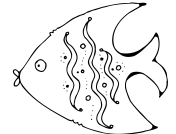


Summer Senior Classes



Registration for the summer session of classes began June 14. Classes begin the week of June 28 unless otherwise noted. Registration hours are Monday - Friday, 9am - 2pm. All classes are for adults 55 years and older. THERE ARE NO REFUNDS.

Classes

<u>Time</u>	<u>Day</u>	<u>Begins</u>	<u>Fee</u>
Aquatic Exercise – 9-week course. Held at Duarte Fitness Center Pool. The instructor is Leslie Lollar.			
11:00-12:00pm	T/F	6/29	\$90
Piano/Keyboard – 10-week course. Instructor Roxie Arnot will teach you how to play the piano at the beginning or intermediate level.			
10:00-11:00am	Thu	7/1	\$50
Piano (Private Lessons) – Join Roxie Arnot for a full half hour of concentrated one-on-one lessons. \$100 for 10 classes.			
Sewing – Class will focus on machine familiarization, learning to read patterns, taking measurements, installing a zipper, making buttonholes, and completing a simple project. Instructor is Susana Capra. Class is limited to the first 6 people to arrive. \$2 per class			
Strength Training – 10-week course. This class, instructed by Leslie Lollar, is designed for seniors who want to increase their muscular strength. Classes are held at the Duarte Fitness Center.			
1:00-2:00pm	M/Th	6/28	\$70
1:00-2:00pm	T/Th	6/29	\$70
Western Line Dance – 10-week session. Instructors are Bill and Margaret Berry.			
10:15-11:45am	Thu	7/1	\$35
Yoga – 10-week course. This class works on increasing range of motion, flexibility, balance, and relaxation using breathing techniques, gentle stretching, body exercises, and meditation. Instructor is Betsy Laban.			
9:00-10:00am	Thu	7/1	\$30

Ongoing Classes

Art Appreciation – Come learn about the “The History of American Art.” Provided by Citrus College instructor Gordon Dyer.			
10:30-11:30am	Fri		Free
Ceramics – The instructor is Mary Pat. Students must purchase own supplies.			
9:00-11:30am	Tue		Free

Ongoing Classes

<u>Time</u>	<u>Day</u>	<u>Fee</u>
Cross Fit – Join Citrus College instructor Shelly Amaro as she leads you through steps/weights/resistance bands, and floor stretch. Wear comfortable clothes.		
10:15-11:30am	Wed	Free
English as a Second Language – Shelly Lujan will teach you conversational English.		
11:00-12:00pm	M/Th	Free
Exercise With Shelly – Join a Citrus College instructor in keeping your body fit. Loose clothing and comfortable shoes are recommended.		
10:15-11:15am	M/F	Free
Fly Fishing Basics – 6-week course. Instructor Steve Maroste will teach you how to catch trout on a fly, how to read a stream, what flies to use, and casting. Reservations required.		
1:00-2:00pm	Wed	Free
Guitar – Join instructor Marco Merejon as he leads students in developing skills.		
1:00-2:30pm	Tue	Free
How to Write Your Own Life’s Story – Join Citrus College instructor Gordon Dyer who will guide you in an easy step-by-step format.		
9:00-10:45am	Mon	Free
Knitting – Marilyn Huebert will share her talent of knitting.		
9:00-10:00am	Mon	Free
Music Appreciation – Learn about the lives and music of the world’s greatest composers under the guidance of instructor Gordon Dyer from Citrus College.		
11:30-2:00pm	Fri	Free
Spanish-Level I – Libby and Floyd Thaller will teach you basic beginning Spanish.		
1:00-2:00pm	M/Th	Free
Spanish-Level II – Shelly Lujan will teach you conversational Spanish at an advanced beginner level.		
10:30-12:00pm	T/W	Free
Tai Chi – This gentle form of exercise is designed for all levels. Instructor is Debbie Callandrillo.		
9:00-10:00am	Fri	Free