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# News from Merced College

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**FOR IMMEDIATE RELEASE**  
**February 24, 2015**

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## **LIFE-LONG LEARNING AND LEISURE ACTIVITIES** **TOP COMMUNITY SERVICES CLASSES FOR MONTH OF MARCH**

A wide array of life-long learning and leisure activity classes are available in the month of March through Merced College's Community Services office.

Community Services provides area residents with opportunities for education, enrichment, and adventure. The classes are non-credit and range from ceramics to fitness boot camp and from kid's camps to animal care. A wide variety of excursions are also offered throughout the year, including trips to sporting events, theater shows, cultural functions, educational venues, and recreational activities.

Following are just some of the classes offered:

**Aikido** – Through the understanding of the fundamentals of emotional and physical conflicts and by implementing basic Aikido techniques including basic body movement, synthesis of breathing, physical and mental applications, students will gain an overall understanding of the philosophy of Aikido and how it relates to both self-defense and conflict resolution. Sensei Ron Duran holds the rank of Shodan and has over a decade of experience in Aikido. In addition, he has been a student of Ninkage Ryu Aikijutsu for the past eight years. He also is the Chief Instructor at Peaceful Warrior Aikido in Los Banos.

**Dates:** Tuesdays and Thursdays, March 3-April 30, 5:30-7 p.m.

**Location:** Merced College, GYM-4

**Cost:** \$65/participant

**B.A.R. Smog Update UT 007** – The purpose of the Bureau of Automotive Repair's (BAR) update training course is to update technicians on new automotive technology and emission testing procedures that affect California's Smog Check vehicle inspection program.

**Dates:** Saturday and Sunday, March 14-15, 8 a.m.-5 p.m.

**Location:** Merced College Business Resource Center, 630 W. 19<sup>th</sup> Street in downtown Merced  
**Cost:** \$225/participant

**Badminton** – Learn to play Badminton and understand the basic rules that apply to the game.

**Dates:** Wednesdays and Fridays, March 4-April 10, 7-9:00 p.m.

**Location:** Merced College, Main Gym

**Cost:** \$40/participant

**Belly Dance Fitness (Level I)** – Learn the basic movements of this ancient and natural dance form. Appropriate for all age groups and body shapes, this unique dance and fitness program enhances posture, grace and self-confidence. Belly Dancing is a great, low-impact way to burn calories, increase spinal strength and flexibility, tighten hips and thighs, and reshape the entire abdominal region.

**Dates:** Tuesdays and Thursdays, March 3-April 16 (no class 4/7 & 4/9), 7-8:30 p.m.

**Location:** Merced College, GYM-4

**Cost:** \$60/participant

**Belly Dance Fitness (Level II)** – Learn Level II belly dance techniques using finger cymbals and balancing sword and/or jug on head. Costuming, choreography and stage performances are discussed. Students will also have the opportunity to perform in a show with The Merced Bellydance Company.

**Dates:** Tuesdays and Thursdays, March 3-April 16 (no class 4/7 & 4/9), 7:30-9 p.m.

**Location:** Merced College, GYM-4

**Cost:** \$60/participant

**Ceramics Open Lab (Mondays or Thursdays)** – Explore the tactile qualities of clay and create your own ceramics through practical instruction in a relaxed atmosphere. This open lab will provide one-on-one instruction for beginners to advanced artists. Focusing on pottery as a form of visual art, the classes will cover a number of topics and techniques, from basic wheel thrown pottery to hand built pottery to raku.

**Monday Class:** March 23-May 18 (no class 4/6), 6-9 p.m.

**Thursday Class:** March 12-May 7, 6-9 p.m.

**Location:** Merced College, ART-5

**Cost:** \$70, including \$10 materials fee and \$8 for the first bag of clay

**Crazy for Cupcakes** – Cupcakes are everywhere! Different flavors, styles, designs, and shapes! Participants will learn to decorate an assortment of eye-

catching cupcakes using both buttercream icing and fondant. The best part is you can take them home to share with family and friends! Materials required: Please bring 10-12 plain cupcakes to class.

