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News from Merced College

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FOR IMMEDIATE RELEASE
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COMMUNITY SERVICES CLASSES CAN ENRICH YOUR LIFE IN SEPTEMBER

A wide array of life-long learning and leisure activity classes are available beginning in September 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 belly dance and beginning water polo, to exercise and art classes. 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, the student 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 & Thursdays, September 1–October 29, 5:30–7:30 p.m.

Location: Merced College, GYM-4

Cost: \$65/participant

An Evening with Degas – What was it like to be Degas? Travel back in time to 19th century Europe as you immerse yourself in the life of the artist. Walk in his shoes as you create a master copy of three of his famous masterpieces. You'll be confronted with the same color and compositional challenges the artist originally faced. At the end of each class, you'll walk away with a pastel painting suitable for framing. Come enjoy a pleasant evening of creativity, art history, and period music.

Dates: Wednesdays, September 2-16, 6-7:30 p.m.

Location: Merced College, ART-7

Cost: \$45/participant with a \$15 materials fee

An Evening with Van Gogh – What was it like to be Van Gogh? Travel back in time to 19th century Europe as you immerse yourself in the life of the artist.

Walk in his shoes as you create a master copy of three of his famous masterpieces. You'll be confronted with the same color and compositional challenges the artist originally faced. At the end of each class, you'll walk away with a pastel painting suitable for framing. Come enjoy a pleasant evening of creativity, art history, and period music.

Dates: Wednesdays, September 27–October 7, 6-7:30 p.m.

Location: Merced College, ART-7

Cost: \$45/participant with a \$15 materials fee

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, September 23–October 23, 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, September 29–November 5, 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, September 29–November 5, 7:30–9 p.m.

Location: Merced College, GYM-4

Cost: \$60/participant

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, September 21–October 12, 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, September 1-30, 5:30–7:30 a.m.

Location: Merced College, GYM-5

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

Golf for All Ages – Bogie, par, fore! Whether you are a beginner or 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, September 12–October 3, 9–11 a.m.

Location: Rancho Del Rey Golf Course, Atwater

Cost: \$55/participant

Lap Swim– Swimming is one of the best forms of exercise. Enjoy open lap swim at the Merced College Pool throughout the summer/fall term at any of the three time slots. Please note that on occasion, Lap Swim is cancelled due to other events being held at the Merced College Pool. In the event of such cancellations, Community Services strives to provide adequate notice to all participants so that arrangements can be made to swim at a different time.

Dates: Monday/Wednesday/Friday, September 2–October 30, 5:30–6:30 a.m. & Noon to 1 p.m., and 5–6 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. This training will help you bridge the gap from the Microsoft versions you already

know and love to the latest release of Microsoft's flagship productivity suite. This course is intended for individuals who already have foundational knowledge and skills in Office 2007 or Office 2010 and who are interested in transitioning from the earlier versions to Office 2013.

Dates: Fridays, September 11–25, 8:30–11:30 a.m.

Location: Merced College, Business Resource Center Room #122

Cost: \$145/participant

ServSafe– 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 2nd day of class from 12:00 - 2:00 p.m. Please read: 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.

Dates: Tuesdays, September 15–22, 8:30–11:30 a.m.

Location: Merced College, Business Resource Center Room #122

Cost: \$179/participant

Jr. Blue Devil Splashball (Ages 5-9)– Splashball™ is a 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 Coach McCall at (209) 384-6029 or mccall.s@mccd.edu.

Dates: Tuesdays & Thursdays, September 1–October 22, 4–5 p.m.

Location: Merced College, POOL

Cost: \$80/participant

Jr. Blue Devil Beginning Water Polo (Ages 14 & under)– 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 water 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. For more information contact Coach McCall at (209) 384-6029 or mccall.s@mccd.edu.

Dates: Tuesdays & Thursdays, September 1–October 22, 4–5 p.m.

Location: Merced College, POOL

Cost: \$80/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, September 23–October 28, 7–8:30 p.m.

Location: Merced College, GYM-4

Cost: \$40/participant

Bus Trip to the Delta Blues Festival – Come join us for a fun day of blues music on the delta! The Delta Blues Festival is conducted in the historic Rivertown district of Antioch, and is held in the fall of each year. This is a musical oriented event that also combines offerings of crafts and various foods. This family friendly event will also serve as a showcase event for the historic Rivertown district of Antioch.

Dates: Saturday, September 23–October 28, 7–8:30 p.m.

Location: Antioch

Cost: \$89/participant

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

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Don't forget to "like" Merced College Community Services on Facebook!