



Luna
Community
College

Community Education Spring 2013

LCC Music Classes offered for Credit...

Music Appreciation (MUS 108E)

Jan 14-May 10 Mon/Wed

7-8:15pm

Instructor: Billie Matthews

3 credits



Health & Fitness

Yoga (PE 135)

Yoga is an active physical practice performing a sequence of poses, better known as *asanas*. Basic poses will be chosen to increase both flexibility & strength. Breath work will also be addressed, which helps the body to release tension and to do more with less effort. **1 credit.**

Sec 01-Jan 14-May 10 M/W 4-4:50pm

Location: Main Campus, GEN 104

Instructor: Henrietta Griego

Sec 30-Jan 14-May 10 M/W 9-9:50am

Location: Santa Rosa, Room 102

Instructor: Jean Digerness

Step Aerobics (PE 116)

Step Aerobics is a motivational course in which the student, through active participation, will develop skills to provide enjoyment for cardio respiratory activities. Step training consists of stepping up and down on a platform while performing creative choreographic movements to music. **1 credit.**

Sec 20 Jan 14-May 10 T/R 6-6:50pm

Location: LCC Springer, Forrester 112

Instructor: Shay Jespersion

Cardio Weight Training (PE 121)

This physical education class is designed to promote wellness and exercise combining weight training and cardiovascular training. Instructor will encourage the use of stationary bike, stair stepper, treadmill and weight training machines or free weights. **1 credit.**

Jan 14-May 10 T/R 7-7:50am

Location: Wellness Center

Instructor: Antonio Siqueiros

Kickboxing & Step Combo (PE 117)

The class will consist of Cardio Kickboxing and Step-training. Cardio Kickboxing is one of the biggest exercise activities to hit the gyms. Cardio Kickboxing varies from gym to gym, but the format is generally the same--a series of drills set to music including: shadow boxing, various types of kicks, shuffling, jump rope, jumping jacks, weaving, jabbing, punching/kicking combinations that include jabs, hooks, front, back, and side kicks. Step training, also known as step aerobics, will also be included which consists of stepping up and down on a platform while performing creative choreographic movements to music. It is predominantly a low impact, high intensity athletic activity that has attracted both men and women of all ages interested in a simple yet challenging aerobic workout. **1 credit**

Sec 01 Jan 14-May 10 M/W 12-12:50pm

Location: Wellness Center

Instructor: LouElla Marr-Montoya

Sec 02- Mar 18-May 10 MTW 1-2:10pm

Location; Wellness Center

Instructor: LouElla Marr-Montoya

Physical Fitness (PE 112)

Log in 32 hours at LCC Wellness Center during the Summer semester. Workout using the latest in modern exercise equipment including stair steppers, stationary bikes, treadmills, exercise machines, resistance training equipment. Log in and log out required. Registration is open throughout the semester. **1 credit**

Sec 01 Dec 10-May 10 MTWRF 7am-7pm

Location: Main Campus, Wellness Center

Instructor: Dawnette Garcia

Sec 40 Jan 15-May 10 TWR 3:30-4:20pm

Sec 41 Jan 15-May 10 TWR 5:30-6:20pm

Location: LCC Mora

Instructor: Jeannie Abeyta

Weight Training (PE 113)

In this class, log in 32 hours of weight training at the LCC Wellness Center within the 2-month semester. Workout at your convenience using the latest in weight training machines and free weights. Log in and log out required.

Registration is open throughout the semester.

1 credit

Dec 10-May 10 MTWRF 7am-7pm

Location: Wellness Center

Instructor: Dawnette Garcia

Self Defense Karate (PE 138)

This class will teach the basic movements and skills of karate with hands on training. Minimal sparring is used during class sessions, yet safety is emphasized. Students learn effective techniques of self defense, including disciplined tactics and movements through quality instruction. **1 credit**

Sec 01 Jan 14-May 10 M/W 5:30-7:30pm

Sec 02 Jan 15-May 10 T/R 5:30-7:30pm

Location: Wellness Center

Instructor: Jeff Ortzow

Community Education

454-5311 800-588-7232, x-1204

Fax- 505-454-5338

www.luna.edu

Self Defense Karate for Youth (COM 620)

This class is **only** for students under the age of 15 years. Instructor incorporates the basic techniques, movements and skills of self defense karate with disciplined instruction. Safety is emphasized **\$38**

Aug 20-Dec 7 M/W 5:30-7:30pm

Location: Wellness Center

Instructor: Jeff Ortzow

Payment for this class made at Community Education Office, Room 119, Student Services Center

Mountain Hiking (COM 559)

