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News from Merced College

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COMMUNITY SERVICES CLASSES CAN ENRICH YOUR LIFE IN AUGUST

A wide array of life-long learning and leisure activity classes are available beginning in August 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 dance and exercise classes to community theater. 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:

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, August 19–September 18, 7–10 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, August 18–September 24, 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, August 18–September 24, 7:30–9 p.m.

Location: Merced College, GYM-4

Cost: \$60/participant

Ceramics Open Lab – 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.

Your creative ceramic pieces will then be glazed and fired for you to take home or give as a gift. *Final pick up date will be 12/17 either 7:30 a.m. - 4:00 p.m. with Ira Jones or 6:00 p.m. - 9:00 p.m. with Bill Gossett.*

Dates: Mondays **OR** Fridays, August 17–October 12, 6–9 p.m.

Location: Merced College, ART-5

Cost: \$70/participant (additional \$10 material fee + \$8 for first bag of clay, \$10 discount when you register for 2 sessions at once)

Community Theatre Play Production (Mariposa) – Come learn all the aspects of play production. The production this fall will be *The Elephant Man* by Bernard Pomerance. The instructor for this class will be Fred Friedland and feature the direction of Dr. Richard Hoffman, a veteran director of over 100 plays with 15 years as the Artistic Director and Managing Director of the Golden Chain Theatre in Oakhurst, 9 years at Front Row Theatre Company, and a 45 year teaching career through Reedley College. Dr. Hoffman has a Bachelor's in Theatre Arts/Communication from San Diego State University, a Master's with an emphasis in Directing from Humboldt State University, and a Doctorate in Higher Education Leadership. Students will receive instruction in acting and technical theatre. Actors and backstage people are needed. Open auditions will take place August 3rd and 5th.

Dates: Monday, Wednesday, & Thursday, August 3–October 11, 6–8 p.m.

Location: Mariposa Park Amphitheatre

Cost: \$60/person + \$10 Materials fee

Performance dates: 10/2, 10/3, 10/9, 10/10, 10/11

Dancing for Birth (and Post-Partum) – Come have fun and learn how expectant moms can move to music before, during, and after the birthing process, using specific dance movements to help get more comfortable during 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, as we dance and talk about birthing.

Post-partum moms and newborns welcome! Check it out

at www.dancingforbirth.com.

Dates: Mondays, August 17th – September 14th (no class 9/7), from 6:30 p.m. – 7:30 p.m.

Location: Merced College, GYM-4

Cost: \$25/participant

Fencing For Fun – Zorro will have nothing on you. Come and learn the real thing! Fencing is fun and will help you develop speed, agility, endurance, discipline, and tactical thinking. Fencing has been an Olympic sport since 1896. It is actually one of the safest sports as we wear protective gear and use blunted tips. *Gear will be provided for the first 15 registrants.*

Dates: Tuesdays, August 4–October 27, 6–8 p.m.

Location: Mariposa Park Amphitheater

Cost: \$60/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, August 3-31, 5:30–7:30 a.m.

Location: Merced College, GYM-5

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

Interior Design Basics: Business Brand Solutions – Charles A. Perez is the Principal & Design Director of ADIG STUDIO with over 35 years of both residential and corporate design experience and clientele such as The Gap, Nike, Fila, Seiko, Keds, Levi's, Columbia Sportswear, and Bank of America. In addition, he and his team have worked with a number of top international retail corporations in Japan, Taiwan, Philippines, Mexico, and India. Mr. Perez has taught Interior Design at Laney College, U.C. Berkeley Extension, Sonoma State University, Fashion Institute of Design & Merchandising, and India's National Institute of Design in Bangalore, India. This class is for anyone wanting to learn how to improve their business not only from an aesthetics and functional green design perspective, but from a marketing, merchandising, and sales point of view. Topics covered will be elements and principles of design, green design, lighting, space planning and designing for a functional, enjoyable, and healthy indoor environment. The class will show you how to develop your design program to address your brand image and identity, target market, merchandise, services, and help you stand out from your competition. Mr. Perez will also include one-on-one guidance focusing on creating and applying design solutions for your business

Dates: Wednesday, August 5–26, 6–9 p.m.

Location: Merced College, Business Resource Center

Cost: \$100/participant

Notary Public in One Day– Start your own business, provide customer service, and earn additional income. In this one-day intensive seminar you 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.

Please read: A \$30 materials fee payable to Notary Public Seminars and a \$40 check or money order payable to the Secretary of State, are due in class. Please also bring a proper ID (license or state issued ID), two #2 pencils, and a 2x2 passport size color photo.

Dates: Saturday, August 8, 8 a.m.–6 p.m.

Location: Merced College, Business Resource Center Room #123

Cost: \$99/participant

Notary Public in One Day– The 3-hour renewing Notary class takes place during the second half of the regular seminar. You must arrive at 12:30 to register. Class will begin at 12:45. 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.

Please read: A \$30 materials fee payable to Notary Public Seminars and a \$40 check or money order payable to the Secretary of State, are due in class. Please also bring a proper ID (license or state issued ID), two #2 pencils, and a 2x2 passport size color photo.

Dates: Saturday, August 8, from 12:30–6 p.m.

Location: Merced College, Business Resource Center Room #123

Cost: \$50/participant

Social Media Planning for Your Business– SOCIAL MEDIA TOOLS: Facebook, Twitter, LinkedIn, YouTube, Google+ and Blogging with Wordpress. Create, maintain, promote and integrate Facebook Business Pages, Twitter Profiles, LinkedIn Profiles and Company Pages, Google+ Pages. Keep your content on your own site by learning to blog with Wordpress. SOCIAL MEDIA THE SMART WAY: It is essential to communicate appropriately, safely and effectively on social media platforms - learn best practices, ethics and privacy issues for being social on social platforms. STRATEGY: Be effective with your social media and make your social media campaigns work better. Learn how to plan a social media strategy that meets your business goals, can be measured and can be adapted!

Dates: Fridays, August 21–September 4, 8:30–11:30 a.m.

Location: Merced College, Business Resource Center Room #215

Cost: \$145/participant

Voice 101 Workshop for Speakers & Singers– The voice is a very powerful instrument and many people lack knowledge about the way it functions. This workshop is for those who have always wanted to take formal voice lessons but do not have the luxury of time to attend weekly sessions that will help to improve one's vocal production ability. Specifically, the four hour session is designed to raise awareness about vocal anatomy, vocal health, and how to

establish a solid foundation of breath support for singers or speakers to manage and sustain their individualized sound, at all dynamic levels.

Dates: Saturday, August 22, from 10 a.m.–2 p.m.

Location: Merced College, Business Resource Center Room #123

Cost: \$155/participant and \$15 materials fee

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, August 21–September 25, 6:30–7:30 p.m.

Location: Merced College, GYM-4

Cost: \$35/participant

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

Dates: Fridays, August 21–September 25, 7:30–8:30 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, and get some good low aerobic exercise while relieving stress and dancing to music from a variety of cultures worldwide--Europe, Greece, the Middle East, and beyond. You will gain an appreciation for how other folks come together traditionally to celebrate and have a lot of fun too!

Dates: Wednesdays, August 12–September 16, 7-8:30 p.m.

Location: Merced College, GYM-4

Cost: \$40/participant

Yoga – Are you looking for a workout program that's easy to learn, requires little or 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, come join us to learn more about the basics of yoga.

Dates: Tuesday & Thursday, August 18–October 8, 4:30–5:30 p.m.

Location: Merced College, GYM-4

Cost: \$55/participant (\$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.

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