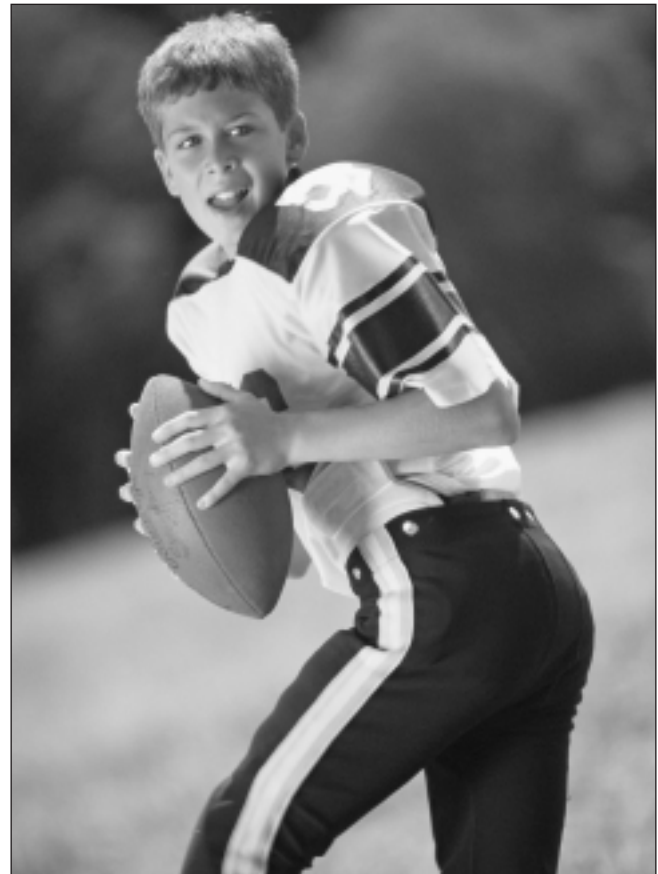
Get a head start learning about the game of football before you start back to school. This clinic will give you the opportunity to learn new techniques and have fun before you start the season.

65501 9:00 AM - 11:00 AM MTWR 6/29 - 7/2 MVC

Football Clinic Ages 12-14 **\$30**
8 HRS
CHPZ 1000

Get a head start learning about the game of football before you start back to school. This clinic will give you the opportunity to learn new techniques and have fun before you start the season.

65601 11:00 AM - 1:00 PM MTWR 6/29 - 7/2 MVC



■ RECREATION & FITNESS Continued

Gymnastics, Tumbling Ages 3-4 \$45 5 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

60901 9:00 AM - 10:00 AM S 6/13 - 8/22 MVC

Gymnastics, Introduction Ages 5-6 \$45 5 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

60601 10:10 AM - 11:10 AM S 6/13 - 8/22 MVC

Gymnastics, Introduction Ages 7-9 \$45 5 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

60701 11:20 AM - 12:20 PM S 6/13 - 8/22 MVC

Martial Arts Ages 7-15 \$45 12 HRS

Utilize martial arts techniques to obtain basic fitness. Topics include: stretching, warm-up, kicking techniques, hand attack techniques, stances, blocking attacks, attack formations, one-step sparring, as well as speed, power and stamina drills.

61710 10:45 AM - 12:15 PM S 6/13 - 8/8 MVC

Soccer Clinic Ages 6-8 \$25 6 HRS

Here's an opportunity for your child to improve his game and learn the basic techniques, kicks, and posture of a great sport-soccer! Fundamentals will be emphasized. All students should have a set of shin guards for safety.

65701 4:30 PM - 6:00 PM MTWR 7/13 - 7/16 MVC

Soccer Clinic Ages 9-11 \$25 6 HRS

Here's an opportunity for your child to improve his game and learn the basic techniques, kicks, and posture of a great sport-soccer! Fundamentals will be emphasized. All students should have a set of shin guards for safety.

