

DOLLAR WISE! programs



Registration information:
www.IrvineQuickReg.org
 949-724-6610

CITY OF IRVINE • COMMUNITY SERVICES

► BALANCING PERSONAL FINANCES

Develop a financial plan for your life and learn how to track and evaluate your spending. Learn the step-by-step process of creating a budget and tips to help you stick to it. Registration required. Inst: Consumer Credit Counseling of Orange County.

#70235	Tu	7pm-8:30pm	Jun 2	LSC	Free
#73069	Tu	7pm-8:30pm	Jul 7	NCP	Free

► FINANCIAL FITNESS

Great opportunity for young consumers to get the basics of personal finance to develop a stronger understanding of money management. Topics include: banking, ATM cards, credit cards, and credit reports and scores, and briefly discussing the current economic situation. Learning tools include interactive books, role playing, in-class activities and take-home CD-ROMs. Financial Fitness certificate awarded for 100% attendance. Ages 10-14.

#74363	Sa	10am-12pm	Aug 8-22	RSC	Free
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► FIRST-TIME HOME BUYERS

If you have not owned a home in the past three years, you qualify as a "first-time home buyer." This pre-purchase information session will help you shop for lenders, learn to budget for housing expenses, and address your credit report issues. Participants receive a certificate of completion recognized by many first-time home-buyer programs throughout the county. Registration required. Inst: Consumer Credit Counseling Service and Affordable Housing Clearinghouse.

#70239	Sa	8:30am-2:30pm	Jun 13	LSC	Free
#66016	Sa	8:30am-2:30pm	Jul 25	RSC	Free
#66017	Sa	8:30am-2:30pm	Aug 22	RSC	Free

► FUNDAMENTALS OF INVESTING

Want to save for a home, college expenses, or financial independence? Whatever your current financial condition, come to this fun workshop and learn the most efficient ways to reach your long-term goals. Registration required. Inst: Consumer Credit Counseling of Orange County.

#73076	M	7pm-8:30pm	Aug 3	NCP	Free
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► HOW TO PREPARE FOR YOUR ASSESSMENT APPEAL HEARING

Presented by the County of Orange's Clerk of the Board of Supervisors, this program provides single-family homeowners with easy-to-understand information on how to prepare for an assessment appeal hearing, including types of evidence and the mandatory timelines that are acceptable at the hearing. Review and bring a copy of the presentation from <http://egov.ocgov.com/>. More info: 714-834-2331 or 714-834-3457. Registration required; seating is limited.

#73181	F	5pm-6:30pm	Jul 17	LSC	Free
#75706	F	6:45pm-8:15pm	Jul 17	LSC	Free

► IDENTITY THEFT

This seminar teaches the Federal Trade Commission's "Deter, Detect, and Defend" program. Learn how identity thieves operate and how to protect your good credit. Registration required. Inst: Consumer Credit Counseling of Orange County.

#70233	M	7pm-8:30pm	Jun 15	NCP	Free
#73072	Tu	7pm-8:30pm	Aug 4	LSC	Free

► INVESTING IN EXCHANGE-TRADED FUNDS

Exchange-Traded Funds (ETF) are not like your father's mutual funds! The investment world has changed in the past few months, but certain fundamentals are timeless. Inst: Richard Arduino, EA, CFP.

#73714	W	7pm-9pm	Jul 8-22	LSC	\$35
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► MONEY BASICS

Money Basics is geared toward adults ages 16-22 and covers various financial topics that are essential for a financially successful life. We will discuss credit and debit cards, credit reports, scores, contracts, financial implications of roommates, W-2 and W-4 forms, budgeting, expense tracking, saving, investing, financial goals, and more. This is a great opportunity for students. Registration required. Inst: Consumer Credit Counseling. Ages 16-22.

#73071	Tu	7pm-8:30pm	Jul 28	LSC	Free
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► RAISING A MONEY-SMART CHILD

Learning about money begins at a very early age and builds on experiences and lessons learned from parents. This workshop will help parents learn various techniques to help their children become savvy consumers and financially prepared for the real world. Registration required. Inst: Consumer Credit Counseling of Orange County.

#73074	M	7pm-8pm	Jul 13	NCP	Free
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► RENTERS' RIGHTS & RESPONSIBILITIES

Learn about the rental process from inspecting potential rental units through signing of the rental/lease agreement. Rental payments, security deposits, repairs, privacy issues and the eviction process will be discussed. Registration required. Inst: Consumer Credit Counseling of Orange County.

#73073	Tu	7pm-8:30pm	Aug 18	LSC	Free
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► UNDERSTANDING CREDIT REPORTS

This informative seminar will show you what lenders look for on credit reports, how to establish good credit, and how to legally eliminate credit report errors for free. Registration required. Inst: Consumer Credit Counseling of Orange County.

#70236	Tu	7pm-8:30pm	Jun 23	LSC	Free
#73075	M	7pm-8:30pm	Jul 20	NCP	Free

► BUSINESS & FINANCE



Business Chinese

Great new class for people wanting to learn Chinese for the application in the business world. Topics include Chinese business-related vocabularies, etiquette, culture and expressions. Inst: SCCCA staff. Ages 18+.

#73693	W	7pm-9pm	Jun 3-24	SCCCA	\$90
#73694	W	7pm-9pm	Jul 1-22	SCCCA	\$90
#73695	W	7pm-9pm	Jul 29-Aug 19	SCCCA	\$90

Business Etiquette for Men & Women

Business manners enhance relationships and create strategic advantages in the corporate world. Techniques demonstrated and practiced include proper introductions, handshakes, body language, wardrobe and cell phone use. Special emphasis on dining etiquette and much more. More info: 949-222-6676. Inst: Marge Frazier. Supply fee: \$7.

#73557	Th	6:45pm-8:15pm	Jul 9	LSC	\$25
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Career Transition Workshop

Feel stuck in your career or find circumstances changed due to layoffs, employer relocation, economic conditions or other factors? With a tight labor market, now is the time to find your competitive edge. This workshop covers magnetic interviewing skills, empowering your resume, defining your career search strategy and Encore Careers for those restarting their careers. Includes materials and take-home exercises. More info: 949-644-2480 or Jramstedt@aol.com. Inst: Ramstedt, CLC-Certified Life Coach and Career Consultant.

#74720	Sa	1pm-5pm	Jul 11	LSC	\$99
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► COMMUNICATION

Farsi for Adults and Teens

Learning Farsi has never been so easy and fun. Read and write Farsi while learning the Persian culture in a friendly atmosphere. Impress your Persian friends and family with everyday conversation. Workbook included. Inst: Nikole Nikroo. Ages 11+.

#73852	Tu	7pm-9pm	Jun 30-Aug 11	LSC	\$159
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How to Speak Chinese



As the world becomes smaller, the ability to speak different languages provides many advantages. This course is designed to develop learners' ability to communicate in Chinese, with intensive practice in oral communication for daily life situations. Multiple levels of curriculum are available. Inst: SCCCA staff. Ages 18+.

#73685	M	7pm-9pm	Jun 1-22	SCCCA	\$80
#73686	M	7pm-9pm	Jun 29-Jul 20	SCCCA	\$80
#73687	M	7pm-9pm	Jul 27-Aug 17	SCCCA	\$80
#73689	Sa	10am-12pm	Jun 6-27	SCCCA	\$80
#73691	Sa	10am-12pm	Jul 11-Aug 1	SCCCA	\$80
#73692	Sa	10am-12pm	Aug 8-29	SCCCA	\$80

How to Speak Spanish

Learning to speak Spanish will help you in everyday life. Includes culture-enhancing readings and conversation practice. Inst: Migliarini and staff. Choose the course to suit your current level. Supply fee: \$5.

Beginning: Emphasis on vocabulary development, common phrases and basic communication skills.

Intermediate: Polish basic skills while participating in challenging conversations. Enhance listening and reading comprehension with practice in speaking and writing, vocabulary building, and grammatical accuracy.

Advanced: Do you speak a little Spanish, but have difficulty carrying on a conversation? Master this language by using the appropriate verb tense.

#73306	Beg	W	6pm-7pm	Jun 24-Aug 12	BCCC	\$130
#73307	Int	W	7pm-8pm	Jun 24-Aug 12	BCCC	\$130
#73308	Adv	W	8pm-9pm	Jun 24-Aug 12	BCCC	\$130

Oui! Learn French: Teens & Adults

Is France in your future? Teens and adults easily learn French in these concentrated courses. Learn vocabulary, grammar, conversational tips and information about the French culture. Inst: Anoush. Supply fee: \$10. Ages 13+.

#73128	Beg	Th	6:30pm-7:30pm	Jun 25-Aug 6	RSC	\$85
#73129	Int	Th	7:30pm-8:30pm	Jun 25-Aug 6	RSC	\$85

► COMPUTERS

CITY OF IRVINE • COMMUNITY SERVICES

No Time?

\$99
per class

ed2go

Hundreds of Classes Available Online...

