

## HEALTH, SAFETY & FITNESS

### FIRST AID, CPR & AED FOR ADULTS, CHILDREN AND INFANTS

The American Red Cross First Aid/CPR/AED Program is a training program to prepare individuals to respond to injuries and sudden illnesses in the workplace, home, or community. This course offers first aid, adult/child/infant CPR, automated external defibrillator (AED) and injury control modules. The American Red Cross Certification card is an extra \$8.00\* PAID IN CASH TO THE INSTRUCTOR THE DAY OF CLASS. SLUSD employees and volunteers will receive a 50% discount but must pay \$8.00 for their cards. Enrollment for SLUSD employees is limited.

Section	Cost	Instructor	Time	Day	Place	Dates
094108	\$58*	Souza	8:00 am-2:30 pm	Sat	EC Room 102	1/24
094117	\$58*	Souza	8:00 am-2:30 pm	Sat	EC Room 102	3/14
094119	\$58*	Souza	8:00 am-2:30 pm	Sat	EC Room 102	4/18
094121	\$58*	Souza	8:00 am-2:30 pm	Sat	EC Room 102	5/16

### CPR & AED FOR THE PROFESSIONAL RESCUER

Section	Cost	Instructor	Time	Day	Place	Dates
094116	\$65	Souza	8:00 am-2:30 pm	Sun	EC Room 203	TBA

NOTE: A new class, CPR/AED for the Professional Rescuer, is available and can be scheduled upon request. This class is an advanced CPR/AED course for professionals in the medical, public, and safety fields (nurses, firefighters, police officers, 1st response individuals, etc. ). A minimum of seven students is required to hold this class. Contact Calvin Chai, if you are interested 667-6287.

### CPR RECERTIFICATION

Renew your American Red Cross Certification card by attending this 3-hour cardiopulmonary resuscitation recertification training class. Class includes American Red Cross Certification card. The American Red Cross Certification card is an extra \$8.00\* PAID IN CASH TO THE INSTRUCTOR THE DAY OF CLASS. SLUSD employees and volunteers will receive a 50% discount but must pay \$8.00 for their cards. Enrollment for SLUSD employees is limited.

Section	Cost	Instructor	Time	Day	Place	Dates
094109	\$38*	Souza	8:00 am-11:00 am	Sat	EC Room 102	1/24
094118	\$38*	Souza	8:00 am-11:00 am	Sat	EC Room 102	3/14
094120	\$38*	Souza	8:00 am-11:00 am	Sat	EC Room 102	4/18
094122	\$38*	Souza	8:00 am-11:00 am	Sat	EC Room 102	5/16

### INTRO TO YOGA

This class will familiarize students with Kundalini Yoga. See Beginning Yoga for a description.

Section	Cost	Instructor	Time	Day	Place	Dates
143021	\$16	Khalsa	6:30-7:30 pm	M	RS	1/12-1/26

### BEGINNING YOGA

Kundalini Yoga, a safe and comprehensive system of breathing, physical exercise, and meditation, is an excellent way to increase flexibility, fitness, and energy level for all fitness levels and adult ages. Wear loose, comfortable clothing and bring a mat.

Section	Cost	Instructor	Time	Day	Place	Dates
143101	\$57	Khalsa	6:30-7:30 pm	M	RS	2/2-3/30
143102	\$50	Khalsa	6:30-7:30 pm	M	RS	4/13-6/1

No class 1/19, 2/16, 4/6, 5/26

## PERSONAL DEVELOPMENT

### VEGETARIAN INDIAN/CHINESE/MALAYSIAN COOKING

Students will prepare wonderful vegetarian Indian/Chinese/Malaysian dishes. Supplies for the class will be provided. Come prepared to learn, cook and eat. Register by 3/14.

Section	Cost	Instructor	Time	Day	Place	Dates
142501	\$35	Sim	9:00 am-1:00 pm	Sat	EC Room 102	3/21

### THAI COOKING

Students will prepare wonderful Thai dishes. Supplies for the class will be provided. Come prepared to learn, cook and eat. Register by 4/18.

