

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.



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. 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