- Achieving Success With Difficult People
- Assisting Aging Parents
- Computer Skills for the Workplace
- Creating Web Pages
- Guiding Kids on the Internet
- Introduction to Microsoft Word 2007
- Luscious, Low-Fat, Lightning-Quick Meals
- Where Does All My Money Go?
- Write Your Life Story

Classes start monthly

www.ed2go.com/cityofirvine

949-724-6611



Community Services Directory

Class Registration	(949) 724-6610
Facility Reservations	(949) 724-6620
Athletic Fields Reservations	(949) 724-6661
Sports Leagues	(949) 724-6605
Tennis Programs	(949) 724-6617
Irvine Fine Arts Center	(949) 724-6881
Aquatics Center	(949) 724-6717
Animal Care Center	(949) 724-7741
Senior Resources	(949) 724-6926
• Lakeview Senior Center	(949) 724-6900
• Rancho Senior Center	(949) 724-6800
TRIPS Paratransit Service	(949) 724-7433
Disability Services	(949) 724-6732
Child Resource Center	(949) 724-6721
Child Care	(949) 724-6632
Children's Health Care (I-CHP)	(714) 246-8737
FOR Families	(949) 724-6650

Dancing with Kaylaa Fox

Tustin classes are held at the Tustin Area Senior Center (TASC), 200 South "C" Street, 5 blocks west on 1st St. from Newport Ave. Irvine classes held at Turtle Rock Community Park (TRCP) and Lakeview Senior Center (LSC). More info: Kaylaa@dancequick.com or www.DanceQuick.com. Partners not needed. \$2 material fee due at first class. All ages welcome!

For more info about instructor Kaylaa Fox, visit www.dancequick.com.

Ballroom & Swing

These dances can be danced to ALL music played at nightclubs, parties, weddings and cruises. No partner needed. Supply fee: \$2. *No class 8/3.

Session I – Swing & Waltz

#74557	M	7:15pm-8:15pm	Jun 22-Jul 13	TASC	\$50
#74559	Th	9pm-10pm	Jun 25-Jul 16	TRCP	\$50

Session II – Foxtrot & Swing

#74558	M	7:15pm-8:15pm	Jul 20-Aug 17*	TASC	\$50
#74560	Th	9pm-10pm	Jul 23-Aug 13	TRCP	\$50

Country Line Dance

Kick up your heels to classic and the latest country line dances. Dance to country music at its best. Great exercise, too! Supply fee: \$2. *No class 7/5, 8/3.

#74561	M	7:15pm-8:15pm	Jun 22-Jul 13	TASC	\$50
#74562	M	7:15pm-8:15pm	Jul 20-Aug 17*	TASC	\$50
#74563	Su	6:30pm-7:30pm	Jun 21-Jul 19	LSC	\$50
#74564	Su	6:30pm-7:30pm	Jul 26-Aug 16	LSC	\$50

Country Two Step

You will be two stepping around the dance floor right away. Fun patterns and great exercise, too! Supply fee: \$2. *No class 7/5.

#74565	Su	7:30pm-8:30pm	Jun 21-Jul 19*	LSC	\$50
#74566	Su	7:30pm-8:30pm	Jul 26-Aug 16	LSC	\$50

Salsa I

Have fun dancing with great patterns and learning moves in the hottest dance in today's Salsa Club scene. Great FUN and EXERCISE, too. No partner needed. Supply fee: \$2. *No class 8/3.

#74567	M	8:15pm-9:15pm	Jun 22-Jul 13	TASC	\$50
#74568	M	8:15pm-9:15pm	Jul 20-Aug 17*	TASC	\$50
#74569	Th	7pm-8pm	Jun 25-Jul 16	TRCP	\$50
#74570	Th	7pm-8pm	Jul 23-Aug 13	TRCP	\$50

Salsa II

Hot, new intermediate moves are taught so you will shine on the dance floor. No partner needed. Supply fee: \$2. *No class 8/3.

#74571	M	9:15pm-10:15pm	Jun 22-Jul 13	TASC	\$50
#74572	M	9:15pm-10:15pm	Jul 20-Aug 17*	TASC	\$50
#74573	Th	8pm-9pm	Jun 25-Jul 16	TRCP	\$50
#74574	Th	8pm-9pm	Jul 23-Aug 13	TRCP	\$50

Wedding First Dance

Enjoy your first dance as man and wife. A professional dance instructor will assist you in a smooth, first dance. Bring your music choice to class. Good for father/daughter dance, too. Fee is per couple. Supply fee \$2.

#74575	Sa	11am-12:30pm	Jun 27	TRCP	\$60/couple
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► DANCE, MUSIC & DRAMA

Art of Indian Dancing

Learn to dance like the stars of Bollywood movies! Each class covers basic forms of various dances, including: Bhangra, Bollywood, Garba, Dandia and more. Learn specially-choreographed dance numbers based on fun and trendy tunes. This class will have you moving to the uplifting, energetic beats of Indian music in no time! Inst: Sunita. Ages 12+. No class 7/4.

#74143	Sa	9:30am-10:30am	Jun 27-Aug 8	NCCC	\$79
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Beginning Adult Ballet at PDS

Get fit, stretch and enjoy learning (or improving) your classical ballet technique. Inst: Pacific Dance Staff. Ages 14+.

#73297	M	9am-10am	Jul 6-27	PDS	\$48
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Belly Dancing: Egyptian

The grace and fluidity of Egyptian dance is an excellent tension reliever and fantastic for head-to-toe body toning and improved flexibility, balance and strength. This style of dance encourages improvisation and self-confidence. Props used are finger cymbals (can be purchased in class) and veils. Wear comfortable clothing. Inst: Winnie, Nadia and Donna. Ages 13+.

#73361	Beg	Tu	7pm-8pm	Jun 30-Aug 4	HPCC	\$59
#73362	Int	Tu	8pm-9pm	Jun 30-Aug 4	HPCC	\$59

Chinese Social Ballroom Dancing

Get exercise while learning six dances: the rumba, tango, cha-cha, waltz, blues, and jitterbug. Instructor Shauna Lee, ten-time Ballroom Champion (Taiwan), has taught in many countries. No partners required.

#73058	Beg	Su	2pm-3pm	Jul 12-Aug 16	LSC	\$60
#73059	AB	Su	3pm-4pm	Jul 12-Aug 16	LSC	\$60
#73060	Int	Su	4pm-5pm	Jul 12-Aug 16	LSC	\$60
#73061	Adv	Su	5pm-6pm	Jul 12-Aug 16	LSC	\$60
#73062	Beg	Su	2pm-3pm	Aug 23-Sep 27	LSC	\$60
#73063	AB	Su	3pm-4pm	Aug 23-Sep 27	LSC	\$60
#73064	Int	Su	4pm-5pm	Aug 23-Sep 27	LSC	\$60
#73065	Adv	Su	5pm-6pm	Aug 23-Sep 27	LSC	\$60

Dance Conditioning

Improve alignment, muscle tone, flexibility, balance and rhythm through an integration of basic dance concepts and movements from ballet, modern dance, Yoga and Pilates. Bring exercise mat. A portion of the class will involve floor exercises. Inst: Eugenia Lane. No class 7/4, 8/22, 9/5.

#73150	Sa	11:30am-12:30pm	Jun 27-Sep 12	RSC	\$72
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Guitar for Teens and Adults

This hands-on workshop is designed to build a strong foundation. Students learn several open position chords, a dozen strum styles, time signatures and three classic rock songs. Bring your own acoustic guitar or electric guitar with small amplifier. No experience required. Suitable for repeat students. Choose your course to suit your level: beg, emphasis on foundation, int., topics include bar chords, music theory and lead guitar. Inst: Ron Gorman. Ages 14+. *No class 8/12.

#73161	Beg	W	6pm-7pm	Jun 17-Jul 15	LSC	\$99
#73162	Int	W	7pm-8pm	Jun 17-Jul 15	LSC	\$99
#73163	Beg	W	6pm-7pm	Jul 22-Aug 26*	LSC	\$99
#73164	Int	W	7pm-8pm	Jul 22-Aug 26*	LSC	\$99

Instant Guitar for Hopelessly Busy Teens & Adults

Ever wanted to learn the guitar but simply found it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course teaches you some basic chords to get you playing along with your favorite songs right away. More info: www.Instantguitarnow.com. Bring an acoustic guitar. Class limited to 15 students. Inst: Coffman. Supply fee: \$28. Ages 11+.

#73739 M 4pm-6:30pm Jul 13 LSC \$30

Instant Piano for Hopelessly Busy People

You don't really need years of weekly lessons to learn piano. In just a few hours, you can learn all the chords you need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Inst: Craig Coffman. Supply fee: \$26. Ages 18+.

#73737 M 6:40pm-9:40pm Jul 13 LSC \$30

Line Dance (American Style)

Enjoy the musical styles that help define American art and culture. Learn to move to music from Rhythm and Blues, the Big Band and Swing Eras. The dances revisit the past and represent the best of the American West. Inst: Eugenia Lane. No class 7/4, 8/22, 9/5.

