

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

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
Jan 4 - 25	Wed	See above
Feb 1 - 22	Wed	See above
Mar 7 - 28	Wed	See above
Apr 4 - 25	Wed	See above
May 2 - 23	Wed	See above

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:
Jan 4 - 25	Wed	6:30 - 7:30 pm
Feb 1 - 29	Wed	6:30 - 7:30 pm
Mar 7 - 28	Wed	6:30 - 7:30 pm
Apr 4 - 25	Wed	6:30 - 7:30 pm
May 2 - 30	Wed	6:30 - 7:30 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 watercolor. 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:
Jan 6 - Feb 10	Fri	6 - 8:30 pm
Feb 17 - Mar 23	Fri	6 - 8:30 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: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
Jan 7 - Feb 11	Sat	1 - 4 pm
Feb 18 - Mar 24	Sat	1 - 4 pm

Plein Air Painting

Ages 18 & Up

Come play outside! In this class, you will learn the concepts and tools that will help you translate your impression of a landscape or street view into a painting. All levels are invited, but students should be familiar with general work in watercolor. Instructor: Yevgenia Watts

Activity Fee: \$125/6 weeks

Location: First class meets in front of Town Hall

Date:	Day:	Time:
Jan 7 - Feb 11	Sat	8:30 - 11 am

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 1/16, 2/20 & 5/28. Instructor: LDC Training

Activity Fee: \$51/4 weeks

Location: Town Hall Recreation Center

Date:	Day:	Time:
Jan 2 - 25	M/W	6:30 - 8 pm
Feb 6 - 29	M/W	6:30 - 8 pm
Mar 5 - 28	M/W	6:30 - 8 pm
Apr 2 - 25	M/W	6:30 - 8 pm
May 7 - 30	M/W	6:30 - 8 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:
Jan 3 - 31	Tu/Th	6:40 - 7:40 pm
Feb 2 - 28	Tu/Th	6:40 - 7:40 pm
Mar 1 - 29	Tu/Th	6:40 - 7:40 pm
Apr 3 - 26	Tu/Th	6:40 - 7:40 pm
May 1 - 29	Tu/Th	6:40 - 7:40 pm

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.seawolffdogs.school.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:
Jan 14 - Feb 25	Sat	10 - 11 am
Mar 3 - Apr 14	Sat	10 - 11 am
Apr 21 - June 2	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:
Jan 2 - 30	M/W/F	11 am - 12 pm
Feb 1 - 29	M/W/F	11 am - 12 pm
Mar 2 - 30	M/W/F	11 am - 12 pm
Apr 2 - 30	M/W/F	11 am - 12 pm
May 2 - 30	M/W/F	11 am - 12 pm

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:
Feb 19	Sun	4 - 7 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: \$67/4 weeks

Location: Apple Valley Country Club

Date:	Day:	Time:
Jan 7 - 28	Sat	11 am - 12 pm
Feb 4 - 25	Sat	11 am - 12 pm
Mar 3 - 24	Sat	11 am - 12 pm
Apr 7 - 28	Sat	8 - 9 am
May 5 - 26	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

Date:	Day:	Time:
Jan 8 - 29	Sun	12 - 1 pm
Feb 5 - 26	Sun	12 - 1 pm
Mar 4 - 25	Sun	12 - 1 pm
Apr 1 - 22	Sun	9 - 10 am
May 6 - 27	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)

Activity Fee: \$30/4 weeks

Location: Apple Valley Country Club

Date:	Day:	Time:
Jan 7 - 28	Sat	See above
Feb 4 - 25	Sat	See above
Mar 3 - 24	Sat	See above
Apr 7 - 28	Sat	See above
May 5 - 26	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 1/31, 2/29, 3/29.

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

Date:	Day:	Time:
Jan 3 - 26	See above	See above
Feb 1 - 28	See above	See above
Mar 1 - 28	See above	See above
Apr 3 - 26	See above	See above