



Beginning Dog Obedience (Dogs 4 months +)

Family Members Age 11+

with Paige Tyson. Questions about class content? Call 209.532.6269

\$82 (SR \$63) • 7 classes

Beg	25.210	W	6-7pm	4/22-6/3
Int	25.211	W	7-8pm	4/22-6/3

Beginning: In this class, your dog is taught to sit, down, stay, come, heel and easy (walking nicely at the end of the leash without pulling). The dog is taught to move freely and easily with the collar, so one day you barely have to use it. The dog is also taught to perform things and to willingly do or not do things, not just be prevented from doing them. Verbal and/or physical praise from owner is given. This builds a relationship between owner and dog. Any specific problems you are having will be addressed and cured in class or by a lifestyle change at home. You will need a 6 foot leather leash. Instructor will supply the nylon collar.

Intermediate: This class will instruct students in off-leash control. This is done with the addition of a 30 foot long line.

ALL Dogs must have current rabies and distemper vaccinations. A 6 foot leather leash is required. Special nylon choke collar included in fee. Minimum owner age is 11 years old.

Location: behind the VMSC Building

Women's Self Defense- Street Chic

Age 14+

with Wani Wynne, 3rd degree black belt Chinese Kenpo karate, blue belt in Gracie Brazilian JiuJitsu.

\$28 (SR \$22) • 1 class

26.217	M	7-9pm	4/20
26.218	Sa	10am-12pm	5/9
26.219	M	7-9pm	5/18
26.221	Sa	10am-12pm	6/6

Get your body and your mind into shape! Have some fun with a fundamental and practical approach to personal protection in a safe/caring environment. A female black-belt instructor will help you learn/practice realistic stand-up and ground applications of Karate and Ju-jitsu. No experience needed.

Location: RMCC



See p. 53 for Digital Photography

Selling On eBay The Basics

with Robert Robillard, certified ebay teacher

\$55 (SR \$43) • 1 class

The Basics	25.235	Sa	9am-12pm	4/4
The Basics	25.236	Sa	9am-12pm	5/30
The Basics	25.237	Sa	9am-12pm	6/13

THE BASICS: Want to begin selling on eBay? Learn: Introduction to eBay; eBay/Paypal Security; Set up an eBay account ; Researching items; Create eBay listings that attract buyers; Improve listings with better descriptions and photography; Pricing strategies to maximize profit; Using Paypal; Monitoring sales; Drop Shipping tips ; and I sold it. Now what? Avoid the mistakes that many new eBay sellers make. Find other resources to help your business grow! **Students should have a basic knowledge of the computer - Word, etc.**

Location: CAB

FUN Part-Time Jobs

with Dan Tilles

\$24 (SR \$20) • 1 class

25.215	Th	7-9:30pm	4/2
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Get paid to dine out (with your guest!), express your opinion, go shopping, be in a movie, share your hobby, sample food and beverages, work-out, go to the movies and more! No special education or training required. Instructor Dan Tilles has done them all and will tell you who hires and why, how to apply, how much they pay and everything else you need to know to make money having fun. A handout includes names and how to contact companies for these jobs. Also: work scams to avoid and ways to protect yourself. This class is for all ages.

Lab Fee: \$1 payable to instructor.

Location: RMCC

ABC's of Home Building + Green Building

with Julia Harkola, PhD Stanford Construction Management, registered Civil Engineer, general contractor as well as a certified green building professional.

\$70 (SR \$54) • 1 class

25.207	Sa	9am-2pm	5/2
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Learn how to evaluate your property, design and budget your project, and select and manage your designer and general contractor. You will complete the seminar with a general understanding of the design and construction processes, and a specific action plan for your own project to remodel or build your home. Fee includes a 1 hour individual consultation at your home (an \$85 value!). This session includes a special segment on Green Building. See <http://www.HHBuildersGroup.com/seminar> for more information. **Lab Fee: \$7 payable to instructor covers snacks, drinks, & handouts.**

Location: Sandpiper

The Spirit of Home:

with Linda Lenore

Architectural Layout & Design

NEW

\$33 (SR \$26) • 1 class

25.230 Th 6:30-9pm 4/9

Whether you are selecting a home to purchase, remodeling a home, or designing a home from scratch, topics we'll discuss are: Styles you love, Square footage, Number and size of bedrooms, Formal dining and/or separate family room or "the great room" concept, Home Office, Den, Guest Bedroom, Bonus Room, Interior and Exterior Styling, Room to Grow or Downsize, Change of Usage for Long-Term Living Compatibility, Sacred Geometry and Timeless Designs.