#73149 Sa 10:15am-11:15am Jun 27-Sep 12 RSC \$72

Posture Perfect

Improve full-body alignment with specific attention to upper body, core strength and deportment. Instructor Theresa Von Hutton, elected member of the Royal Academy of Dance, will move you through flowing arm movements, stretching and relaxation techniques. Alignment of the spine is known to relieve back, neck and shoulder pain. Enjoy the movement! Elders welcome! Inst: Von Hutton, BA ARAD (London).

#73166 M 7:30pm-8:30pm Jun 29-Aug 31 LLCP \$79

Social Ballroom Dancing

Meet others and learn new steps in these dance classes. Dances include foxtrot, tango, cha-cha, and waltz. Instructor Joe Flynn is the most-accredited ballroom-dance instructor in the USA. Adults of all ages encouraged to join. No partners required. Ages 18+.

#73366 Tu 7pm-8pm Jun 23-Aug 11 LSC \$60

Strictly Latin & Salsa Dance

Mambo, rumba, merengue and salsa with friends who are just learning, too. Great exercise and fun for all ages! No partners required. Inst: Joe Flynn. Ages 18+.

#73365 Tu 8pm-9pm Jun 23-Aug 11 LSC \$60

Swing Dancing: Beginning Lindy Hop & East Coast

Learn the original swing dance from the 30s' and 40s', and dance to Big Band and 50s' Rock. Ladies will learn swivels, and guys will learn to swing out. Includes East Coast Swing, Lindy and Charleston. No previous dance experience or partners needed. Inst: Shesha Marvin. Ages 10+.

#73792 Th 7:30pm-8:30pm Jun 25-Jul 16 HPCC \$40

#73793 Th 7:30pm-8:30pm Jul 23-Aug 13 HPCC \$40

Tap With Kay

Always dreamed of tap dancing, but never had the chance? Men and women learn Waltz Clog, Cramp Rolls and Buck Time steps evolving into performance dances. Inst: Kay Fukunaga.

#75682 Beg Tu 5pm-6pm Jul 21-Sep 8 RSC \$80

#75683 Int Tu 6pm-7pm Jul 21-Sep 8 RSC \$80

The Bride & Groom's First Dance

Start your marriage on the right foot! This class is designed to choreograph and teach a first dance that will be a memorable part of your Wedding Day. Learn to elegantly enter and exit the floor for your first dance. Bring a CD of your selected music to class. Inst: Donna Smith. Fee is per person.

#73329 Sa 1:30pm-4pm Jul 11-25 RSC \$60/person

West African Drumming: Beginners

Learn the music of Africa, with an introduction to the West African djembe and its rich tradition, social aspects and celebrations. Using traditional techniques and rhythm patterns, we'll explore the musical spirit of hand drumming. Bring your own tuned djembe, or instructor will provide. Inst: George Medlock. Ages 18+.

#73342 W 6:30pm-8pm Jun 24-Jul 22 HPCC \$60

#73343 W 6:30pm-8pm Aug 5-Sep 2 HPCC \$60

► FINE ARTS

Ceramics at IFAC

Beginning/Intermediate Pottery

Learn both wheel and hand-building techniques to create cups, bowls, vases, plates, lidded forms and more. Low- and high- fire glazing techniques and many types of surface decoration will be taught, including Raku, burnishing and slip decoration. Inst: Scott Jennings. IFAC Member: \$169.

#73273 Th 9:30am-1:30pm Jul 2-Sep 3 IFAC \$189

Ceramic Art

Create plates, bowls, cups, serving dishes, vases and freeform shapes using innovative wheel and table techniques. Beginning students will study the basics and may join continuing students in exploring other skills such as colored clay, simple mold-making, applying decorative motifs, and pottery techniques used in traditional Indian and Japanese pottery. All skill levels are welcome. Inst: Jane Nishii and Gloria Keown. IFAC Member: \$125.

#73277 Tu 9:30am-12:30pm Jun 16-Aug 18 IFAC \$145

Ceramics Open Studio

The Ceramics Studio is equipped with wheels, kilns, slab roller, damp room and a complete glaze room. Regular firings are scheduled by staff technicians. Stoneware clay is available for purchase.

OPEN STUDIO SCHEDULE

Mondays 1pm-6pm; Wednesdays 9am-3pm; Fridays 9am-3pm; Saturdays 9am-4:30pm

Fees: Irvine residents	Non-residents
\$10 per day	\$12 per day
\$45 for a 5-use pass	\$55 for 5-use pass
\$79 for a 10-use pass	\$95 for a 10-use pass

Purchase passes at the Fine Arts Center only.
Please call 949-724-6880 for more info.

Adults

Ceramics Plus!

You can make it in clay! Create sculptural boxes, interpret art forms from nature, and build shapes on the potter's wheel. Sculpt from the human figure (live model provided for one class) and visit the instructor's studio to learn about public artwork. Participate in a pit-firing at the beach. Class is for both beginning and experienced clay workers. Inst: Julia Klemek. IFAC Member: \$125.

#73279 Th 6:30pm-9:30pm Jun 11-Aug 13 IFAC \$145

Ceramics: Wheel-Throwing

Learn the necessary skills to make bowls, plates and other forms on the wheel. Class is suitable for beginners or any student who wants to improve wheel-throwing skills. Inst: Garrett Stryker (Mondays), Unjoo Chang (Wednesdays). IFAC Member: \$125. *No class 9/7.

#73274 M 6:30pm-9:30pm Jul 6-Sep 14* IFAC \$145

#73276 W 6:30pm-9:30pm Jul 8-Sep 9 IFAC \$145

Pottery: Wheel Throwing & Hand Building

Professional artist Scott Jennings will introduce a variety of wheel-throwing and hand-building techniques that will build your dexterity with clay and enhance your aesthetic understanding of ceramics. More advanced students will be exposed to the work of other potters and will practice more difficult techniques that will help to refine their own work. Inst: Scott Jennings. IFAC Member: \$125.

#73281 Tu 6:30pm-9:30pm Jul 7-Sep 8 IFAC \$145

Culinary Art at IFAC

Culinary Workshops

Enjoy a hands-on workshop environment with professional chefs as you learn to perfect gourmet recipes and valuable culinary tips and techniques. Enjoy fresh tastes of the season while cooking with ingredients supplied by professionally trained and seasoned culinary artists. Menus available upon registration. Inst: Jessica Vanroo. IFAC Member: \$54/\$41.

#73383 Celebrating Bastille Day Tu 6:30pm-8:30pm Jul 14 IFAC \$59

#73384 Easy Hors D'oeuvres Tu 6:30pm-8:30pm Aug 4 IFAC \$59

#73385 Cutlery Skills Tu 6:30pm-8:30pm Aug 18 IFAC \$49

#73386 Thai Dinner Tu 6:30pm-8:30pm Sep 15 IFAC \$49

Draw & Paint at IFAC

Acrylic Painting

Impressionist to Contemporary

This exciting class, designed for all skill levels, cover the five basic essentials; giving you the tools to produce successful paintings in a studio setting. Initial emphasis will be on composition, value, color, texture and focal point. Selected styles and techniques from Impressionist to Contemporary will enrich your experience. Leave this class with a new confidence in drawing and painting! Inst: Paul Gardner. IFAC Member: \$81. Ages 16+.

#73387 Tu 6:30pm-9:30pm Jul 21-Aug 25 IFAC \$90

Beginning Drawing Skills

You already have more natural ability than you realize! Learning to draw is not a matter of training the hand, but of training the eye to see what the mind passes over. Observe the world in the way of the artist-where simple, ordinary objects become extraordinary. You'll learn tools to speed the development of your artistic talent while introducing you to drawing fundamentals. No experience required. Materials list provided upon registration. More info: www.TheArtMentor.com (link to supply list). Inst: Wendy Froshay. IFAC Member: \$99. Ages 16+.

#73388 Th 6:30pm-8:30pm Jul 23-Sep 10 IFAC \$109

Charcoal Portraiture

Learn basic head-plane construction, lighting and value scales specific to portraiture drawing using charcoal and a medium. Work from a live model after completing studies in fundamentals using various techniques. Course caters to both beginning and intermediate drawers. Work at your own pace; level of guidance will be adjusted to accommodate student ability. Supply list available upon registration. Inst: Lisa Ruiz. IFAC Member: \$90.

#73403 Th 6:30pm-8:30pm Aug 20-Sep 24 IFAC \$99

Freestyle Watercolor Workshop

Explore artistic freedom and invention in your painting by using a combination of watercolor and charcoal techniques. Focus on painting loosely with big shapes, making an impact with bold colors and creating movement with black charcoal. Experiment focusing on landscapes. Bring in your favorite photos or sketches to work from. All supplies provided. Inst: Victoria Templeton. IFAC Member: \$89.

#73404 Tu 9:30am-2:30pm Sep 1 IFAC \$95

Life Drawing

Draw the human figure with confidence. Explore how to use line, shape, light and proportional relationships to create drawings that are accurate as well as expressive. Demonstrations included. Basic drawing skills required. Participants provide their own drawing materials. Live-model fee is included in class fee. Inst: Paul Gardner. IFAC Member \$115.