65801 3:00 PM - 4:30 PM MTWR 7/13 - 7/16 MVC

Soccer Clinic Ages 12-14 \$25 6 HRS

Here's an opportunity for your child to improve his game and learn the basic techniques, kicks, and posture of a great sport-soccer! Fundamentals will be emphasized. All students should have a set of shin guards for safety.

65901 6:00 PM - 7:30 PM MTWR 7/13 - 7/16 MVC

Tae Kwon Do Ages 7-11 \$50 12 HRS

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students will learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water.

65303 5:30 PM - 7:00 PM MW 6/22 - 7/15 MVC

Tae Kwon Do Ages 12 & Up \$50 12 HRS

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water. Min. Age: 12.

65403 7:00 PM - 8:30 PM MW 6/22 - 7/15 MVC

Tennis, Beginning for Adult/Child \$42 8 HRS

Students learn the fundamentals of the game which include terminology, rules and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overheads and lobs, serves and volleys, and scoring. Competitive drills and activities are included for proper footwork. Students must bring two new cans of Wilson tennis balls to the first day of class, along with their own racquet. Min. Age: 10.

65701 6:00 PM - 8:00 PM S 6/6 - 6/27 MVC

65702 6:00 PM - 8:00 PM S 7/11 - 8/1 MVC

65703 6:00 PM - 8:00 PM S 8/8 - 8/29 MVC

Youth Fitness Ages 4-6 \$50 10 HRS

Exercise is the key to healthy children. In this class the kids will jump rope, jog, do sit ups and a variety of exercises.

66001 1:00 PM - 2:00 PM S 6/13 - 8/22 MVC

Youth Fitness Ages 7-10 \$50 10 HRS

Exercise is the key to healthy children. In this class the kids will jump rope, jog, do sit ups and a variety of exercises.

66101 2:10 PM - 3:10 PM S 6/13 - 8/22 MVC

Youth Fitness Ages 11-14 \$50 10 HRS

Exercise is the key to healthy children. In this class the kids will jump rope, jog, do sit ups and a variety of exercises.

66201 3:20 PM - 4:20 PM S 6/13 - 8/22 MVC

■ ROBOTICS

Robot Building Ages 13-15 \$65 6 HRS

Students put together their own line tracking mouse robot. After assembling it, the robot will follow a black line drawn on white paper. Students will create their own road layout with black marker and will race their robot on the last day of class.

60101 1:00 PM - 2:30 PM MTWR 7/13 - 7/16 MVC

■ SPANISH

Spanish for Kids, Beginning Ages 7-8 \$40 12 HRS CHLZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This mini-course will give youngsters, ages 7 and 8, a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

63401	9:00 AM - 10:30 AM	S	6/13 - 8/8	MVC
63402	9:00 AM - 10:30 AM	MTWR	7/13 - 7/30	MVC

Spanish for Kids, Beginning Ages 9-10 \$40 12 HRS CHLZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This mini-course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

63501	10:40 AM - 12:10 PM	S	6/13 - 8/8	MVC
63502	10:40 AM - 12:10 PM	MTWR	7/13 - 7/30	MVC

Spanish for Kids, Beginning Ages 11-12 \$40 12 HRS CHLZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This mini-course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

63601	1:00 PM - 2:30 PM	S	6/13 - 8/8	MVC
63602	1:00 PM - 2:30 PM	MTWR	7/13 - 7/30	MVC

Spanish for Kids, Beginning Ages 13-15 \$40 12 HRS CHLZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This mini-course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

63701	2:40 PM - 4:10 PM	S	6/13 - 8/8	MVC
63702	2:40 PM - 4:10 PM	MTWR	7/13 - 7/30	MVC

■ SWIMMING

Swimming, Waterbabies Ages 6-36 Months \$65 10 HRS CHPZ 1000

Caregivers will accompany the child in the pool for the entire lesson. This class is designed for one-on-one interaction between the caregiver and child, and instructor and child. The main objective is water adaptation and comfort. Skills will include beginning floating, breath control, kicking, and various pool safety skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