**Date:** Saturday, March 28, 9 a.m.-Noon

**Location:** Merced College, VOC-142

**Cost:** \$40/participant and a \$15 materials fee paid to the instructor

**Dancing for Birth (and Post-Partum)** – Come have fun and learn a way for pre-natal moms to move to music before, during, and after the birthing process. Specific dance moves can help achieve a more comfortable pregnancy, encourage babies into an optimal position for birth, and promote healing in the post-partum period. So, tie a scarf around your hips and spend an hour of fun bonding with your baby-to-be and each other, as we dance and talk about birthing. Post-partum moms and newborns welcome! Birth partners are invited to attend the last class in each session to learn how they can help during the birthing process. Check it out at [www.dancingforbirth.com](http://www.dancingforbirth.com).

**Dates:** Mondays, March 23-April 13, 6:30-7:30 p.m.

**Location:** Merced College, GYM-4

**Cost:** \$25/participant

**Fitness Boot Camp** – Get into great shape with an efficient workout that will burn lots of calories while strengthening your muscles. Every workout is different and you will constantly challenge yourself. This course is for anyone who wants to get a grip on their fitness regimen. Membership is available for approximately two month periods.

**Dates:** Mondays, Wednesdays & Fridays, March 2-April 29, 6-7 a.m.

**Location:** Merced College, Stadium '76

**Cost:** \$70/participant (Save \$10 when you register for 2 sessions at the same time)

**Fitness Lab Membership** – Want a gym membership without the application fee and yearly contract? Join the Merced College Fitness Lab for the entire spring/summer term! Memberships are available for two month periods.

**Dates:** Monday-Friday, March 2-31, 5:30-7:30 a.m.

**Cost:** \$25/participant (Register for multiple sessions & save \$5/session)

**Fused-Glass Dichroic Pendant** – Creating a dichroic glass pendant is a fun and easy way to learn how colors and textures of dichroic glass are cut and layered. They are then enhanced with clear glass on top and fused in a glass kiln. You'll finish the class with a piece of art to wear or a great gift to be cherished by the receiver forever.

**Dates:** Wednesdays, March 11-March 25

AM Class: 9 a.m.-Noon or 6-9 p.m.

**Location:** Resse's Originals, 1199 Broadway in Atwater

**Cost:** \$60/participant, including \$40 materials fee paid to the instructor

**Jr. Blue Devil Water Polo (Splashball)** – Splashball™ is the newest program under the umbrella of USA Water Polo and exists to introduce water polo to the younger generation in the community. This fun, healthy activity promotes fitness, self-esteem and water safety while teaching the basic components of water polo. For more information contact Scott McCall at (209) 384-6029 or [mccall.s@mccd.edu](mailto:mccall.s@mccd.edu).

**Dates:** Tuesdays and Thursdays, March 17-May 7, 4-5 p.m.

**Location:** Merced College Pool

**Cost:** \$80/participant

**Jr. Blue Devil Beginning Water Polo** – This class is for students who are ready to move to the next level beyond Splashball™ and for students who are ages 10 – 14 who have never played polo. Students will transition from using the noodle, the course increases to 25 yards and the ball is bigger. The class will cover basic fundamentals and prepare students for advanced water polo and playing with the year round club team.

**Dates:** Tuesdays and Thursdays, March 17-May 7, 4-5 p.m.

**Location:** Merced College Pool

**Cost:** \$80/participant

**Lap Swim** – Swimming is one of the best forms of exercise. Enjoy open lap swim at the Merced College Pool throughout the year - you can come to any of the three time slots throughout the day 5:30-6:30 a.m., Noon-1 p.m., and 5-6 p.m. Membership is available for two month periods.

**Dates:** Mondays, Wednesdays and Fridays, March 2-April 29, 5:30-6:30 a.m., Noon-1 p.m. or 5:30-6:30 p.m.

**Location:** Merced College Pool

**Cost:** \$40/participant

**Microsoft Office 2013** – In this Office 2013 training you will learn to transition from Microsoft 2007/2010 as you explore a variety of enhancements, from Word's ability to edit PDF files to the new Flash Fill functionality in Excel that dramatically increases the speed at which you can add data to a spreadsheet. You'll discover how the cloud has been deeply integrated into your Office experience and how collaborating with colleagues has never been easier.