#74996 M 6:30pm-9:30pm Jul 6-Aug 3 IFAC \$125

Oil Painting Workshops

Join the fun of oil painting even if you've never painted before! Paint along with nationally-recognized gallery artist and teacher Tom Brown in easy, step-by-step workshops with all equipment supplied. \$15 supply fee covers everything you will need. You'll take home a finished 8x10-inch oil painting on canvas from each class. More info: www.TomBrownStudio.com. IFAC Member: \$32.

#73405 City Scene w/Sunlight W 6:30pm-9pm Sep 9 IFAC \$35

#73406 Peaceful Countryside Landscape W 6:30pm-9pm Sep 23 IFAC \$35

Painting in Oils

For beginning to advanced artists. Learn to paint beautiful pictures the easy way, including the best way to start a painting, the five critical secrets of color-mixing and brushwork, how to compose powerful paintings, and much more. Join us for great fun and beautiful paintings every week! Instructor Tom Brown is a lifelong fine artist whose paintings have been published in national art magazines and have sold worldwide for more than 20 years. IFAC Member: \$109.

#73407 W 6:30pm-9:30pm Jul 8-Aug 26 IFAC \$119



• Irvine Fine Arts Center •

www.IrvineFineArts.org

Pastel Portraiture

Learn how to create pastel portraits starting with proportions and head-structure basics, moving on to drawings in charcoal, and finishing off in colored pastel. This class is for all levels of drawing students looking to develop true-to-life renderings using the versatile and dynamic pastel medium. Accomplished portraiture artist Lisa Ruiz will guide students as they draw portraits from pictures, as well as from a live model. Inst: Lisa Ruiz. More info: www.LisaRuiz.com IFAC Member: \$90.

#73402 W 6:30pm-8:30pm Jul 8-Aug 12 IFAC \$99

Plein Air Oil Painting

Great for all skill levels!

Discover why outdoor painting is so easy and fun as you paint at breathtaking locations with Tom Brown. At each location, Tom will demonstrate how to create your own exciting painting of each vista. All mediums are welcome (instructor will be working in oils). Learn inside tips and techniques, including color mixing, values, color composition and brushwork. Supplies are optional at the first class; materials, handouts, supply information and instructor demo will be presented at first class meeting. In the event of rain, classes may be subject to reschedule. More info: www.TomBrownStudio.com. Inst: Tom Brown. IFAC Member: \$81.

#73408 Sa 9am-12pm Jul 11-Aug 8 IFAC \$89

The "Nuts & Bolts" of Portraiture

Learn the basic tools necessary to draw the human head correctly in its simplest structural form. Faces are easy once you understand a few simple techniques. Understanding these key elements will help you create more realistic portraits in any medium. Wendy Froshay will show you how what appears as complicated is, in reality, only a logical progression of stages. . More info: www.TheArtMentor.com (link to the supply list). IFAC Member: \$71. No class 9/5.

#73389 Sa 10am-12pm Aug 29-Sep 26 IFAC \$79

Watercolor Painting

Explore a different topic each week relating to successful and creative picture-making through watercolor painting. Learn about and practice the many ways to work in watercolor, including color mixing, composition, design and more. Includes lectures, demonstrations, and personal guidance and critique from a watercolor professional. Designed for experienced beginners and intermediates. Supply list provided upon registration. Inst: Marlene Gerloff. IFAC Member: \$81.

#73409 Sa 1pm-3:30pm Jul 18-Aug 22 IFAC \$89

Home Design at IFAC

Feng Shui

The arrangement and contents of an environment affect the flow of vital energies that then influence all aspects of life, from money matters to romance. Learn to direct that flow in this introductory workshop on Feng Shui, the ancient Chinese art of harmonizing within the home or workplace. Inst: Elliot Tanzer. IFAC Member: \$36.

#73416 Tu 6:30pm-9:30pm Jul 28 IFAC \$39

Groutless Mosaics

Explore the possibilities of creating mosaics without using grout. Learn the techniques of using different binding agents in conjunction with stained, dichroic, mirrored and sea glasses, tiles, jewels, and other materials. All materials provided including dichroic fused glass made by instructor. Inst: Melanie Ellis. Supply fee \$20. IFAC Member: \$54. Ages 16+.

#73461 Sa 9:30am-1:30pm Aug 29 IFAC \$59



Introduction to Mosaics

Design and create a beautiful mosaic clay pot using tile, adhesive and grout. All materials are provided. Inst: Melanie Ellis. IFAC Member: \$54. Ages 16+.

#73417 Sa 9:30am-12:30pm Jul 11 IFAC \$59

Intermediate Knitting

Do you know the basics of knitting and are ready to move to the next step? Join our class and learn to make socks, sweaters, felted purses or hats, whether simple or utilizing lace patterns, cable, entrelac or other special stitches. Have the artistic freedom to decide what you would like to make as expert knitting instructor Mitzi Holmes guides you step by step. You will be amazed at your final product and thrilled with your new skills! Inst: Mitzi Holmes. IFAC Member: \$99.

#73419 M 5pm-7pm Jul 6-Aug 24 IFAC \$109

Knitting Basics and Beyond

Knitting is back, and it's hotter than ever! This fun class begins with basics and takes you beyond by learning a few simple techniques. There are only a few stitches required to unleash your creativity and grow your yarn stash! Cast on, knit, purl, increase and decrease, add yarn, change colors, and learn to read knitting patterns. Make scarves, purses, ponchos, wraps and more. Supply list provided upon registration. Inst: Mitzi Holmes. IFAC Member: \$99.

#73418 M 7pm-9pm Jul 6-Aug 24 IFAC \$109

Quilt Art

Explore the art of quilting with Mary Ellen Ewert, an artist who has been sewing for more than 40 years. Learn techniques specific to quilting through dynamic projects and patterns that change each quarter. Finish each session with a beautiful home-made crafted quilt. Bring a working sewing machine to class, neutral thread and scissors. Instructor provides pre-cut kits for a fee or will provide a supply list. Inst: Mary Ellen Ewert. IFAC Member: \$81.

#73423 Beach Cottages W 6:30pm-9:30pm Jul 15-Aug 19 IFAC \$90

Jewelry at IFAC

Basic Enameling

Add vibrant colors to your jewelry as you learn basic enameling techniques on copper and silver, using opaque, transparent and opalescent enamels. An introduction to various techniques such as cloisonne, limoges, champleve, plique-a-jour and Basse taille will be presented. Torch enameling will also be introduced. Inst: Melinda Alexander. IFAC Member: \$109.

#73428 Th 9:30am-12:30pm Jul 2-Aug 6 IFAC \$119

Bead Weaving

Learn to make unique beaded jewelry using various sizes of seed beads. A variety of off-loom bead stitches will be taught. You will be guided and nurtured in developing your own creative style. All skill levels welcome. Inst: Annette Hernandez. IFAC Member: \$81. No class 7/15.

#73425 W 7pm-9:30pm Jul 8-Aug 19 IFAC \$89

Beading As an Art Form

Create one-of-a-kind bead jewelry items, beginning with selecting various beads and the necessary elements to string and finish your creation. You will learn to string the beads on tigertail and attach clasps for necklaces, bracelets and earrings. Gain confidence with an abundance of design ideas and purchasing advice from an experienced beader. If you have them, bring beads to the first class meeting. Inst: Sheri Cohen. IFAC Member: \$81. No class 8/4.

#73477 Tu 10am-1pm Jul 21-Sep 1 IFAC \$89

#73479 Tu 6:30pm-9:30pm Jul 21-Sep 1 IFAC \$89

Beg./Int. Jewelry Making

Continue your jewelry-making experience in this class tailored for beginning and continuing participants. Learn and develop fabrication techniques to create a variety of jewelry items using silver sheet and wire. Participants will need to purchase hand tools and materials at additional costs. Inst: Melinda Alexander. IFAC Member: \$129.

#73427 M 6:30pm-9:30pm Jul 6-Aug 24 IFAC \$139

Gem & Pearl Wrapping

Learn to wire wrap timeless jewelry pieces in order to create unique necklaces, bracelets and earrings using semi-precious gemstones and pearls. Create two wearable pieces by the end of the course! Bring round-nose and flat-tip jewelry pliers, a good pair of jewelry wire cutters, and any beads or gemstones to work with. Inst: Deseree Burjakowsky. Supply fee: \$50. IFAC Member: \$90.

#73426 W 6:30pm-9:30pm Aug 26-Sep 16 IFAC \$99

Intermediate Lampwork Bead Making

Learn how to cover the surface of your beads with decorative artistic adornments such as flowers, leaves and vines and learn to create multi canes (complex stringers). Supply fee includes gas canister, glass-, and equipment (tools) needed for this intermediate class. Students may keep gas canister and glass. Bring a pencil and paper for note taking. Closed-toed shoes are required for participation. Class limited to 8 participants to guarantee personal attention and success. Inst: Lisa Claver. Supply fee: \$40. IFAC Member: \$115.

