

**COMMUNITY EDUCATION
SCHEDULE OF CLASSES
SPRING 2011**

Music & Dance

Line Dance (COM 155)

In this fun and energetic class, students learn the basic steps of line dancing and progress to intermediate steps within a few lessons. Learn a variety of dances such as “Good Time”, “Georgia Peach”, “Red Hot Salsa”, “Come Dance With Me”...just to name a few modern line dances. \$40

TBA (call 454-5311 for more information)

Location: IPC

Instructor:

LCC Music Classes offered for Credit...

Basic Mariachi (MUS 117)

Jan 24-May 13 Mon

6:30-9:50 pm GEN 110

Jeanette Nolan

Beginning Guitar (MUS 125)

Jan 24-May 13 Mon

6-8:50 pm GEN 103

John Arellanes



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 19-May 13 M/W 4-4:50pm

Location: Wellness Center

Instructor: Henrietta Griego

Sec 30 Jan 19-May 13 M/W 9-9:50am

Location: LCC Santa Rosa, Room 104

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. 01 Jan 20-May 13 M//R 5:30-6:20pm

Location: Wellness Center

Instructor: Donna Flores-Medina

Sec 20 Jan 18-May 13 T/R 6-6:50pm

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.**

Jan 18-May 13 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 19-May 13 M/W 12-12:50 pm

Sec 02 Mar 14-May 13 MTW 1-2:10pm

Location: Main Campus, 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 13-May 13 MTWRF 7am-7pm

Sec 02 Jan 18-May 13 MTWRF 7am-7pm

Location: Main Campus, Wellness Center

Instructor: Dawnette Garcia

Sec 30 Jan 18-May 13 MTWRF 8am-7pm

Location: LCC Santa Rosa

Instructor: Albert Campos

Sec 40 Jan 18-May 13 TWR 5-5:50pm

Sec 41 Jan 18-May 13 TWR 3:30-4:20pm

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

Sec 01 Dec 13-May 13 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 19-May 13 M/W 5:30-7:30pm

Location: Wellness Center

Instructor: Jeff Ortizow

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 **\$30**

Jan 24-May 13 M/W 5:30-7:30pm

Location: Wellness Center

Instructor: Jeff Ortizow

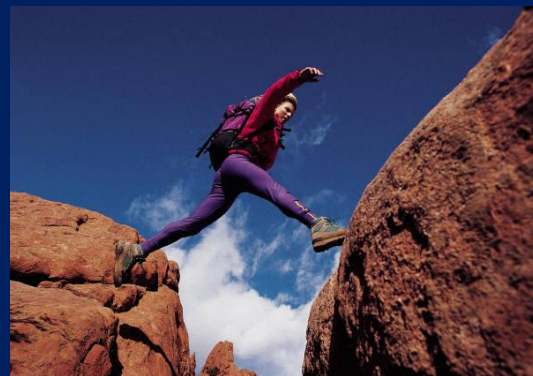
Payment for this class made at Community Education Office, Room 119, Student Services Center

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

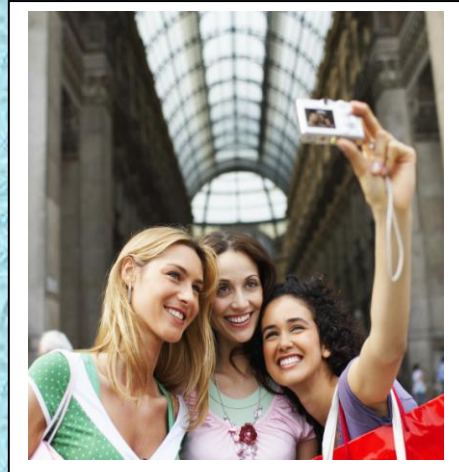
Sec 01 April 16 destination TBA

Instructor: Tom Herrera/Lawrence Martinez





DIGITAL PHOTOGRAPHY



In this class, learn the basics of photography as you explore the capabilities of your digital camera. Find out how and when to use flash, and experiment with photographic composition to get the most out of your camera – and yourself! Learn how to use point-and-shoot capabilities of your camera, practice downloading photos from your camera to a computer, and eventually printing your photos. The class is recommended for the novice photographer/film photographer who want to make a switch to digital. Bring your digital camera, manual and extra batteries to class. Photoshop software will be utilized.