**Dates:** Fridays, March 6-March 20, 8:30-11:30 a.m.

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**Cost:** \$145/participant

**Notary Public in One Day** – Start your own business, provide customer service and earn additional income. This one-day intensive seminar will cover new legislation, learn how to pass the exam, identify document signers, keep a journal, fill out certificates, and avoid lawsuits. The class includes a practice Notary Public Exam as well as the official exam. You must be present for the entire course of instruction and be at least 18 years of age. Bring to class a proper ID (license or state-issued ID), two #2 pencils, a 2x2 passport size color photo, and a check or money order payable to the Secretary of State for \$40 for new applicants.

**Date:** Saturday, March 21, 8-6 p.m.

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**Cost:** \$99, including \$30 materials fee payable to Notary Public Seminars, Inc.

**Notary Public Renewal** – The 3-hour renewing Notary class takes place during the second half of the regular seminar. You must arrive at 12:30 p.m. to register. Class will begin at 12:45 p.m. Important: Renewing Notaries must be currently commissioned to be eligible for the 3-hour renewal class. Bring to class a proper ID (license or state-issued ID), two #2 pencils, a 2x2 passport size color photo, and a check or money order payable to the Secretary of State for \$40 for renewal applicants.

**Date:** Saturday, March 21, 12:30-6 p.m.

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**Cost:** \$50, including \$30 materials fee payable to Notary Public Seminars, Inc.

**Photography Unplugged (Theory & Implementation of Creating Great Images)** – This course is designed to challenge and enhance the photography and composition skills of each photographer. Together we will study famous images and the photographic and design principles that were used to create them. Then we will start to photograph and create great images. It is neither necessary to own a high priced camera, nor have extensive Photoshop skills in this class. It is more important to be open and willing to experiment and have a lot of fun!

**Dates:** Thursdays, March 19-April 30 (no class 4/9), 6-9:00 p.m.

**Location:** Merced College ART-8

**Cost:** \$95/participant

**ServSafe Workshop** – Does your business depend on food safety? Learn about the most recent FDA codes and food safety procedures in this 2-session course. Participants must register at [www.servsafe.com](http://www.servsafe.com) to receive a login ID and password prior to the first day of class. A seat for the online exam must be

purchased for \$36. Proctored exam will take place on the second day of class from Noon to 2 p.m.

**Dates:** Tuesdays, March 10-March 17, 8 a.m.-Noon

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**Cost:** \$179/participant

**Sexual Harassment Workshop (AB 1825)** – This workshop meets the AB 1825 requirement for managers and supervisors. Workshop topics include: learning what constitutes workplace harassment and offensive behavior that could be considered sexual harassment; the types of harassment likely to occur in the workplace, understanding your responsibilities as a manager/supervisor; how to take appropriate action against sexual harassment; knowledge of the laws, rules and regulations on sexual harassment; conducting timely and appropriate investigations on sexual harassment; ending harassment through disciplinary and remedial measures.

**Date:** Tuesday, March 24, 8:30-10:30 a.m.

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**Cost:** \$40/participant

**Western Line Dance** – No need for a partner in this active, fun-filled class where you can meet new friends and learn the latest western line dances along with the oldies but goodies.

**Dates:** Fridays, March 6-April 17 (no class 4/3), 7:30-8:30 p.m.

**Location:** Merced College, GYM-4

**Cost:** \$35/participant

**Western Partner Dance** – Don't dress up – just come, socialize and have fun while learning to dance! In this lively and interactive class, you'll learn the basic steps to dances such as the Two Step, Ten Step, Cotton Eye Joe, Schottische, and the well-known Swing.

**Dates:** Fridays, March 6-April 17 (no class 4/3), 6:30-7:30 p.m.

**Location:** Merced College GYM-4

**Cost:** \$35/participant

**Yoga** – Are you looking for a workout program that's easy to learn, requires little to no equipment, and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, this is the class for you!

**Dates:** Tuesdays and Thursdays, March 10-May 7, 4:30-5:30 p.m.

**Cost:** \$55 (\$10 discount for past participants)

For more information please contact the Merced College Community Services office at 209-384-6224 or register at

[www.mercedcommunityservices.com](http://www.mercedcommunityservices.com).

**CS March 2015**

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