#73443 Sa 10am-2pm Aug 29 IFAC \$125

Introduction to Fused Glass

Learn the basic technical skills of glass fusing. Create 2 fused-glass plates in first class; learn slumping and use of molds and kilns while creating dynamic jewelry in second class. Inst: Randi Peshkin. Supply fee: \$45. IFAC Member: \$54.

#73439 Tu 6:30pm-8:30pm Jul 7-14 IFAC \$59

Jewelry Design and Creation

Learn technical and creative design skills including piercing, forming, forging, soldering and setting, which will enable you to create pieces of unique silver jewelry. Work in a creatively-rich environment with instruction from a professional jeweler. Participants will purchase their own metal, stones and supplies. Class geared for intermediate and advanced students. Inst: Melinda Alexander. IFAC Member: \$129.

#73441 Th 6:30pm-9:30pm Jul 30-Sep 17 IFAC \$139

Jewelry Design Exploration

Have you learned jewelry-making techniques, but the designing aspect has you frustrated? Take time to explore design elements and learn processes in problem-solving that will allow you to take ordinary ideas and apply new design strategies. Enhance your jewelry designs from an average level to one of fine art. Basic jewelry-making skills required. Inst: Sheri Cohen. IFAC Member: \$129. No class 8/5.

#73480 W 10am-1pm Jul 1-Aug 26 IFAC \$139

#73481 W 6:30pm-9:30pm Jul 1-Aug 26 IFAC \$139

Jewelry Open Studio

The Jewelry Open Studio is equipped with jewelry casting and fabricating equipment including casting centrifuge, burnout oven and combination grinding/polishing machines. Closed-toe shoes required.

OPEN STUDIO SCHEDULE:

Mon. 1pm-6pm; Wed. 1pm-6pm; Fri. & Sat. 9am-4pm

Fees: Irvine residents	Non-residents
\$10 per day	\$12 per day
\$45 for a 5-use pass	\$55 for a 5-use pass
\$79 for a 10-use pass	\$95 for a 10-use pass

Purchase passes at the Fine Arts Center only. Schedule may vary. Call 949-724-6880 for more information.

Jewelry Stone-Setting Workshop



Join professional artist Melinda Alexander as she guides you through various stone-setting techniques in this unique two-day jewelry workshop geared for advanced jewelers. Learn 2 different stone settings per evening for a total of 4 techniques, including 4-prong oval, marquise and flush mount/channel settings. Inst: Melinda Alexander. Supply fee: \$35. IFAC Member: \$54.

#73468 M 6:30pm-9:30pm Sep 14-21 IFAC \$59

Lampwork Beads

Have you ever wanted to create your own designs in glass beads? Learn how to make round and flat beads, beads with twisted swirls, and beads with dots. Work with beautiful dichroic glass. Equipment and safety will be covered. Supply fee includes a gas canister, glass and equipment (tools) needed for this beginning class. Bring a pencil and paper for note taking; wear closed-toed shoes. Class limited to 8 participants for personal attention and success. Inst: Lisa Claver. Supply fee: \$20. IFAC Member: \$115.

#73442 Sa 10am-2pm Jul 18 IFAC \$125

Lectures at IFAC



Art Forum

Second Thursday of Each Month, 6:30pm: 6/11, 7/9 and 8/13

The Irvine Fine Arts Center's Art Forum is designed to be an informational tool for artists ages 16+, creating a meeting place where artists can share their art and ideas. IFAC will assist members in forming relationships with one another, thus developing a network of artist contacts. More info: 949-724-6880 or www.IrvineFineArts.org for details and monthly event calendar. Meetings may consist of:

Open Art Forums: Art sharing, artist lectures, performance opportunities

Workshops: Introductions to IFAC classes, technique demonstrations

Lectures: Artist presentations, art topic discussions, guest lectures

Videos: Art films, art documentaries

Announcements: Local art opportunities, local art shows, IFAC classes

This is a drop-in program. Registration is not necessary.

Creative Art, Creative Income

You don't have to sacrifice fun and creativity to earn a living! Learn how to create your art once and supplement your income from those same pieces over and over again, and how to receive checks from companies who do the selling for you. Find out about the fun, exciting as well as, different ways you can introduce your work to this market. Enhance your income and build your reputation, from professional artist Wendy Froshay who is out there doing it! More info: www.TheArtMentor.com. IFAC Member: \$45.

#73382 Sa 10am-1pm Jul 18 IFAC \$49



• Irvine Fine Arts Center •
www.IrvineFineArts.org

Paper Arts at IFAC

Calligraphy Techniques Workshop

Tired of the common computer fonts? Push your lettering skills to the limits in this workshop geared to enhance your skills and techniques in the art of calligraphy. Various styles of hand lettering will be explored and practiced in this unique 1-day session geared to explore the beauty of written script. Supply list available at registration. Please bring a sack lunch. Inst: Mary Grimes. IFAC Member: \$55.

#73414 Sa 10am-2pm Sep 12 IFAC \$60

Experimentations in Letterpress Printmaking

Explore various techniques of printmaking and letterpress in this class geared for beginning to intermediate students. Learn both the historical and traditional processes in letterpress and begin to experiment with various modern applications, how to hand-set type and print on a Vandercook Proof Press, and train your printer's eye to be mindful of impression, inking and registration. Learn how to print with metal and wooden type, vintage printers' blocks, photo-polymer plates, and other media. Supply list available upon registration. Inst: Madeleine Zygarewicz. IFAC Member: \$139.

#73413 Tu 6:30pm-9:30pm Sep 15-Oct 13 IFAC \$149

Introduction to Calligraphy

Give an elegant, graceful look to your correspondence with the confidence you will gain learning the art of calligraphy. Learn to hand address invitations, greeting cards and more. Various styles of hand lettering will be explored and practiced in this class geared to explore the beauty of written script. Supply list available upon registration. Inst: Mary Grimes. IFAC Member: \$119.

#73415 Tu 7pm-9pm Jul 14-Aug 4 IFAC \$129

Introduction to Letterpress Printmaking

Learn the fundamentals of letterpress on a Vandercook Proof Press. Learn typesetting and relief printing from linoleum. After four class sessions, take home your own original print. Supply list available at first class. Inst: Colin Browne. IFAC Member: \$91. Ages 18+.

#73411 M 6:30pm-9:30pm Sep 14-Oct 5 IFAC \$99
#74995 M 9am-12pm Sep 14-Oct 5 IFAC \$99

Printmaking Open Studio



The Printmaking Studio consists of one Vandercook 4 proofing press, 1 poster sign press, and 1 3.5x5-inch Table Top Kelsey Letterpress. The studio is primarily set up for letterpress printing, but can also accommodate individuals interested in woodblock, monotype and sign printing. Letterpress inks are provided by the facility. The studio features a galley for storing type, a dry rack for prints, and 3 cabinets of various fonts. Open Studio users must have taken Intro to Letterpress class or equivalent and must complete an orientation by the studio technician. Open Studio sessions are by reservation only. For more details and to reserve a session, please call The Fine Arts Center at 949-724-6880.

OPEN STUDIO SCHEDULE:

Mondays 12pm-5:30pm & Fridays 1pm-5pm.

Photography at IFAC

Basic Photography

Strengthen your photographic skills as you become familiar with current equipment for both 35mm and digital cameras. Instruction includes composition, digital formats, film types, lenses, f-stops and shutter speeds, electronic flash, night photography, and discussions on the impact of Photoshop software on photography. Inst: Dave Rosenberger. IFAC Member: \$90. No class 9/7.

#73445 M 6:30pm-9:30pm Jul 6-Sep 14 IFAC \$99

Basic Studio Lighting

Learn to use strobes and continuous light sources (hot lights) in a studio setting to photograph people. This introduction will present basic information on lighting equipment and its use in simple set-ups. Information applies to digital and analog photography. Inst: George Katzenberger. IFAC Member: \$17.

#73448 Tu 7pm-9pm Jul 14 IFAC \$19
#73449 Tu 7pm-9pm Aug 11 IFAC \$19
#73450 Tu 7pm-9pm Sep 22 IFAC \$19

Darkroom Refresher

Has it been a while since you stepped into a darkroom? Refresh your printing and developing skills in our fully equipped black-and-white photography studio. This review of darkroom procedures covers processing black-and-white film, making contact sheets, enlargements, dodging and burning, and the use of contrast filters. Upon completion, qualify to use the IFAC darkroom during Open Studio hours. Prior darkroom experience required. Inst: George Katzenberger. Ages 18+. IFAC Member: \$17.

