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News from Merced College

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

A wide array of life-long learning and leisure activity classes are available during in the month of July 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 8 years.

Dates: Tuesdays and Thursdays, July 7–August 27, 5:30–7 p.m.

Location: Merced College, GYM-4

Cost: \$65/participant

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

Dates: Mondays and Wednesdays, July 1-29, 8–10 p.m.

Location: Merced College, Main Gym

Cost: \$40/participant

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, July 20–August 10, 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 summer term!

Dates: Monday-Thursday, July 1–30 (no class 7/2/15), 5:30–7:30 a.m.

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

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 to 1 p.m., and 5-6 p.m. Membership is available for two month periods.

Dates: Mondays, Wednesdays and Thursdays, July 1–30 (no class 7/2/15) **and** Mondays, Wednesdays and Fridays, August 3–31, 5:30–6:30 a.m., noon to 1 p.m., or 5:30–6:30 p.m.

Location: Merced College Pool

Cost: \$40/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 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, July 14-21, 8 a.m. to noon, and noon to 2 p.m. on the second day of class)

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

Cost: \$179/participant

SF Giants vs. Oakland A's – Come out to this special weekend game as the SF Giants take on the Oakland A's! AT&T Park is located right on the San Francisco Bay with spectacular views and you won't want to miss out. We'll arrive as the gates open with plenty of time to find your seat, have lunch, watch batting practice, visit the gift shop, and try for autographs from the players. Don't wait to get your tickets – this trip sells out early!

Date: Saturday, July 25, 9 a.m.–7 p.m.

Cost: \$109/person includes game ticket, transportation and refreshments

For more information please contact the Merced College Community Services office at (209) 384-6224 or register at www.mercedcommunityservices.com.

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