

## YOUTH & ADULT PROGRAMS



### Tennis

Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for yourself.

**SY978.410 Winter:** Sat. 1/30-3/20 (8 weeks)

**SY978.110 Spring:** Sat. 4/14-6/2 (8 weeks)

**Time:** Beg. 10:00-11:00 a.m. **Ages:** 7-11

**SC979.410 Winter:** Sat. 1/30-3/20 (8 weeks)

**SC979.110 Spring:** Wed. 4/14-6/2 (8 weeks)

**Time:** 3:00-4:00 p.m. **Ages:** 12 & up **Fee:** Resident \$50/ Non-resident \$54 **Location:** Mt. Miguel HS (Tennis Court) **Instructor:** Lois Sczeraniak



### Circuit Training

Want to get into shape for the New Year but afraid to get started? Ever thought about circuit training? A trained fitness professional from Healthy Adventures Foundation will come out and teach you about nutrition, exercise, weight management and proper goal setting—all while exercising. We can teach you how to use the equipment and how to design a program that matches your goals. But don't come with your work clothes and be prepared to take notes. This is an active class. You will learn by doing! This class is open to those 16 years and older, or 14 and older with a parent/guardian also enrolled. Minimum participants of 6 are required.

**SC694.410 Winter:** Sat. 1/30-3/20 (8 weeks)

**SC694.110 Spring:** Sat. 4/17-6/5 (8 weeks)

**Time:** 9:30-10:30 a.m. **Ages:** 14 & up

**Fee:** Resident \$40 / Non-resident \$44

**Location:** SVCC-Spring Valley Park

**Instructor:** Staff from Healthy Adventures Foundation



### School Aged Hip Hop

Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate hip hop moves! This class is full of energy and just a lot of fun! There will also be a final performance at the last class.

**SY430.410 Winter:** Thur. 1/28-3/18 (8 weeks)

**SY430.110 Spring:** Thur. 4/15-6/3 (8 weeks)

**Ages:** 6-12 **Time:** 5:00-6:00 p.m.

**SC431.410 Winter:** Thur. 1/28-3/18 (8 weeks)

**SC431.110 Spring:** Thur. 4/15-6/3 (8 weeks)

**Time:** 6:00-7:00 p.m. **Ages:** 13- up

**Fee:** Resident \$65 / Non-resident \$69

**Location:** SVCC-Ketell Hall

**Instructor:** Janaki Gallelli

### Dog Obedience Class

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Dogs must be a minimum of four months old and vaccinated. All dogs must have proof of current rabies vaccination.

**SC747.410 Winter:** Sat. 1/30-3/6 (6 weeks)

**SC748.110 Spring:** Sat. 4/17-5/22 (6 weeks)

**Time:** Basic 9:00 – 10:00 a.m

**SC747.410 Winter:** Sat. 1/30-3/6 (6 weeks)

**SC748.110 Spring:** Sat. 4/17-5/22 (6 weeks)

**Time:** Inter. 10:00 – 11:00 a.m.

**Fee:** Resident \$65/ Non-resident \$69

**Location:** Spring Valley Park

**Instructor:** Cindy D'Ambrosia of Castle Creek Kennels, sponsored by Bahia del Sur Kennel Club

### Parent & Tot: Creative Movement

A parent involvement class in which children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, obstacles, beanbags, music, sports, (Example, T-ball), etc. Basic animal walks and tumbling skills will be introduced. For more information, please contact Robin at (619) 464-6690.

### Beginner/Intermediate Line Dance

Join Susie D'Agostino and learn to Line Dance at a slow and relaxed pace. Dancers will learn steps and routines in an easy to remember pace that keeps things fun. Take both classes for the price of one!

**Day:** Wednesdays

**Time:** Beg. 10:15 – 10:50 a.m.

Int./Adv. 10:50 – 11:45 a.m.

**Location:** SVCC - Olsen Room

**Donation:** \$5 Drop in basis

### Lil' Arts Musical Theatre

Lil' Arts Musical Theater is for children who want to develop their vocal, dance and acting skills in a creative, supportive, FUN way! Students will develop their coordination skills, projecting techniques and memorization capabilities. This class is expressive and full of movement! There will also be a final performance at the last class.