#75810 W 7pm-9pm Jul 8 IFAC \$19
#75809 W 7pm-9pm Aug 5 IFAC \$19
#73451 W 7pm-9pm Sep 16 IFAC \$19

Digital Photography Workflow

Experience a digital photography shoot from start to finish. Learn to be more confident in your photographic workflow approach as you learn techniques for lighting set-ups, posing a model and batch-processing your image files in order to produce a CD of your work. Download images and quickly enhance them for review on a laptop. Designed for experienced beginners through intermediate photographers. Bring a digital SLR camera with a manual mode setting; sync cord input; laptop with Adobe Photoshop, Digital Photo Professional (Canon), or your camera-manufacturer-supplied photo-processing software and an image download device. Inst: Ed Andrews. IFAC Member: \$36.

#73452 Sa 10am-3pm Jul 11 IFAC \$39

Landscape Photography

Learn to create dramatic nature landscapes that will truly capture the moment as you remember it. Suitable for moderate to advanced amateurs, this class will strengthen your skills as a landscape photographer and covers basic techniques and tools of landscape photography from capture to output. Apply these skills in the field on a shoot with the instructor. SLR camera required; digital SLR highly recommended. Inst: Nick Carver. IFAC Member: \$90.

#73447 Th 6:30pm-9pm Jul 9-30 IFAC \$99

*More classes for adults
keep turning pages.*

Lighting Open Studio

The lighting studio includes strobes and incandescent lights, umbrellas, soft box, tripod, C-stands, and background paper. Users must take a free, scheduled orientation and pass a quiz demonstrating knowledge of equipment before using the studio.

OPEN STUDIO SCHEDULE:

Mon. 3pm-9pm, Tue. & Thu. 10:30am-9pm, Sat. 9:30am-4:30pm.
Summer Schedule: Mondays, 5pm-9pm and Saturdays, 9:30am-4:30pm. More info: 949-724-6880. Purchase passes at IFAC.

Location Photography

Create captivating photographs of people outdoors. Learn the best techniques for lighting, posing and establishing a rapport with your subject. A model will be present for demonstrations and practical experience shooting outdoors. Bring your digital camera a flash, and camera manual to class. Knowledge of use of camera in manual mode required. Inst: Ed Andrews. IFAC Member: \$36.

#73453 Sa 10am-2pm Aug 22 IFAC \$39

Photo Open Studio

The photography lab features group and individual darkrooms with complete black-and-white tray setups. Standard black-and-white chemistry is provided. Enlargers accommodate 35mm, 2 1/4- and 4x5- inch negatives. The lab also features a film-processing finishing room with film dryer, print washer, print dryer and dry-mount press. Minimum age of 16 required with parent permission slip. For more details and fee schedule, please call the Art Center at 949-724-6880.

OPEN STUDIO SCHEDULE:

Mondays & Tuesdays 10am-9pm, Wednesdays & Thursdays 10am-6pm, Saturdays 9am-5pm, Sundays closed.

Photographic Composition

Composition deals with placement and arrangement of visual elements in a work of art through conscious thought. Develop your skills as a photographer in this class geared to learning and creating images to convey artistic expression and visual communication. Learn the rules of composition as well as tools and techniques that can be manipulated to change images and meanings to enhance your photographic work. Bring a digital or film SLR camera. Inst: Maria McRoberts. IFAC Member: \$71.

#73459 Sa 10am-12pm Jul 25-Aug 8 IFAC \$79

Studio Photography Shoots

Learn studio photography in this informal session working with basic studio lighting and a model, with training by an experienced professional. Prerequisite: Basic knowledge of camera equipment and completion of Basic Lighting Studio class. Digital and analog photographers welcome. More info: 949-724-6880. Inst: IFAC Staff. IFAC Member: \$30.

#73455 Portraiture/Hi-Low Key Sa 10am-2pm Jul 18 IFAC \$35

#73456 Head Shots/Glamour Sa 10am-2pm Aug 15 IFAC \$35

#73457 Fashion/Props Sa 10am-2pm Sep 26 IFAC \$35

Toy Camera Workshop

Join this 2-day workshop dedicated to exploring the alternative approach to traditional photography using "toy cameras." Learn the history and the capability of the toy camera using the Diana and Holga models, and learn why "blur" has become so popular in the photography fine-art market. Learn to let go of making so many technical decisions, and allow this special plastic camera do the work for you! Supply fee: \$10. Instr: Tootie Nienow. IFAC Member: \$41.

#73464 Sa 10am-12pm Jul 25-Aug 1 IFAC \$49



Travel Photography: Think Outside the Camera!

Improve your travel photography by incorporating some very simple yet powerful photographic techniques, no matter what type of camera you own or the level of experience you have. This class is about developing your photographic eye and learning to notice and capture unique and interesting images by learning to think outside the camera. No camera necessary for class. Inst: Ralph Velasco. IFAC Member: \$61.

#73446 Th 7pm-9pm Jul 9-16 IFAC \$65

HEALTH & WELLNESS

Caring for Your Aging Parent

Our parents are living longer than previous generations. The traditional image of who, where, what and how to care for them has changed dramatically. There are new and exciting options that you may not be aware of. Take the mystery out of this challenging and emotional topic and obtain current information, practical guidance and local resource materials. Bring your questions and concerns. Inst: Bonnie Tolin, Eldercare Manager. Supply fee: \$8.

#72023 Sa 10am-11:30am Jun 6 LSC \$42

#74439 Sa 10:30am-12pm Jul 11 LSC \$42

#74441 M 7pm-8:30pm Jul 13 LSC \$42

#74440 Sa 10:30am-12pm Aug 1 LSC \$42

#74637 M 6pm-7:30pm Aug 3 LSC \$42

Core Strength Training

An overall conditioning technique using a stability ball and weighted medicine balls. We'll work the entire body, increasing lean muscle mass and improving balance, coordination and core strength. Class taught by ACSM-certified personal trainer. Bring mat, stability ball and water. More info: 949-480-1742, www.ocbodybusiness.com. Inst: Gina Abravanel. *No class 7/6.

#73690 M 6:30pm-7:30pm Jun 22-Aug 3* WBCP \$79

Core Strength 2-Week Special

#73688 M 6:30pm-7:30pm Aug 24-31 WBCP \$22

Evening Pilates With Jessica

Improve overall strength, tone, flexibility and posture. Pilates mat exercises strengthen, align and elongate muscles while improving balance, coordination and stabilization of core muscles. Bring a mat. Inst: Jessica Newman. Theraband fee: \$5. Ages 13+.

#73796 Tu 6:45pm-7:45pm Jun 23-Jul 28 WBCP \$72

#73797 Tu 6:45pm-7:45pm Aug 11-Sep 8 WBCP \$60

#73798 Th 6:45pm-7:45pm Jun 25-Jul 30 WBCP \$72

#73799 Th 6:45pm-7:45pm Aug 13-Sep 10 WBCP \$60

Hatha Yoga With Bridget

Yoga is a therapeutic workout that can bring strength to the muscles, quiet awareness to the mind, suppleness to the limbs and balance to the entire body. Through a series of postures called asanas, rhythmic breathing and relaxation, you'll learn to control stress, release tension and build a healthier body. Bring mat and blanket. Inst: Bridget. Ages 14+.

#73785 M 6pm-7:30pm Jul 13-Aug 31 LSC \$75

Hatha Yoga With Diane

Yoga is the practice of uniting mind and body to promote therapeutic and health benefits. Postures can lower blood pressure, reduce stress and promote relaxation. Avoid eating 2 hours prior to class; bring mat and blanket. Inst: Diane Pavesic, E-RYT-500, BSN. Ages 18+.

#73855 M, Th 12pm-1pm, 1pm-2pm Jun 22-Aug 6 RSC \$110

#73856 M 12pm-1pm Jun 22-Aug 3 RSC \$62

#73857 Tu 6:30pm-7:45pm Jun 23-Aug 4 RSC \$66

#73858 Th 1pm-2pm Jun 25-Aug 6 RSC \$62

Meditation & Breathing

Focus your control, meditate and feel better. More Americans are practicing this ancient Eastern art in order to reduce stress, relieve tension, lower blood pressure, promote healing and improve their daily lives. As a result, they are achieving inner peace and a healthier quality of life. Inst: Bing Luh. Supply fee: \$10. Ages 16+.

#73789	Tu	8pm-9:15pm	Jul 7-Aug 25	DCP	\$79
FREE Meditation & Breathing Demo with Bing Luh. No registration necessary.					
#73788	Tu	8pm-9pm	Jun 30	DCP	Free

Pi-Yo

Enjoy the best of both worlds: Pilates and Yoga together in one class! Tone and elongate with this non-impact workout of a blend of exercises that complement each other; one focuses in strength and the other on flexibility. Bring a mat. Inst: Eugenia Lane. No class 7/4, 8/22, 9/5.

#73148	Sa	9am-10am	Jun 27-Sep 12	RSC	\$72
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Pilates With Jennifer

This physical conditioning program improves muscle control, flexibility, coordination, strength and tone. This Pilates method works deeper muscles to improve alignment and posture to achieve efficient and graceful movements. Monday 11:30am class is for intermediate students only. **Space is limited.** Bring your own mat. Inst: Jennifer Pearlstein-Reigle.