Section	Cost	Instructor	Time	Day	Place	Dates
142505	\$35	Sim	9:00 am-1:00 pm	Sat	EC Room 102	4/25

### MALAYSIAN COOKING

Students will prepare wonderful Malaysian dishes. Supplies for the class will be provided. Come prepared to learn, cook and eat. Register by 5/1.

Section	Cost	Instructor	Time	Day	Place	Dates
142506	\$35	Sim	9:00 am-1:00 pm	Sat	EC Room 102	5/9

### BEGINNING SALSA DANCING

Learn the basics of Salsa dancing with this step-by-step method. Partners are not necessary.

Section	Cost	Instructor	Time	Day	Place	Dates
143900	\$65	Suarez	12:30 -2:00 pm	Sat	EC Room 102	2/28-4/4

**BEGINNING SEWING—INTRODUCTION TO MACHINE SEWING**

This class is a sewing class for beginners with little or no sewing experience. Borrow a friend’s machine or pull your old machine out of the garage and put it to good use. Students learn four easy hand stitches and become comfortable with the use of a sewing machine. As this class is an introduction to machine sewing, care and use of your machine will be stressed. Students will leave the class having a “boa scarf” and a fancy bag. Playful creativity will be stressed through out the class—so come prepared to play!

Section	Cost	Instructor	Time	Day	Place	Dates
148503	\$89	Ruddle	12:15-3:15 pm	F	EC Room 103	2/6-3/6
No class: 2/13						

**BEGINNING SEWING—PERSONAL PROJECTS**

Feeling comfortable enough with your sewing machine to take it to the next steps? Save your hard earned dollars and give something special this holiday season. Impress everyone (including yourself!) by whipping up a batch of unique and fund handmade gifts!

Section	Cost	Instructor	Time	Day	Place	Dates
148502	\$89	Ruddle	12:15-3:15 pm	F	EC Room 103	3/13-4/3

**FLORAL ARRANGING**

Learn the basics of floral design from making bows to vase arrangements and boutonnieres at corsages. Create while you experience the wonderful world of flower arranging. Supply list available in the office prior to the first class meeting.

Section	Cost	Instructor	Times	Day	Place	Dates
144802	\$75	Johnson	6:30-8:00 pm	M	EC Room 103	2/23-3/16
144803	\$75	Johnson	6:30-8:00 pm	M	EC Room 103	4/13-5/4



Floral Arranging instructor, Erin Johnson, working with student.

**HOME DECORATING—THE BASICS FROM DRAB TO FAB PART I**

Your home should be beautiful and functional. If it’s not come and learn design techniques that can help you create the home you envision. Instructor, Michelle Koch, owns a successful home staging business and will share solutions to come decorating challenges. Learn 5-point strategy for cleaning up clutter, proper furniture placement for optimum style and function; and color and lighting. Design workbook provided.

Section	Cost	Instructor	Time	Day	Place	Dates
148600	\$85	Koch	7:00-8:30 pm	Th	EC Room 103	1/15-2/5

**HOME DECORATING—THE BASICS FROM DRAB TO FAB PART II**

Learn about accessories, art and finishing touches. Students will practice the art of table top decorating, effective art hanging, how to display shelving décor, and room-by-room final touches. The focus will be on interactive demonstrations and hands-on designing. Completion of Part I not required.

Section	Cost	Instructor	Time	Day	Place	Dates
148601	\$85	Koch	7:00-8:30 pm	Th	EC Room 103	2/19-3/12

**EVERYDAY MASSAGE FOR EVERYDAY PEOPLE**

In this one-day workshop, learn massage techniques that will help relieve stress and relax those you massage. You will experience and practice a variety of massage routines and leave the workshop with the confidence to use them. This hands-on workshop is sensitive to your needs in a fun and safe environment. Note: Bring an exercise mat or a large towel as some routines are on the floor. Dress in loose clothing (sweats, shorts, t-shirt) and wear socks. Bring a bag lunch. Instructor is a Nationally Certified Massage Therapist with 18 years of experience.

Section	Cost	Instructor	Time	Day	Place	Dates
144700	\$75	Leon, NCMT	9:00 am-3:00 pm	Sat	EC Room 102	2/21
144701	\$75	Leon, NCMT	9:00 am-3:00 pm	Sat	EC Room 102	5/9