



News from Merced College

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

A wide array of life-long learning and leisure activity classes are available during in the month of April 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:

Archery – This is the first time that Dennis Taylor has offered archery outside of the College for Kids program. This class is open to ages 8-18 and will be run exactly like the classes during the summer months.

Dates: Monday-Thursday, April 6-9, 8:30-10:30 a.m.

Location: Merced College, Front Lawn

Cost: \$65/participant

Badminton – Learn to play Badminton and understand the basic rules that apply to the game. Come have fun, all levels are welcome!

Dates: Wednesdays and Fridays, April 15-May 22, 7-9 p.m.

Location: Merced College, Main Gym

Cost: \$40/participant

Basic Access 2010 – Take control over your data! This course is for a novice or an intermediate database user. This course will show you how to harness the full power of Microsoft Access 2010. In this 3-day practical and project-oriented

workshop series, you will learn how to use Microsoft Access 2010 to create and customize tables. You will have the opportunity to build relationships as well as discover how to achieve huge reductions in data entry errors by setting default values, creating validation rules, and building input masks. In addition, find out how to make your database more user-friendly with custom data entry forms. Learn how to retrieve exactly what you need from your database with powerful queries and reports. You will also receive tips and techniques for optimizing your database.

Dates: Fridays, April 10-24, 8:30-11:30 a.m.

Location: Merced College Business Resource Center (630 W. 19th Street in downtown Merced)

Cost: \$145/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, April 21st – May 28th from 7:00 p.m. – 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, April 21-May 28, 7:30-9 p.m.

Location: Merced College, GYM-4

Cost: \$60/participant

Container Herb Gardening – Learn about growing herbs in containers for easy access to their wonderful flavors for cooking. We will explore the world of herbs, how to grow them from seed and plants, how to use them in cooking, drinks and other uses. Students will also construct a small wooden herb window box as a take home project. Dress comfortably as we will be doing hands-on projects.

Date: Saturday, April 25, 9 a.m.-Noon

Location: Merced College, PS-1

Cost: \$20/participant, including \$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.

Dates: Mondays, April 20-May 11, 6:30-7:30 p.m.

Location: Merced College, GYM-4

Cost: \$25/participant

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, April 1-April 29, 5:30-7:30 a.m.

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

Fused-Glass Wind Chime – Come learn how to apply glass frit to a design under clear glass and use fusible 96 glass to shape into a pattern, leaving similar varied sizes to hang from the main part of the wind chime. This class is fun and no experience is needed.

Dates: Wednesdays, April 15-April 29; AM Class: 9 a.m.-Noon, PM Class 6-9 p.m.

Location: Resse's Originals, 1199 Broadway in Atwater

Cost: \$75/participant, including + \$55 materials fee paid to the instructor

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

Golf for all Ages – Bogie, par, fore! Whether you are a beginner or an advanced player, your game will improve. This golf lesson course will cover full swing, short game, basic rules, and general golf etiquette. Gary Olson played on the PGA tour for 10 years, participated in 11 national championships as well as 2 major championships, and has been teaching golf for 48 years. Bring your own clubs or borrow one of ours.

Dates: Saturdays, April 25-May 16, 9-11 a.m.

Location: Rancho del Rey Golf Course (5250 Green Sands Ave. in Atwater)

Cost: \$55/participant, including + range fees (approximately \$20 for the session)

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, April 24-May 29, 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, April 24-May 29, 6:30-7:30 p.m.

Location: Merced College, GYM-4

Cost: \$35/participant

World Dance – Learn easy folk dances from around the world. No experience or partners required. Dances are mostly line and circle patterns. All ages are welcome; children must be accompanied by an adult. Come meet new folks, stimulate your mind and toes alike, get some good low aerobic exercise, while relieving stress and dance to music from a variety of cultures worldwide – Europe, Greece, the Middle East and beyond. You'll gain an appreciation of how other folks come together traditionally to celebrate – and you'll have a lot of fun, too.

Dates: Wednesdays, April 8-May 13, 7-8:30 p.m.

Location: Merced College, GYM-4

Cost: \$40/participant

For more information on these and other classes, contact the Merced College Community Services office at 209.384.6224 or register at www.mercedcommunityservices.com.

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