#73800	M	11:30am-12:30pm	Jun 29-Aug 31	RSC	\$99
#73801	M	12:30pm-1:30pm	Jun 29-Aug 31	RSC	\$99
#73802	W	12:30pm-1:30pm	Jul 1-Sep 2	RSC	\$99
#73803	W	5:45pm-6:45pm	Jul 1-Sep 2	LSC	\$99

Strengthen & Stretch Pilates at PDS

A great class that strengthens your abdominal and back muscles while stretching and strengthening various areas of the body. Mats available if needed. Inst: Pacific Dance Studio-certified Pilates instructors. Ages 13+.

#73299	M	9:30am-10:30am	Jul 6-27	PDS	\$48
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Stretch and Destress Yoga at PDS

Relax, stretch and melt the stress away with a beginning Yoga class. Designed to strengthen the body while relieving stress. Mats available if needed. Inst: Roberta Kay, Certified Yoga Instructor. Ages 13+.

#73300	Sa	9am-10am	Jul 11-Aug 1	PDS	\$48
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Tai Chi (Yang Style)

Reduce stress, increase energy and gain mental focus with Tai Chi. This easy-to-learn, 3,000-year-old Chinese system. Yang style Tai Chi, or 'meditation in movement,' will help you to relax mentally and physically at deeper levels than you ever imagined. Inst: Bing Luh. Supply fee: \$10.

#73790	Tu	6:30pm-8pm	Jul 7-Aug 25	DCP	\$94
FREE Tai Chi Yang Demo with Bing Luh. No registration necessary.					
#73791	Tu	6:30pm-8pm	Jun 30	DCP	Free

Women in Transition Workshop

This powerful half day workshop is designed for women experiencing 'wanted or unwanted' changes in their lives. Topics range from career, divorce, retirement, relocation, empty nest, childbirth, marriage and aging parents to rekindling your passion for life. Learn to 'reduce fear' and ignite creative thinking during times of uncertainty as you explore the Seven Steps of Transition, create a 'Personal Value Statement and Legacy' and end the day by crafting a Vision Board to help you to realize the life of your dreams. More info: 949-644-2480 or Jramstedt@aol.com. Inst: Ramstedt, CLC-Certified Life Coach & Career Consultant. Supply fee: \$5.

#75639	Sa	1pm-5pm	Jun 27	LSC	\$75
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Women's Wellness

Seminar will focus on staying healthy through the ages by being an active participant in your health care. Topics will include Pap smear, mammogram, HPV and bone-density testing for women. Seminar will also touch on nutrition, diabetes and keeping a healthy lifestyle. Aug. 17 class is in the Korean language. Inst: Dr. Grace Kong, M.D., Orange Coast Women's Medical Group.

#75634	General	M	6:30pm-7:30pm	Jul 6	NCP	Free
#75635	Korean	M	6:30pm-7:30pm	Aug 17	NCP	Free
#75637	General	M	6:30pm-7:30pm	Aug 31	NCP	Free

Yoga With Rashmi

Rashmi has been teaching yoga for almost 3 decades, trained in India and frequently returns to India for further studies to refine her practice, working toward self-realization. Rashmi teaches correct posture, proper breathing, meditation and relaxation. Class includes handouts, personal attention and the use of props to avoid injuries. Students report improved posture, flexibility, stamina, stress reduction and general good health. More info: 949-551-4545 or www.yogawithrashmi.com. Supply fee: \$11. Ages 16+.

#73848	Sa	9:45am-11:15am	Jul 25-Sep 12	NCP	\$69
#73849	W	6pm-7:30pm	Jul 22-Sep 9	WBCP	\$69

4-week continuation class for current students

#73850	Sa	9:45am-11:15am	Sep 19-Oct 10	NCP	\$40
#73851	W	6pm-9pm	Sep 16-Oct 7	WBCP	\$40

► MORE CHOICES!

Bath and Beauty Products

Make your own beauty products using sweet fragrances and natural ingredients. Pamper yourself with bath salts and milk bath, oil and salt scrub, foot soaks and bubble bath, using your choice of scents and colors. Creative packaging will also be discussed. Inst: Terri Holtzman. Supply fee: \$20.

#73537	W	6:15pm-8:45pm	Jul 29	DCP	\$25
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Chinese for Travel

Planning a trip to China or Taiwan? This class is for you! Topics include: asking directions, ordering food, changing money, shopping, using transportation, making reservation and more. Inst: SCCCA staff. Ages 18+.

#73696	W	7pm-9pm	Jun 3-24	SCCCA	\$80
#73697	W	7pm-9pm	Jul 1-22	SCCCA	\$80
#73698	W	7pm-9pm	Jul 29-Aug 19	SCCCA	\$80
#73699	Sa	10am-12pm	Jun 6-27	SCCCA	\$80
#73700	Sa	10am-12pm	Jul 11-Aug 1	SCCCA	\$80
#73701	Sa	10am-12pm	Aug 8-29	SCCCA	\$80

Horse Fun for Teens and Adults

Ride and feel young again! We'll learn to halter, lead, groom, saddle and ride. More info: www.HaveFunWithHorses.com. Location: Anaheim Equestrian Center Rancho Del Rio Stable, 1370 Sanderson Ave., Anaheim, next to the Honda Center. Supply fee: \$15. Ages 13+.

#73323	Sa	3pm-4pm	Jul 11-Aug 1	stables	\$60
#73324	Sa	3pm-4pm	Aug 8-29	stables	\$60

Podcasting for Everyone

Learn how to create audio/video podcasts for blogs, Web sites and mobile devices from your own home. This lecture class will introduce you to low-cost equipment you can use to set up your own studio. Inst: Renee Levine. Ages 16+.

#74244	W	7pm-9pm	Jul 15-22	LSC	\$60
#74245	W	7pm-9pm	Aug 5-12	LSC	\$60

CITY OF IRVINE COMMUNITY SERVICES

FOR Families

949-724-6650

The City of Irvine's FOR Families Program is a **free, confidential consultation service** available to assist individuals and/or families living or working in Irvine, experiencing:

- Parenting concerns (discipline, school issues, etc.)
- Job loss/change, moves and other transitions
- Stress or depression
- Concerns regarding alcohol/drug use
- Relationship difficulties
- Legal or financial issues
- Family violence

Services include: personal interview sessions, information and referrals



How to Tell If You Are Being Abused:

Does the person you love . . .

- Threaten to hurt you or your children?
- Call you names or accuse you of having affairs?
- Throw you down, push, hit, choke, kick or slap you?
- Say it is your fault if he or she hits you, and then promises it won't happen again?
- Demean you in public or keep you from contacting family or friends?
- Lose temper and destroy property?
- Force you to have sex when you don't want to?

Just one "yes" answer means you're involved in an abusive relationship. If so, you're not alone and you have choices. The City of Irvine FOR Families program is here to help. Call 949-724-6650.

Monday-Thursday 9 am - 5 pm
(open alternate Fridays)

The Art of Glycerin Soap Making

Custom-made soaps are perfect for gifts, bathroom decor and people with sensitive skin. Create many kinds of soaps and learn how to layer colors, use molds, and add fragrances, herbs and toys. Express your creativity and join the fun! Bring a steak knife. Inst: Terri Holtzman. Supply fee: \$18.

#73489 W 6:15pm-8:45pm Jul 8 DCP \$25

Writing for Magazines

Do you flip through magazines and say, 'I could write that!?' Stop dreaming about being a freelance writer and do it! Learn steps to getting published in a magazine or newspaper. Topics include idea generation, how to approach an editor, article presentation and motivation. Inst: Dorothy Spirus, freelance writer and former editor. Ages 18+.

#73804 Tu 7:30pm-9pm Jun 23 WBCP \$36

▶ SPORTS & FITNESS

Anaheim ICE Skating for Adults

Beginning ice skating is made fun and easy at Anaheim ICE! Learn how to skate across the ice, glide on one foot, stop, turn and more. Includes: skate rental, lessons, free practice on the day of class plus 3 additional skating passes to use during the 4-wk. session. Location: Anaheim ICE, 300 W. Lincoln Ave., Anaheim. Inst: Anaheim Ice Staff. More info: 714-518-3212.

#73027 W 7pm-7:30pm Jul 8-29 AI \$44

Badminton Programs for Adults

Come learn the basic fundamentals of badminton. Enjoy great exercise, socialize and meet new friends and compete in this sport. Use a state-of-the-art indoor facility. A discount is available when you register for more than 1 class in the same quarter. All levels welcome. Ages 18+. *No class 5/25, 7/3, 9/7.