Location: RMCC

Decorating Your Home

NEW

\$33 (SR \$26) • 1 class

25.231 Th 6:30-9pm 4/23

"Form follows function" is one of many principles used in the design and decoration of our homes. But functionality without beauty and other qualities you consider imperative for your home to possess will leave you unsettled. Explore the "must haves" of furniture placement, comfort, order, color (usage, color schemes, & psychological implications), lighting, and accessorizing. And if you have a home-based business or home office, there is an even greater need to focus on your home. You will leave with tips and ideas you can implement immediately.

Location: RMCC

Garden and Landscape Design

NEW

\$33 (SR \$26) • 1 class

25.232 M 6:30-9pm 4/27

"What does your garden grow?" Maybe it's not a garden, but a balcony. Does your dream yard include an outdoor kitchen or play structure for children? Your personal lifestyle choice may include an organic garden. You'll discover the meaning of gardens, ecological lifestyle choices, and inclusions of ancient knowledge in the design and implementation needed to create a feeling support and wholeness in your life.

Our connection to nature allows us to reconnect with the natural energies of the land and other living objects. Even the smallest amount of water allows grasses to grow providing food for insects that attracts bees, butterflies, and birds. This, in turn, feeds our body, mind and soul.

Location: RMCC

Putting All Together

NEW

\$33 (SR \$26) • 1 class

25.233 M 6:30-9pm 5/11

Focusing only on one area of our lives leaves us disconnected to the others, creating an imbalance in our lives. In this class you will discover how each area of your home environment is interconnected to parts of your life. Eco-Psychology is a science that describes this interaction. Feng Shui is an ancient wisdom that also addresses this phenomenon. Understanding these implications gives you an awareness and advantage to develop your home into a supportive, beautiful, nurturing environment for you and your family.

Location: RMCC



Massage with Jason Chan

www.jasonchanproductions.com, 650-968-8223

Couples Shiatsu Massage

\$80 (SR \$62) • 1 class- Class fee is per couple

26.201 Sa 11am-2pm 5/9

Give yourself and your partner the gift of massage! Based on Shiatsu, the ancient oriental bodywork, this class teaches the art of nurturing, healing and touch. Learn techniques that release stress, muscular pain and revitalize the body's energy, or chi. Couple's Shiatsu is fun and safe and is performed on the floor without disrobing or oils. Invite your partner, family member or friend to this 3 hour workshop. Please wear comfortable clothes and bring 2 sleep pillows and 2 bath or beach towels. **Lab Fee: \$20 per couple is payable to the instructor for instructional video.**

Location: RMCC

Ultimate Foot & Hand Massage

\$80 (SR \$62) • 1 class- Class fee is per couple

26.203 Th 6:30-9:30pm 4/16

Learn to spoil each other with techniques that are both therapeutic and pampering! Great for computer users, runners, dancers, hikers, hobbyists or sufferers of arthritis, carpal tunnel, plantar fasciitis and pain/stiffness. Seated techniques include reflexology and acupressure. **Bring towel and thin socks.** **Lab Fee: \$20 per couple is payable to the instructor for instructional video.**

Location: RMCC

Ultimate Neck & Shoulder Massage

\$80 (SR \$62) • 1 class- Class fee is per couple

26.202 M 6:30-9:30pm 6/1

Learn to effectively release nagging pain, chronic tension and stiffness. While seated, partners will take turns practicing techniques that include Deep Tissue, Hellerwork, Trigger Point, Thai and Acupressure. Ultimate Neck & Shoulder Massage is safe, feels great and has lasting, healing effects. Maintenance exercises are then taught to retain the benefits. No experience necessary. Massage therapist and health care professionals are encouraged to attend. Wear tank top, bring sleep pillow and large towel. **\$20 lab fee per couple is payable to the instructor for instructional video. Partner required.**

Location: RMCC