

Learn to Swing

Ages 12 & Up

Learn the energetic dances of the 1920s - 1940s. Basic East/West Coast and Charleston, as well as the Lindy Hop. No partner required. Dress comfortably, no sandals, boots or heavy shoes. Instructor: Tyler Hendrick

Activity Fee: \$30/month/individual \$50/month/couple

Location: James Woody Community Center Auditorium

Date:	Day:	Time:
June 6 - 27	Wed	6:30 - 7:30 pm
July 11 - 25	Wed	6:30 - 7:30 pm
Aug 1 - 29	Wed	6:30 - 7:30 pm

Belly Dancing

Ages 16 & Up

Belly dancing encourages wellness and promotes self-confidence in women of all ages. Learn the fundamentals of Middle Eastern style dancing, focusing on folk, gypsy and Greek styles. No class 7/4. Instructor: Diane Ona

6 - 7 pm (Beg) 7:15 - 8:15 pm (Adv)

Activity Fee: \$27/month

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
June 6 - 27	Wed	See above
July 11 - 25	Wed	See above
Aug 1 - 29	Wed	See above

Intro to Watercolor

Ages 18 & Up

Learn how to create bold, colorful watercolor paintings and discover the artist that you are! Professional artist Yevgenia Watts will walk you through the basics of painting in water color. The class covers tools and supplies for watercolor painting, techniques and methods, composition, values and color. Class is intended for beginning to intermediate students. Basic drawing skills recommended, but not required. A \$35 supply fee is due at the first class. Supplies can also be purchased on your own. A supply list will be provided.

Activity Fee: \$135/6 weeks

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 2 - July 7	Sat	10 am - 12:30 pm
July 14 - Aug 18	Sat	10 am - 12:30 pm

Intermediate Watercolor

Ages 18 & Up

This class is intended for students who have completed Intro to Watercolor or have previous experience in watercolor painting. Students will build upon their skills while learning new techniques and materials and trying out various subject matter. Instructor: Yevgenia Watts

Activity Fee: \$135/6 weeks

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 2 - July 7	Sat	1 - 4 pm
July 14 - Aug 18	Sat	1 - 4 pm

Fabulous Faux Painting

Ages 18 & Up

Learn the trade of from a professional faux painter with years of experience. Her dual-roller method quickly creates a variety of looks such as suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more. Instructor: Linda Coffman

Activity Fee: \$58

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
July 26	Th	6 - 8:40 pm

Custom Card Making

Ages 18 & Up

Design and create custom greeting cards. Learn to coordinate color and spatial placement and special techniques such as embossing and instruction on a die cutting machine. Using the leftover scraps from your scrapbooking, these cards are a very low cost option for all occasions! All course materials will be provided.

Instructor: Camille Walker

Activity Fee: \$30/4 weeks

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
June 5 - 26	Tu	1 - 3 pm
July 3 - 24	Tu	1 - 3 pm
Aug 7 - 28	Tu	1 - 3 pm

Just ONCE Piano

Ages 18 & Up

You don't need years of weekly lessons to learn the piano. In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. Learn all the chords you'll need to play any song in this one session.

Instructor: Craig Coffman

Activity Fee: \$58

Location: Apple Valley Conference Center South Room

Date:	Day:	Time:
July 26	Th	6:40 - 9:40 pm

Doggie Manners

Ages 18 & Up

Turn your dog's pet peeves into acceptable Doggie Manners with affordable positive reinforcement obedience lessons! Doggie Manners offers everyone 100% SATISFACTION GUARANTEED. Receive great socialization time with group lessons, or get straight to your specific needs with one-on-one time in private lessons. Free Evaluation is REQUIRED before signing up. Call (760) 927-2827 to schedule. Instructor: Nicole Bimber

Activity Fee: Puppy \$82; Adult \$92; Advanced \$102; Private \$122

Location: Corwin Park

Date:	Day:	Time:
June 1 - 29	Fri	10 - 11 am or 6 - 7 pm (Puppy)
June 12 - July 10	Tu	10 - 11 am or 6 - 7 pm (Puppy)
June 28 - July 26	Th	10 - 11 am or 6 - 7 pm (Puppy)
Aug 6 - Sept 3	Mon	10 - 11 am or 6 - 7 pm (Puppy)
Aug 22 - Sept 19	Wed	10 - 11 am or 6 - 7 pm (Puppy)
June 4 - July 2	Mon	10 - 11 am or 6 - 7 pm (Adult)
June 20 - July 18	Wed	10 - 11 am or 6 - 7 pm (Adult)
July 6 - Aug 3	Fri	10 - 11 am or 6 - 7 pm (Adult)
Aug 14 - Sept 11	Tu	10 - 11 am or 6 - 7 pm (Adult)
Aug 30 - Sept 27	Th	10 - 11 am or 6 - 7 pm (Adult)

Dog Obedience

Ages 14 & Up

In this basic dog obedience course your dog will learn to walk on a leash, sit, lay down, stay, come when called and stand still for grooming/exams. Dogs must be current on all vaccines, including rabies. Bring your vaccination record and registration receipt to the first class. Leashes and collars available for purchase for \$20 during the first two sessions. Call Claudia Wolff at (760) 298-1369 or visit www.seawolffdogschooll.com for more information. 10% off if you adopt from the Town Animal Shelter or the Victor Valley Animal Protection League.

