

## Learn to Swing

**Ages 13 & 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  
\$23/individual (Dec) \$38/couple (Dec)

**Location:** James Woody Community Center Auditorium

Date:	Day:	Time:
Sept 7 - 28	Wed	6:30 - 7:30 pm
Oct 5 - 26	Wed	6:30 - 7:30 pm
Nov 2 - 23	Wed	6:30 - 7:30 pm
Dec 7 - 21	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. Instructor: Diane Ona

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

**Activity Fee:** \$32/4 weeks \$24.50 (Dec)

**Location:** James Woody Community Center Arts & Crafts Room

Date:	Day:	Time:
Sept 7 - 28	Wed	See above
Oct 5 - 26	Wed	See above
Nov 2 - 23	Wed	See above
Dec 7 - 21	Wed	See above

## Just ONCE Piano - Online

**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

This is a virtual classroom. You will be able to interact LIVE with the instructor just like in a real classroom. All you need is a computer, webcam, microphone, high speed internet connection and piano/keyboard. Fee includes workbook and practice CD.

**Activity Fee:** \$58

Date:	Day:	Time:
Oct 23	Sun	4 - 7 pm

## 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:
Sept 2 - Oct 7	Fri	6 - 8:30 pm
Oct 14 - Nov 18	Fri	6 - 8:30 pm



## Dog Obedience

**Ages 12 & 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.seawolffdogsschool.com](http://www.seawolffdogsschool.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:
Oct 1 - Nov 12	Sat	10 - 11 am

## Fitness Bootcamp

**Ages 18 & 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. Each session is now 4 weeks. Instructor: LDC Training

**Activity Fee:** \$51/4 weeks

**Location:** Town Hall Recreation Center

Date:	Day:	Time:
Sept 7 - 28	M/W	6:30 - 8 pm
Oct 3 - 26	M/W	6:30 - 8 pm
Oct 31 - Nov 23	M/W	6:30 - 8 pm
Nov 28 - Dec 21	M/W	6:30 - 8 pm



## Baby Bootcamp

**Ages 18 & Up**

Get back into shape and lose the baby fat in this fun and interactive fitness class designed just for you AND your baby! Learn the do's and don'ts of safe and effective fitness for all new moms through sound nutrition, cardio training and resistance exercise. Bring your infant up to 12 months old or a set of hand weights. Yoga-style mat required.

Instructor: LDC Training

**Activity Fee:** \$31/month

**Location:** Town Hall Recreation Center

Date:	Day:	Time:
Sept 12 - 26	Mon	5 - 6 pm
Sept 6 - 27	Tue	10 - 11 am
Oct 3 - 24	Mon	5 - 6 pm
Oct 4 - 25	Tue	10 - 11 am
Nov 7 - 28	Mon	5 - 6 pm
Nov 8 - 29	Tue	10 - 11 am
Dec 5 - 19	Mon	5 - 6 pm
Dec 6 - 20	Tue	10 - 11 am

## 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! No class 11/24. 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:
Sept 1 - 29	Tu/Th	6:40 - 7:40 pm
Oct 4 - 27	Tu/Th	6:40 - 7:40 pm
Nov 1 - 29	Tu/Th	6:40 - 7:40 pm
Dec 1 - 22	Tu/Th	6:40 - 7:40 pm

## 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:
Sept 5 - 30	M/W/F	11 am - 12 pm
Oct 3 - 31	M/W/F	11 am - 12 pm
Nov 2 - 30	M/W/F	11 am - 12 pm
Dec 2 - 23	M/W/F	11 am - 12 pm

## 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:** \$65/4 weeks \$49.25 (Dec)

**Location:** Apple Valley Country Club

Date:	Day:	Time:
Sept 4 - 25	Sun	9 - 10 am
Oct 2 - 23	Sun	9 - 10 am
Oct 30 - Nov 20	Sun	12 - 1 pm
Dec 4 - 18	Sun	12 - 1 pm



## 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:** \$65/4 weeks \$49.25 (Dec)

**Location:** Apple Valley Country Club

Date:	Day:	Time:
Sept 3 - 24	Sat	8 - 9 am
Oct 1 - 22	Sat	8 - 9 am
Oct 29 - Nov 19	Sat	11 am - 12 pm
Dec 3 - 17	Sat	11 am - 12 pm

## 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)

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

**Location:** Apple Valley Country Club

Date:	Day:	Time:
Sept 3 - 24	Sat	See above
Oct 1 - 22	Sat	See above
Nov 5 - 19	Sat	See above
Dec 3 - 17	Sat	See above

## 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 11/24 & 11/26.

Instructor: Maria Chapman

Pick from the following days:

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

Date:	Day:	Time:
Sept 1 - 29	See above	See above
Oct 1 - 29	See above	See above
Nov 1 - 30	See above	See above
Dec 1 - 22	See above	See above