**SY432.410 Winter:** Thur. 1/28-3/18 (8 weeks)

**SY432.110 Spring:** Thur. 4/15-6/3 (8 weeks)

**Time:** 7:00-8:00 p.m. **Ages:** 6-12

**Fee:** Resident \$65 / Non-resident \$69

**Location:** SVCC-Ketell Hall

**Instructor:** Kathleen Sorensen

## America's Youth Karate



This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration and physical fitness! Open registration up to week 4. This is a year-round program. For additional information, please call (619) 282-3006 or visit us at [www.ayop.org](http://www.ayop.org).



**Class Starts:** Tue. 1/5

**Time:** 5:00-8:00 p.m.

**Ages:** 4 & up

**Fee:** \$7 per week, pay weekly.

**Registration Fee:** \$5

**Location:** SVCC-Ketell Hall

**Instructor:** Matt Armstrong

## NEW Yoga/Pilates Fusion



Great for beginners or anyone wanting to work at a milder pace. Relaxation included at the end of the class. Bring a towel and exercise mat.

**SA678.410 Winter:**

Mon. 1/25-3/15 (8 weeks)

**SA678.110 Spring:**

Mon. 4/12-6/7 (8 weeks)

\*Closed on 5/31

**Time:** 12:00-1:15 p.m.

**Ages:** 18 & up

**Fee:** Resident \$48 / Non-resident \$52

**Location:** SVCC-Olsen Room

**Instructor:** Paulette Young

## NEW Gentle Yoga/Pilates Fusion



A gentler class for adults 18 years and up, designed to promote physical and mental well being. Both yoga and pilates will help improve posture, increase flexibility, firm and tone muscles, as well as improve balance and

coordination. This class is a softer style of Hatha Yoga, blended with gentle Pilates core strengthening exercises.

**SA679.410 Winter:** Thur. 1/25-3/15 (8 weeks)

**SA679.110 Spring:** Thur. 4/12-6/3 (8 weeks)

**Time:** 1:00-2:15 p.m.

**Ages:** 18 & up

**Fee:** Resident \$48 / Non-resident \$52

**Location:** SVCC-Ketell Hall

**Instructor:** Paulette Young

**The Ultimate Party House**  
2705 Via Orange Way, Suite C  
Spring Valley, CA 91978  
(619) 660-9357

AirTime holds private birthday parties for up to 25 kids, sports team parties, youth groups, mother's groups, field trips and more. Please call for information and to make reservations or visit us on the web at [www.airtimepart.com](http://www.airtimepart.com). Don't forget to ask about Mom's Night Out!



## LIFE LONG LEARNING

### Spanish Class



Languages are the most efficient way of communication. Participants will enjoy the fun of grammar, linguistic conversations in Spanish. Bring your enthusiasm.

**SY422.410 Winter:** Fri. 1/29-3/19 (8 weeks)

**SY422.110 Spring:** Fri. 4/16-6/4 (8 weeks)

**Time:** 4:00-5:00 p.m.

**Ages:** 7 & up

**Fee:** Resident \$60/  
Non-resident \$64

**Location:** SVCC-Senior Lounge

**Instructor:** Maria Ramirez

### NEW Mariachi Class



Participants will learn the fundamentals of Mexican folk music based on Mariachi style. The group consists of violins, trumpets and several guitar-like instruments.

**SY337.410 Winter:** Fri. 1/29-3/19 (8 weeks)

**SY337.110 Spring:** Fri. 4/16-6/4 (8 weeks)

**Time:** 4:15-5:00 p.m.

**Ages:** 10-18

**Fee:** Resident \$60 /  
Non-resident \$64

**Location:** SVCC-Olsen Room

**Instructor:** David Ceja



### NEW Intro to Music

Participants will learn the fundamentals of music such as: rhythm, melody, harmony, dynamics basic instruments. Music appreciation, singing with motion and beginning playing keyboard will be introduced.

**SP154.410 Winter:** Wed. 1/27-3/17 (8 weeks)

**SP:154.110 Spring:** Wed. 4/14-6/2 (8 weeks)

**Time:** 9:30 - 10:00 a.m.

**Ages:** 4 - 6

**Fee:** Resident \$47 /  
Non-resident \$51

**Location:** SVCC - Olsen Room  
**Instructor:** Veronica Kara