Activity Fee: \$87/7 weeks

Location: Corwin Park

Date:	Day:	Time:
June 9 - July 21	Sat	9 - 10 am
July 28 - Sept 8	Sat	9 - 10 am

Tai Chi

Ages 18 & Up

Learn to increase your level of energy through fluid movements, breath work and inner focus. This is a simple and effective way to condition the whole body. Tai Chi helps regulate blood circulation, mobilizes joints, ligaments, muscles and increases respiratory capacity. Tai Chi is not strenuous and requires no special equipment or ability.

Instructor: Chris Urmston

Activity Fee: \$37/3 classes a week/month
\$27/2 classes a week/month

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
June 4 - 29	M/W/F	11 am - 12 pm
July 2 - 30	M/W/F	11 am - 12 pm
Aug 1 - 31	M/W/F	11 am - 12 pm

Yoga

Ages 16 & Up

Are you looking for a workout program that is easy to learn, requires little or no equipment and soothes your soul while toning your body? If strengthening your cardiovascular system, stretching your muscles and improving your mental fitness are on your to-do list, then this class is for you! Instructor: Debbie Bucarey

Activity Fee: \$28/2 classes a week/month
\$19/1 class a week/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 5 - 28	Tu/Th	6:40 - 7:40 pm
July 3 - 31	Tu/Th	6:40 - 7:40 pm
Aug 2 - 30	Tu/Th	6:40 - 7:40 pm

Fitness Bootcamp

Ages 16 & Up

Lose weight, tone muscles and build endurance. Based on police/military-style physical training, this class introduces civilians to a healthy lifestyle through sound nutrition, cardio-training and resistance exercise. No class 7/4.

Instructor: LDC Training

Activity Fee: \$51/4 weeks

Location: Town Hall Recreation Center

Date:	Day:	Time:
June 4 - 27	M/W	6:30 - 8 pm
July 2 - 25	M/W	6:30 - 8 pm
Aug 6 - 29	M/W	6:30 - 8 pm



Zumba®

Ages 13 & Up

Ditch the workout and join the party! A cardio-based workout with sculpting exercises designed to tone the entire body using a combination of aerobics and dance moves. Zumba® is designed for people of every shape and every age. This program is easy, effective and stimulating. Anyone can do it! No class 7/4. Instructor: Maria Chapman
Pick from the following days:

Tu/Th 5:30 - 6:30 pm Wed 9 - 10 am
Tu/Th 8 - 9 pm

Try 1 class for only \$5!

Activity Fee: \$37/3 classes a week/month
\$28/2 classes a week/month \$19/1 class a week/month

Location: Town Hall Recreation Center

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
June 5 - 28	See above	See above
July 3 - 31	See above	See above
Aug 1 - 30	See above	See above



Ladies Beginner Golf

Ages 18 & Up

This program is for ladies only and is ideal for those who would like to get started playing golf. All the fundamentals will be covered including, putting, chipping and full swing. Fees include use of golf clubs and range balls. Register at Town Hall.

Activity Fee: \$67/4 weeks

Location: Apple Valley Country Club

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
June 2 - 30	Sat	8 - 9 am
July 7 - 28	Sat	8 - 9 am
Aug 4 - 25	Sat	8 - 9 am

Adult Beginner Golf

Ages 18 & Up

Students will learn basic rules and etiquette of golf as well as the fundamentals of putting, chipping and the full swing. Dress code for class is a collared shirt - no jeans. Fee includes use of golf clubs and balls. Register at Town Hall.

Activity Fee: \$67/4 weeks

Location: Apple Valley Country Club

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
June 3 - 24	Sun	9 - 10 am
July 8 - 29	Sun	9 - 10 am
Aug 5 - 26	Sun	9 - 10 am

Adult Tennis Lessons

Ages 18 & Up

Adults of all skill levels will learn and improve on the basic skills of tennis. Bring a tennis racquet and a can of balls. Register at Town Hall. Instructor: Bill Mocharnuk

Sat 7 - 8 am (Int/Adv) Sat 10 - 11 am (Beg)
W or Th 7 - 9 pm (2 weeks)

Activity Fee: \$30/4 weeks \$30/2 weeks

Location: Apple Valley Golf Course

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
June	See above	See above
July	See above	See above
Aug	See above	See above