62801	9:00 AM - 9:50 AM	S	6/13 - 8/22	MVC
62802	4:00 PM - 4:50 PM	S	6/13 - 8/22	MVC



Swimming, Waterbabies Ages 6-36 months \$55 8 HRS CHPZ 1000

Caregivers will accompany the child in the pool for the entire lesson. This class is designed for one-on-one interaction between the caregiver and child, and instructor and child. The main objective is water adaptation and comfort. Skills will include beginning floating, breath control, kicking, and various pool safety skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

62901	3:00 PM - 3:50 PM	MTWR	6/8 - 6/18	MVC
62902	3:00 PM - 3:50 PM	MTWR	7/13 - 7/23	MVC
62903	4:00 PM - 4:50 PM	MTWR	8/10 - 8/20	MVC

Swimming, Toddlers Ages 3-5 \$65 10 HRS CHPZ 1000

Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques, basic safety and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63001	11:00 AM - 11:50 AM	S	6/13 - 8/22	MVC
63002	3:00 PM - 3:50 PM	S	6/13 - 8/22	MVC

Swimming, Toddlers Ages 3-5 \$55 8 HRS CHPZ 1000

Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques, basic safety and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63101	3:00 PM - 3:50 PM	MTWR	6/8 - 6/18	MVC
63102	3:00 PM - 3:50 PM	MTWR	7/13 - 7/23	MVC
63103	4:00 PM - 4:50 PM	MTWR	7/27 - 8/6	MVC
63104	4:00 PM - 4:50 PM	MTWR	8/10 - 8/20	MVC

■ SWIMMING Continued

Swimming, Toddlers Semi-Private Ages 3-5 **\$120** CHPZ 1000 **8 HRS**

Maximum enrollment is 5. Smaller classroom atmosphere provides more individualized instruction. Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques, basic safety, and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63301 4:00 PM - 4:50 PM MTWR 6/22 - 7/2 MVC

Swimming, Toddlers Semi-Private Ages 3-5 **\$130** CHPZ 1000 **10 HRS**

Maximum enrollment is 5. Smaller classroom atmosphere provides more individualized instruction. Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques and basic safety and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63201 9:00 AM - 9:50 AM S 6/13 - 8/22 MVC

Swimming, Beginners 1 Ages 6 & Up **\$65** CHPZ 1000 **10 HRS**

This course is a slower paced class designed for children who have trouble adapting to and/or have a fear of the water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63401 10:00 AM - 10:50 AM S 6/13 - 8/22 MVC
63402 2:00 PM - 2:50 PM S 6/13 - 8/22 MVC
63403 3:00 PM - 3:50 PM S 6/13 - 8/22 MVC



For the most up-to-date schedule listing, go to:
www.econnect.dcccd.edu
and select CONTINUING EDUCATION STUDENT MENU

Swimming, Beginners 1 Ages 6 & Up **\$55** CHPZ 1000 **8 HRS**

This course is a slower paced class designed for children who have trouble adapting to and/or have a fear of the water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63501 12:00 PM - 12:50 PM MTWR 6/8 - 6/18 MVC
63502 2:00 PM - 2:50 PM MTWR 6/8 - 6/18 MVC
63503 12:00 PM - 12:50 PM MTWR 6/22 - 7/2 MVC
63504 4:00 PM - 4:50 PM MTWR 6/22 - 7/2 MVC
63505 4:00 PM - 4:50 PM MTWR 7/13 - 7/23 MVC
63506 12:00 PM - 12:50 PM MTWR 7/27 - 8/6 MVC
63507 2:00 PM - 2:50 PM MTWR 7/27 - 8/6 MVC
63508 12:00 PM - 12:50 PM MTWR 8/10 - 8/20 MVC