Feb 8-Mar 31 Tues/Thur 5:30-7 pm

Location: Main Campus, Media Arts Lab

Instructor: Rachel Montoya

\$50

FOREVER THE RAINBOW: How The Colors Of The Rainbow Can Save Your Life

A survey course of the powerful science-based approach to plant-based nutrition that will dramatically reduce your risk of cancer, diabetes, heart disease, and obesity and improve your quality of life & happiness. Topics covered include: Nutrition fundamentals, Disease of Affluence and Principles in Practice. The course is for health care professionals and anyone interested in helping themselves and others to superior health. Textbook- *Plant Lifecycle Nutrition*, \$10. No prerequisite.

Date/Time TBA

Allied Health Center



Instructor: Madhava Das

QUILTING & SEWING

Vocational Education Department.

QUIL 105 Intro to Quilting & Sewing

Sec 01 Jan 18-May 13 T/R 10am-12:30pm

Location: Bldg. Trades

Instructor: Lin Chibante

Sec 02 Aug 23-Dec 10 Tue 3-9pm

Location: LCC Springer, Forr 106

Instructor: Laura Brewer

QUIL 108 Foundation Piecing

Jan 18-May 13 T/R 1-2:50pm

Location: Bldg. Trades

Instructor: Lin Chibante

QUIL 112 Quick Rotary Cuts Quilts

Jan 18-May 13 T/R 3-4:50pm

Location: Bldg. Trades

Instructor: Lin Chibante

QUIL 205 Quilting & Sewing II

Sec 01-Jan 18-May 13 T/R 5:15-7:10pm

Location: Bldg Trades

Instructor: Lin Chibante

Sec 02-Jan 20-May 13 Thur 5:30-9:20pm

Location: Springer LCC, Forr 106

Instructor: Laura Brewer

QUIL 214 Quilting & Sewing III

Jan 15-May 13 Sat 9am-3pm

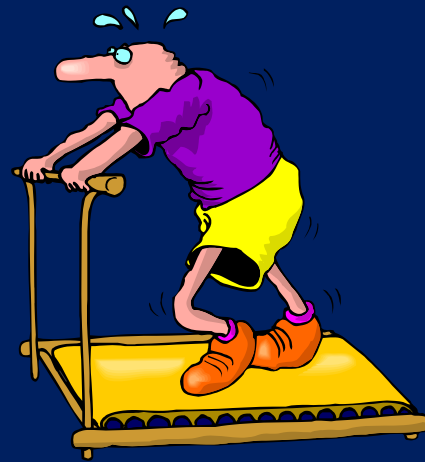
Location: Bldg Trades

Instructor: Lin Chibante



**Luna Community College
encourages exercise and
wellness throughout the
communities of the service
area. Wellness classes offered
in Las Vegas, Santa Rosa,
Springer and Mora.**

Gerald P. Ortega Wellness Center
425-8767



**COMMUNITY EDUCATION
Student Services
Bldg.,
Room # 119
505-454-5311
800-588-7232, Ext.
1204
505-454-2588 -- fax
www.luna.edu**

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/ESL OFFERINGS

Adult Basic Education Program -

Sec 01-9am-12noon MTWR

Location: Main Campus, STU 206

Sec 02-1pm-3pm MTWR

Location: Main Campus, STU 206

Sec 03-5pm-8pm Tue/Thurs

Main Campus, STU 206

Sec 04 - 4pm-7pm Tue/Wed

Location: LCC Santa Rosa, Rm 103

Sec 05 - 1pm-4pm Tue/Thurs

Location: LCC Springer, Rm 108

Sec 06 - 5:30pm-8:30pm Mon/Wed

Location: LCC Mora, David Cargo Library

Sec 07 - 5pm-8pm Tue/Thur

Location: Raton, Alternative School

Wagon Mound High School

Sec 09 - 5pm-8pm Tue/Thur

Las Vegas Detention Center

English as a Second Language (ESL)

Sec 01-5pm-8pm Tue/Thur

Location: Main Campus, STU 206

Sec 02-5:30-8:30pm Tue/Thurs

Location: LCC Santa Rosa, Rm 101

Sec 03-3pm-6pm Mon/Wed

Location: Pecos High School

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 2011,
all ABE classes begin
January 18.**



Signature _____ **Date** _____