Go take a hike! Absolutely. In this nature-lovers course, students accompany an experienced team of hikers through developed trails in one of many backcountry, pristine sites in the Santa Fe and Carson National Forests, and select state wilderness areas. All hikes are day hike; pack a lunch, plenty of water, and comfortable clothes and shoes. Don't forget the rain gear. Hikes are easy to moderate, with very few difficult sections of climbing. Transportation is available to trailhead. Departure time on all hikes is 8am. **\$20**

All sections are 8am to 6pm, Saturdays

Sec 01 Sep 15- #247 @ El Porvenir

Sec 02 TBA

Instructor: Tom Herrera/Lawrence Martinez





HIT

Cardio Conditioning



Carl Vigil is a native from Las Vegas and attended LCC and received an AA Degree in Criminal Justice. He also attended NMHU to receive a BA in Exercise Science, and an MA in Sports Administration. Carl is a high school sports official in basketball and baseball and also officiates baseball at the Junior College level. He is currently an Assistant Baseball coach at LCC and has been a Performance Specialist at LCC Wellness Center for the last five years. Carl is the Cardio and Conditioning coach for the LCC Baseball team and instructs a High Intensity Interval Class and Personal Trains on each individual's needs and goals. Carl is certified by the American Red Cross First Aid and CPR, AED Certified, CPO Certified by National Swimming Pool Foundation.

Carl's Cardio Conditioning class is offered on Tuesdays and Thursdays from 7:00am-7:50am.

High Intensity Interval Training class will be offered as a *Community Ed* class on Monday's and Wednesday's from 5:30-6:30pm, the charge will be \$40.00. There is a limit of 15.

PERSONAL TRAINING

A TRAINER WILL MOTIVATE YOU, SET MEASURABLE GOALS, AND PROVIDE FEEDBACK AND ACCOUNTABILITY TO CLIENTS. WE WILL MEASURE YOUR STRENGTHS AND WEAKNESS, AND PROVIDE FITNESS ASSESSMENTS. THE FITNESS ASSESSMENTS WILL BE PROVIDED BEFORE AND AFTER THE 6-SESSION TRAINING PERIOD TO MEASURE YOUR ACCOMPLISHMENTS. WE WILL EDUCATE CLIENTS IN THE ASPECTS OF WELLNESS, PHYSICAL FITNESS AND NUTRITION GUIDELINES. ALL INDIVIDUALS WILL COMPLETE A HEALTH HISTORY QUESTIONNAIRE, AND A PAR-Q FORM.

JAN 14-MAY 10 6 SESSIONS TOTAL/ 2 SESSIONS PER WEEK \$10 per session/\$60 total

LOCATION: WELLNESS CENTER

INSTRUCTORS: CARL VIGIL, DAWNETTE NAJAR, PAUL ARAGON



Register @ LCC Wellness Center. For more information, call 454-5311, or 425-8767

ZUMBA FITNESS

JAN 15—MAR 7 TUE/THURS 5:30-6:30pm 8-week session

CERTIFIED INSTRUCTOR: DONNA MEDINA-FLORES

COST: \$25 LCC WELLNESS CENTER

2ND EIGHT-WEEK SESSION ...MAR 19-MAY 10



ZUMBA GOLD

JAN 14-MAY 10 MWF 9:15-10:15 am

MAIN CAMPUS, WELLNESS CENTER

INSTRUCTOR: EVAN GUTIERREZ

16-WEEK SESSION \$75



REGISTRATION

To register for credit courses **(CSA, PE, HPS, prefix)**, an individual that has never attended LCC must complete an Admissions Application and registration card. Individuals that have previously attended LCC , complete only the registration card.

We cannot emphasize the importance of early registration for guaranteed placement in a course. Courses are subject to cancellation if minimum enrollment is not met. Ten is the minimum for credit bearing courses.

To register for Community Education courses **(COM prefix)** visit the LCC Office of Recruitment & Admissions, Room 119, Student Services Center, and complete a Community Education registration form. You may make payment for the courses in this office as well.

Students should register prior to the first class session. We cannot emphasize the importance of early registration for guaranteed placement in a course. Courses are subject to cancellation if minimum enrollment is not met. Seven is the minimum for Community Education

Every effort has been made to ensure the accuracy of the information presented in the LCC Community Education Schedule of Classes. However, all classes, instructors, designations, locations and fees described herein are subject to change or deletion without notice.

It is understood the contents of this publication are subject to change according to institutional policy.

GED PREP

Sec 01	9am-12noon	MTWR	Main Campus, STU,	Rm 206
Sec 02	1pm-3pm	MTWR	Main Campus, STU,	Rm 206
Sec 03	5pm-8pm	MW	Main Campus, STU,	Rm 206
Sec 04	5:15pm-8:15pm	TR	LCC Santa Rosa,	Rm 103
Sec 05	2pm-5pm	WR	LCC Springer, Forr.,	Rm 108
Sec 06	5:30-8:30pm	MW	LCC Mora, D. Cargo Library	
Sec 07	5pm-8pm	TR	Raton, Alternative School	

Classes begin January 14

ENGLISH AS A SECOND LANGUAGE (ESL)

Mon/Wed
5pm-8pm
Location:
Main Campus
STU 206

ADULT BASIC EDUCATION

At minimum, students should attend 12 hours that are inclusive of orientation, enrollment, assessment and placement. Depending upon individual assessment, every student will be placed in an academically appropriate level of instruction. Once the student is ready to take the official GED, the student will be given a post-test.

