

COMMUNITY EDUCATION
SCHEDULE OF CLASSES

SUMMER 2012

Music & Dance

LCC Music Classes offered for Credit...

Music Appreciation (MUS 108)

Jun 5-Jul 27 T/R 1-3:50pm

Location: GEN 108

Instructor: Jeanette Nolan



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.**

Class returns Fall 2012 semester

Location: Main Campus, GEN 104

Instructor: Henrietta Griego

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 Jun 5 –Jul 27 T/R 6pm-7:40pm

Location: LCC Springer, Forrester 112

Instructor: Shay Jespersen

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.**

Class returns Fall 2012 semester

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 Jun 4-Jul 27 MTW 12-1:10pm

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 May 14-Jul 27 MTWRF 7am-7pm
Location: Main Campus, Wellness Center
Instructor: Dawnette Garcia
Sec 40 Jun 5-Jul 27 TWR 3:30-4:20pm
Sec 41 Jun 5-Jul 27 TWR 5:15-6:25 pm
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**

Sec 01 May 14-Jul 27 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 Jun 4-Jul 27 M/W 5:30-7:30pm
Sec 02 Jun 5-Jul 27 T/R 5:30-7:30pm
Location: Wellness Center
Instructor: Jeff Ortzow

Self Defense Karate for Youth (COM 620)

This class is 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**

Jun 4-Jul 27 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 April 21- #247 @ El Porvenir

Sec 02 May 19—Big Tesuque Trail

Sec 03-Jun 16—Pecos Wilderness

Sec 04-July 14-- TBA

Instructor: Tom Herrera/Lawrence Martinez

Community Education

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

Fax- 505-454-5338

luna.edu



HOLISTIC*HEALING*MASSAGE*WELLNESS

Monthly Classes by Karen Stashek

USUI REIKI CLASSES

REIKI LEVEL I & REIKI LEVEL II ...\$65 PER LEVEL

REIKI MASTER/TEACHER ...\$180

SEKHEM-SEICHIM REIKI ...\$65

POLARITY BALANCING ...\$45

MEDITATION & PRAYER ... \$25

LAWS OF UNIVERSE (MANIFESTATION) ... \$25

ATTAINING SUCCESS IN LIFE ... \$25

MEET YOUR SPIRIT GUIDE ... \$25

INTUITIVE HEALING WITH ESSENTIAL OILS ... \$25

LAKOTA RAIN DROP TECHNIQUE ... \$25

LAKOTA HOT STONE TECHNIQUE ... \$25

COLOR & SOUND THERAPY FOR HUMANS & ANIMALS ... \$25

HEALING WITH GEMSTONES, BIOGEOMETRY, FENG SHUI ... \$25

EAR CANDLING ... \$25

BASIC EMOTIONAL FREEDOM TECHNIQUE ... \$25

JIN SHIN JYUTSU ... \$25

BASIC HUMAN CRANIOSACRAL ... \$35

BASIC HUMAN MYOFASCIAL RELEASE/FELDENKRAIS ... \$25

BASIC CANINE/FELINE MYOFASCIAL/FELDENKRAIS ... \$25

BASIC EQUINE MYOFASCIAL RELEASE/FELDENKRAIS ... \$35

ANIMAL (INTERSPECIES) COMMUNICATION ... \$35

BASIC DOG OBEDIENCE ... \$25

NATURAL HORSEMANSHIP/TRAINING ... \$35

SPORTS IMPROVEMENT CLASS ... \$25

Classes will be held at : 128 Bridge Street, Las Vegas, NM

Equine classes at Equine Center, Las Vegas, NM

Contact Karen Stashek at 425-9003, or KarenStashek@wildblue.net.

www.AnjjonieWings.com

INTRODUCTION TO GOLF (PE 141)



Jun 4—July 27
Mon/Wed 10-11:50am
Location: Gene Torres
Golf Course
Instructor: Ben Leyba
1 credit

This class offers instruction in the basic skills, equipment, rules, etiquette and shot making. Learn the full swing, pitching, chipping, putting; develop your long game and short game. Students will have access to the driving range, play a 9-hole round and learn the format in a golf scramble. You will also enjoy and appreciate golf's contribution to personal exercise and pleasure. Bring your own clubs, be prepared for summer fun on the course!

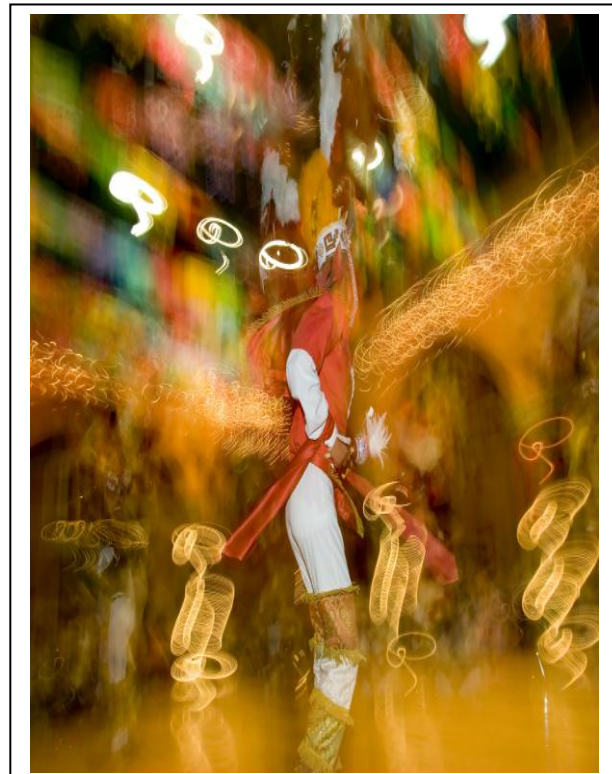
ZUMBA FITNESS

JUNE 5—JULY 26 TUE/THURS 5:30-6:30 PM
CERTIFIED INSTRUCTOR: DONNA MEDINA-FLORES
COST: \$50 WELLNESS CENTER

MAY 21-JULY 27 MON/WED/FRI 9-10 AM
CERTIFIED INSTRUCTOR: EVAN GUTIERREZ
COST: \$50 LCC WELLNESS CENTER

HIP HOP AEROBICS

JUNE 4-JULY 27 MTWR 5:30-6:30 PM
INSTRUCTOR: APRIL SALAS
COST: \$50 LCC VO-AG BLDG.



REGISTRATION

To register for credit courses **(CSA, PE, HPS , QUIL 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 courses.

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 - 5:15-8:15pm TR LCC Santa Rosa, Room 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 June 4

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 Summer 2012,
all ABE classes begin**

June 4



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:
(1) American Indian/Alaska Native (5) Non-Resident Alien
(2) Asian American/Pacific Islander (6) Unknown/No response
(3) Black, Non-Hispanic (7) White, Non-Hispanic
(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