#73702	M	11:30am-1pm	May 18-Jun 15*	SCCCA	\$64
#73705	Tu	11:30am-1pm	May 26-Jun 16	SCCCA	\$64
#73706	W	11:30am-1pm	May 27-Jun 17	SCCCA	\$64
#73707	Th	11:30am-1pm	May 28-Jun 18	SCCCA	\$64
#73708	F	11:30am-1pm	May 29-Jun 19	SCCCA	\$64
#73709	F	11:30am-1pm	Jun 26-Jul 24*	SCCCA	\$64
#73710	F	11:30am-1pm	Jul 31-Aug 21	SCCCA	\$64
#73711	M	11:30am-1pm	Aug 24-Sep 21	SCCCA	\$64
#73712	Tu	11:30am-1pm	Aug 25-Sep 15	SCCCA	\$64
#73713	W	11:30am-1pm	Aug 26-Sep 16	SCCCA	\$64
#73738	Th	11:30am-1pm	Aug 27-Sep 17	SCCCA	\$64
#73740	F	11:30am-1pm	Aug 28-Sep 18*	SCCCA	\$64

Cardio Boot Camp Outdoor Fitness

Cardio Camp is a high-energy, outdoor circuit-training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Camp is designed for the beginner-to-intermediate-level exercisers. We recommend the 5-day/week option for optimal body changes. Bring good running shoes, a mat, light hand weights and water. More info: 949-480-1742; www.ocbodybusiness.com. Inst: Gina Abravanel.

#73638	M, W, F	5:30am-6:30am	Jul 13-Aug 7	NCP	\$119
#73639	Tu, W, Th	8:45am-9:45am	Jul 14-Aug 6	NCP	\$119
#73640	Tu, Th	8:45am-9:45am	Jul 14-Aug 6	NCP	\$106
#73641	Tu, W, Th	5:30am-6:30am	Jul 14-Aug 6	NCP	\$119
#73642	M-F	5:30am-6:30am	Jul 13-Aug 7	NCP	\$135

Cardio Boot Camp 2-Week Special

#73605	M-F	5:30am-6:30am	Jun 22-Jul 2	NCP	\$66
#73606	M, W, F	5:30am-6:30am	Jun 22-Jul 1	NCP	\$59
#73607	Tu, Th	5:30am-6:30am	Jun 23-Jul 2	NCP	\$53
#73608	Tu-Th	8:45am-9:45am	Aug 25-Sep 3	NCP	\$59
#73609	M-F	5:30am-6:30am	Aug 24-Sep 4	NCP	\$66

Cardio Kickboxing Plus With Suzie McClelland

Serious about losing weight and getting fit? Train with a black belt and certified Warrior X-Fit instructor for an optimal full-body workout. Over 200 dynamic exercises will strengthen, improve cardio and shed pounds. Use martial-arts equipment, resistance bands and more for the best workout in the world! Location: ATA in Village Center (Irvine Center Dr. & Jeffrey), 949-929-5020, www.atairvine.com. Inst: McClelland. Ages 13+.

#69671	M	8:30pm-9:30pm	Jun 1-22	ATA	\$39
#73130	M	8:30pm-9:30pm	Jul 13-Aug 3	ATA	\$39
#73131	M	8:30pm-9:30pm	Aug 10-31	ATA	\$39
#69674	W	8:30pm-9:30pm	Jun 3-24	ATA	\$39
#73133	W	8:30pm-9:30pm	Jul 15-Aug 5	ATA	\$39
#73134	W	8:30pm-9:30pm	Aug 12-Sep 2	ATA	\$39
#69680	Tu, Th	9am-10am	Jun 2-25	ATA	\$49
#73136	Tu, Th	9am-10am	Jul 14-Aug 6	ATA	\$49
#73137	Tu, Th	9am-10am	Aug 11-Sep 3	ATA	\$49

Kickin' It! Cardio Kickboxing

Are you looking for a total-body workout that totally kicks? How about a way to increase your stamina, flexibility and strength while listening to your favorite dance mixes? This is the place. No experience required. 2 locations: IL-DO Tae Kwon Do (Heritage Plaza), 14220 Culver Dr., Ste D, 949-551-1800, www.ildotkd.com and Elite Fitness Tae Kwon Do, 4213 Campus Dr. Ste. P166C, 949-387-7225, www.elitefitnesskd.com. Ages 13+. *No class 7/4.

#73504	Sa	8:30am-9:30am	Jun 27-Jul 25*	ILDO	\$39
#74179	Sa	8:30am-9:30am	Jul 25-Aug 15	ILDO	\$39
#74180	Sa	8:30am-9:30am	Aug 22-Sep 12	ILDO	\$39
#74181	M	8:30pm-9:30pm	Jun 22-Jul 13	ILDO	\$39
#74182	M	8:30pm-9:30pm	Jul 20-Aug 10	ILDO	\$39
#74183	M	8:30pm-9:30pm	Aug 10-31	ILDO	\$39
#74184	W	8:30pm-9:30pm	Jun 24-Jul 15	ILDO	\$39
#74185	W	8:30pm-9:30pm	Jul 22-Aug 12	ILDO	\$39
#74186	W	8:30pm-9:30pm	Aug 19-Sep 9	ILDO	\$39
#74187	Sa	8am-9am	Jun 27-Jul 25*	ELITE	\$39
#74188	Sa	8am-9am	Jul 25-Aug 15	ELITE	\$39
#74189	Sa	8am-9am	Aug 22-Sep 12	ELITE	\$39
#74190	Tu	8pm-9pm	Jun 23-Jul 14	ELITE	\$39
#74191	Tu	8pm-9pm	Jul 21-Aug 11	ELITE	\$39
#74192	Tu	8pm-9pm	Aug 18-Sep 8	ELITE	\$39
#74193	Th	8pm-9pm	Jun 25-Jul 16	ELITE	\$39
#74194	Th	8pm-9pm	Jul 23-Aug 13	ELITE	\$39
#74195	Th	8pm-9pm	Aug 20-Sep 10	ELITE	\$39

Yoga Booty Ballet

YBB is a complete body workout that provides cardio, core exercises and stretches to lengthen and relax the body. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength-training of ballet. Suitable for all fitness levels, previous experience not required. More info: www.ocdanceproductions.com. Bring yoga mat and water. Inst: Kim Esmond & staff, Orange County Dance.

#73101	Th	7pm-8pm	Jul 9-Aug 27	LSC	\$96
FREE Yoga Booty Ballet Demo with Kim Esmond. Register early; space is limited.					
#73102	Th	7pm-8pm	Jun 25	LSC	Free

Zumba

Zumba is a fusion of Latin and international music with fast and slow rhythms that tone and sculpt the body. It utilizes the principals of fitness and resistance training to maximize caloric output, fat burning and total body toning with a mixture of body-sculpting movements and easy-to-follow dance steps. More info: 949-480-1742 www.ocbodybusiness.com. Inst: Gina Abravanel. Ages 16+. *No class 7/7.

#73666	Tu	6pm-7pm	Jun 23-Aug 4*	HPCC	\$59
Zumba 2-Week Special					
#73677	Tu	6pm-7pm	Aug 25-Sep 1	HPCC	\$19

Jazzercise

This total-body conditioning program is designed to help you feel great, look terrific and bring new energy to your life. 60 minute, choreographed workout develops cardiovascular fitness and increases metabolism. Strengthen and tone to the best of today's music with the art of jazz dance. Fee is for unlimited 4-week class. More info: 949-481-3973 or khalley2@cox.net. *No class 7/4.

Best option: Annual Jazzercise Membership Pass

- \$45 per month for an unlimited monthly pass (M-Th, Sa) with annual agreement; \$50 for a month-to-month agreement.

To register, please complete Jazzercise Membership Pass Form (see City of Irvine staff), or visit us at the Youth Employment & Programs Office, 14351 Yale, Irvine, CA 92604. More info: 949-724-6611.

Monthly option: Pay-as-you go plan

#69354	June	M-Th Sa	5:30pm-6:30pm 9am-10am	TRCP	\$50
#73859	Jul	M-Th, Sa	5:30pm-6:30pm 9am-10am	TRCP HPCC	\$50
#73860	Aug	M-Th Sa	5:30pm-6:30pm 9am-10am	TRCP HPCC	\$50
#73861	Sep	M-Th Sa	5:30pm-6:30pm 9am-10am	TRCP HPCC	\$50

Register online at www.irvinequickreg.org, by fax or in person.

Workout times are:

M-Th	5:30pm-6:30pm	TRCP	\$15/day
Sa	9am-10am	TRCP	\$15/day

Hiking Excursions

Led by Jesper Widen

www.WidenHorizons.com



Hiking the Trails

Discover areas in the Southland far away from the hustle of city living. Hike with us on some of the most beautiful trails found in our local mountains. Terrain varies from moderate to strenuous. Set your own pace. Ages 18+.

#75862	Sa	8am-5pm	Aug 22	RSC	\$32
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Hitting the Trails

If you love to exert yourself out of doors, then join our no-nonsense hiking group on some of the most challenging trails the Southland has to offer. Hikes are strenuous and are for those who can handle losing sight of concrete. Distances vary from 8 to 16 miles. Ages 18+.

#75860	Sa	6:30am-5:30pm	Sep 12	RSC	\$32
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Hiking Excursions

A certain level of ability and agility is required for ALL hikers. Trail guide, transportation and maps are included. Ages 18 and over. Before attending a hike, new participants must contact Jesper Widen.

More info: www.WidenHorizons.com.