Students register at the Adult Basic Education Department located in the Student Services Center on the LCC Campus, or at the supplemental off-site location with the instructor during the specified class time. **Dependent upon funding, all classes and hours are subject to change.** For additional information, please call:

505-454-2531 or 1-800-588-7232, extension 1238 or 1239.

For Spring 2013
all ABE classes begin

JAN 14



instructor, entrepreneur, author

LeeAnneLA@aol.com

SEVEN SIMPLE SECRETS TO FINANCIAL FREEDOM

Does your money work for you or do you work for your money? This is not a get rich quick scheme, this is a plan of action to help others learn the path to financial freedom In this fast-paced workshop, you will learn how to:

*Get out of credit card debt & reduce bad credit * raise your credit limit AND never lower your interest rate * use More credit to raise your credit score * pay off your mortgage in half the time * become an active investor for financial Freedom

MARCH 26 TUESDAY 1 PM-3PM LRC LECTURE HALL Cost: \$20 + \$20 materials fee

BEGINNER'S GUIDE TO GETTING PUBLISHED

If your goal is to become a published freelance writer by selling a magazine article, short story, poem or even a novel, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: *become a published writer * submit manuscripts the correct way * find the right publisher * 100 ways to make money as a freelance writer * obtain FREE future Q & A opportunities

MARCH 26 TUESDAY 3 PM – 5 PM LRC LECTURE HALL COST: \$20 + \$20 materials fee

MEET THE PUBLISHER – GET YOUR MANUSCRIPT CRITIQUED

Have you ever wanted to talk to a real publisher? Bring your in-progress manuscript for an in-class critique of your poetry, article, short story, novel, non-fiction book, children's book, etc. You will learn the pros and cons of traditional publishing options, leave a copy of your work with LEEANNE, the owner of an author-friendly publishing house, for a professional critique.

MARCH 26 TUESDAY 5 PM- 6 PM LRC LECTURE HALL COST: \$10 + \$10 materials fee

EARN EXTRA MONEY WITH A MYSTERY SHOPPING BUSINESS

Have you ever wanted to become a Secret Mystery Shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You don't have to pay to begin your new career. You will learn how to start your business endeavor (you must attend "Cash In with a Successful Home Based Business") and learn to: *create a Mystery Shopping profile * avoid industry scams * create a company list * sign up with Mystery Shopping companies

MARCH 26 TUESDAY 6 PM- 7 PM LRC LECTURE HALL COST: \$10 + \$10 materials fee

CASH IN WITH A SUCCESSFUL HOME-BASED BUSINESS

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits at home by learning how to start a home-based business from a successful southern California entrepreneur. You will discover: *more than 100 home business ideas * mandatory legal documentation * many ways to market your product/service * how to take tax deductions.

MARCH 26 TUESDAY 7 PM- 9 PM LRC LECTURE HALL COST: \$20 + \$20 materials fee

MAKE MONEY WITH A TYPING/WORD PROCESSING BUSINESS

If you can type, then you can make money at home using your word processor or computer. You must attend "Cash in with a Successful Home-Based Business" workshop, then discover : *how and where to find clients * 50 ways to advertise/market your services * effective home office equipment choices * 100 ways to make money with a computer.

MARCH 26 TUESDAY 9 PM – 10 PM LRC LECTURE HALL COST: \$10 + \$10 materials fee

AT HOME ORIENTATION: MEDICAL INSURANCE BILLING / MEDICAL TERMINOLOGY / NOTARY PUBLIC if you ever wanted to learn one of these topics, here's your chance to learn at your own pace in your own home. The printed manuals will guide you through the course you choose. A facilitator is available via e-mail for any questions.

MARCH 26 TUESDAY 12 NOON – 1 PM LRC LECTURE HALL COST: materials fee only; \$99 for one course, \$159 for two courses, \$199 for all three courses.



Professional Development Opportunity

EFFECTIVE LEADERSHIP

This course defines leadership as the ability to get things done through people. The course will provide theoretical and practical skills necessary for leadership success in both personal and professional environments. In addition, students will develop an understanding of specific theories and models that make leadership successful.