Swimming, Beginners 2 Ages 6 & Up **\$55** CHPZ 1000 **8 HRS**

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63701 1:00 PM - 1:50 PM MTWR 6/8 - 6/18 MVC
63702 1:00 PM - 1:50 PM MTWR 6/22 - 7/2 MVC
63703 2:00 PM - 2:50 PM MTWR 6/22 - 7/2 MVC
63704 1:00 PM - 1:50 PM MTWR 7/13 - 7/23 MVC
63705 2:00 PM - 2:50 PM MTWR 7/13 - 7/23 MVC
63706 1:00 PM - 1:50 PM MTWR 7/27 - 8/6 MVC
63707 2:00 PM - 2:50 PM MTWR 8/10 - 8/20 MVC
63708 3:00 PM - 3:50 PM MTWR 8/10 - 8/20 MVC

Swimming, Beginners 2 Ages 6 & Up **\$65** CHPZ 1000 **10 HRS**

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63601 11:00 AM - 11:50 AM S 6/13 - 8/22 MVC
63602 2:00 PM - 2:50 PM S 6/13 - 8/22 MVC

SUGGESTIONS?

If you have suggestions about classes that we are not currently offering, please e-mail:

MVC-CEsuggestions@dcccd.edu.

Thank you!

Swimming, Beginners 3 Ages 6 & Up \$55
CHPZ 1000 8 HRS

This class is designed for children who can demonstrate all skills in American Red Cross Level 3 and need to perfect those skills in order to advance to Level 4. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include perfection of knowledge and skills in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Level 3 skills required.

63901	3:00 PM - 3:50 PM	MTWR	6/22 - 7/2	MVC
63902	3:00 PM - 3:50 PM	MTWR	7/27 - 8/6	MVC

Swimming, Beginners 3 Ages 6 & Up \$65
CHPZ 1000 10 HRS

This class is designed for children who can demonstrate all skills in American Red Cross Level 3 and need to perfect those skills in order to advance to Level 4. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include perfection of knowledge and skills in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Level 3 skills required.

63801	12:00 PM - 1:00 PM	S	6/13 - 8/22	MVC
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Swimming, Beginners Semi-Private Ages 6 & Up \$120
CHPZ 1000 8 HRS

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. Maximum enrollment is 6. Smaller classroom atmosphere provides more individualized instruction. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

64101	4:00 PM - 4:50 PM	MTWR	6/8 - 6/18	MVC
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Swimming, Beginners Semi-Private Ages 6 & Up \$130
CHPZ 1000 10 HRS

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. Maximum enrollment is 6. Smaller classroom atmosphere provides more individualized instruction. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

64001	4:00 PM - 4:50 PM	S	6/13 - 8/22	MVC
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Swimming, Advanced Beginners Ages 6 & Up \$55
CHPZ 1000 8 HRS

This course is for children who have already passed the Red Cross Beginners (Level 3) class or are able to demonstrate all skills to the Level 3 standard in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Students will work on front and back crawl stroke refinement and more advanced activities such as treading water, elementary back stroke, whip kick, and other Level 4 skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Prerequisite is American Red Cross Level 3 certification or demonstration of equivalent skills.

64301	12:00 PM - 12:50 PM	MTWR	7/13 - 7/23	MVC
64302	1:00 PM - 1:50 PM	MTWR	8/10 - 8/20	MVC

Swimming, Advanced Beginners Ages 6 & Up \$65
CHPZ 1000 10 HRS

This course is for children who have already passed the Red Cross Beginners (Level 3) class or are able to demonstrate all skills to the Level 3 standard in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Students will work on front and back crawl stroke refinement and more advanced activities such as treading water, elementary back stroke, whip kick, and other Level 4 skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Prerequisite is American Red Cross Level 3 certification or demonstration of equivalent skills.

64201	12:00 PM - 1:00 PM	S	6/13 - 8/22	MVC
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