Jan 15-May 10 Fridays 4pm—5pm

Location: TECH 102

Instructor: Dr. Vidal Martinez vmartinez@luna.edu

Course # STGS 236 (1 credit hour)

CONTEMPORARY WOOD CARVING

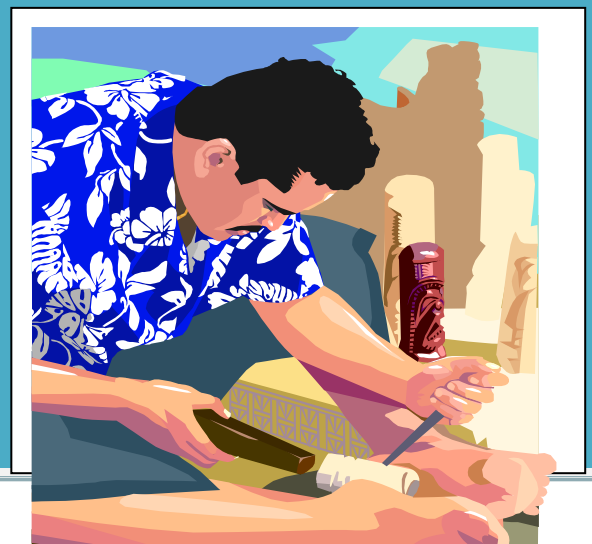
Here's a great opportunity to learn the basic techniques to develop a lifetime hobby – WOOD CARVING! This fun course will cover carving projects from beginning to end, including instruction on wood finishing-stains and paints- their uses and applications. Safety will be covered. Bring carving tools if you have some.

Jan 15-Mar 7 Tue/Thurs 6-9pm

Location: LCC Wood Shop

Instructor: Robert Montoya

Cost: \$45





FURNITURE & CABINETMAKING

FCMK 104-Planning, Layout & Design

Jan 15-May 10 Tuesdays 5-9 pm

In this course, students will define & apply elements of design, line, shape, mass, color, tone, texture to a small project in accordance with design standards, design acceptance & practical applications. Safety is covered.

FCMK 130-Advanced Woodworking

Jan 15-May 10 Fridays 4-9 pm

This capstone course includes advanced projects in Furniture & Cabinetmaking as approved by the instructor. Safety is covered.

Call LCC @ 454-5311 for registration information. Register early!



Luna Community College Community Education Non-credit Registration Form

Course number _____	Course Title _____
Course number _____	Course Title _____
Course number _____	Course Title _____

1. Social Security Number: _____ (optional)
2. Name _____

Last
First
Middle
3. Mailing Address: _____

Street/PO Box

City
State
Zip Code
4. Home Telephone Number: _____ Work Telephone Number: _____

The following voluntary information is needed to aid in establishing and maintaining educational programs with equal opportunity for all groups. All information will be kept confidential.

5. Gender: Female Male
6. Date of Birth: _____
7. Check Appropriate Ethnic Origin:

<input type="checkbox"/> (1) American Indian/Alaska Native	<input type="checkbox"/> (5) Non-Resident Alien
<input type="checkbox"/> (2) Asian American/Pacific Islander	<input type="checkbox"/> (6) Unknown/No response
<input type="checkbox"/> (3) Black, Non-Hispanic	<input type="checkbox"/> (7) White, Non-Hispanic
<input type="checkbox"/> (4) Hispanic	

STATEMENT OF NONDISCRIMINATORY POLICIES

Luna Community College is in compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendment of 1972 and Section 504 of the Rehabilitation Act of 1973. Luna Community College does not discriminate on the basis of age, race, color, national origin, disability, religion, or gender in its policies, practices, or procedures. This provision includes, but is not limited to admissions, employment, financial aid and educational services.

STATEMENT OF APPLICANT

I certify that the information furnished on this application is correct to the best of my knowledge. I agree that once I am admitted to Luna Community College, for purposes of attending Community Education courses, I will become familiar with and will observe the school's policies and regulations.

Circle form of payment: Cash / Check / Credit Card -- Visa / Master Card / Discover

Credit Card # _____ Expiration _____

Signature _____ Date _____

ITALIAN FOR TRAVELERS

Have you been to Italy or plan to go? Do you have Italian heritage? This class will introduce you to the basic Italian language as a traveler. Each session will include 15 minutes of cultural discussion and 45 minutes of Italian speaking with emphasis on role play. The class will introduce students to the alphabet and sounds of Italian to facilitate reading.



**March 12-April 30 Wednesdays 6:45 pm--7:45 pm.
Location: Humanities 110, Cost: \$75
Instructor: Liz Berdugo**

**COMMUNITY EDUCATION CLASSES
COMING TO LCC FOR SPRING 2013**

APPLIANCE REPAIR

WINE TASTING & COLLECTION

SALSA DANCE

ZUMBA GOLD

LATINO PLAYWRITING

Do you have a class you may want to teach?
Do you have an interesting hobby you may want to share with the community? Propose a Community Education Class at Luna Community College. Call (505) 454-5311 for more information.

