

A close-up photograph of several hands of different skin tones stacked together in a supportive gesture. The hands are positioned in the center of the frame, with fingers interlaced. The background is blurred, showing more people in a group setting.

# *West L.A. College*

**westside**extension

## Winter/Spring 2023

*Come Together*



**westside.wlac.edu**



## Join us for an in-person class...

**Certified Phlebotomy Technician - 1**

**Become A Notary Public**

**EV Charging Station Design,  
Installation and Operation**

**One-Stroke & Other Decorative  
Painting Techniques**

**Ukulele**

**Bookkeeping Basics**

**Passport to French**

**Improv for Personal Development**

**Ice Skating & Hockey**

**Muay Thai/Thai Boxing**

**Flamenco Fitness**

**Introduction to PCs For  
Absolute Beginners**

**and much more!**

## Or take a remote live class from the comfort of your home!

**Introduction to  
Health Insurance Billing,  
Coding and Claims Series**

**Understanding Your Medical Bill**

**How to ADU: Turn Your Backyard  
into a Moneymaker**

**How to Live, Work or Retire  
Abroad Affordably**

**Westside Movie Classics Watch Party**

**Introduction to Tai Chi Ch'uan**

**Ciao Venezia: Italian for Beginners  
Livestreamed from Italy!**

**Zumba®**

**The Highs & Woes  
of Internet Dating  
and much more!**

# Welcome to Westside Extension!

Westside Extension continues to 'extend' offerings to the community, via in-person, remote live and online formats. Staying connected and keeping the mind and body active continues to be of fundamental importance. Avail yourself of one or several of the many offerings listed in this catalog and on the Westside Extension website.



Go West. Go Far!

Regards,

Dr. James Limbaugh  
President, West Los Angeles College

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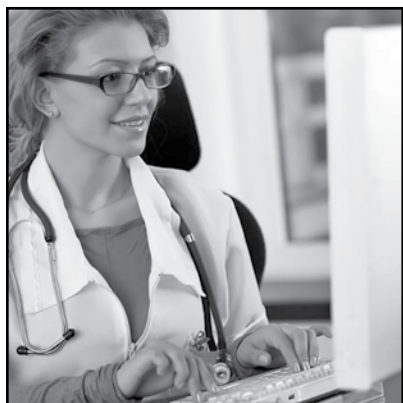
**ip** = In-Person Class

**RL** = Remote Live Class



## More Than 500 Great Classes Inside!

West Los Angeles College (USPS 025-369) Vol. 15, Issue #1. Published four times a year (January, April, May & August) by West Los Angeles College, Office of Advertising & Public Relations, 9000 Overland Ave, Culver City CA 90230-3519. Periodical postage paid at Culver City, CA, and at additional mailing offices. POSTMASTER: Send address corrections to West Los Angeles College, Attn: Marketing Dept., 9000 Overland Ave. Culver City CA 90230-3519.



## **RL Introduction to Health Insurance Billing, Contracts, Coding and Claims Series**

**8 Saturdays 8:30 am-2:30 pm \$950\***  
**March 11 thru May 6**

**SAVE \$50!**



Healthcare is one of the most job-secure fields of the next few decades, and knowledge of billing, contracts, and coding and claims can open many doors. Our certificate program will give you basic foundational knowledge and skills and an understanding of available jobs. The program consists of eight required modules developed by a professional in the field and is designed to introduce students to a career in hospital or clinic insurance billing, coding and claims. Content is related to insurance methodologies, concepts in medical diagnosis coding and procedure coding, along with an in-depth look at hospital charges, claim integrity, the revenue cycle, and revenue finding opportunities.

**ATTEND A FREE INFORMATION SESSION VIA ZOOM ON SATURDAY, FEB. 25 AT 11AM. REGISTER FOR CLASS ID# 45337.**

**Find out about the profession of health insurance billing, contracts, coding and claims and the Westside Extension certificate program in this free information session.**

### **The Revenue Cycle**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45338 March 11

### **Insurance Methodologies: Medicare, Government, and Commercial Contracts**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45339 March 18

### **ICD-10 Diagnosis Coding for Medical Necessity**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45340 March 25

### **CPT Procedure Coding for Medical Necessity**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45341 April 8

### **Regulatory Guidelines for Hospitals**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45342 April 15

### **The Hospital Claim vs The Professional Claim**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45343 April 22

### **Introduction to Drug Administration Coding (CPT-4)**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45344 April 29

### **Introduction to Claim Edits & Tying it Together**

1 Saturday 8:30 am-2:30 pm \$125  
 ClassID #45345 May 6

**FOR MORE DETAILS, VISIT OUR INFORMATION PAGE AT WESTSIDE.WLAC.EDU. I-TRAIN AND CALJOBS ELIGIBLE.**

*\*third party pays excluded from series' price.*



# Certified Phlebotomy Technician

## ip Certified Phlebotomy Technician - 1



**OVERVIEW:** Phlebotomists are professionals who draw blood for tests, transfusions, donations, or research. This program provides clinical instruction, training and knowledge to apply and take the National Certification Phlebotomy Technician 1 exam. Lectures cover laboratory environment, anatomy, safety and infection control, equipment, and the phlebotomy procedure.

**EXTERNSHIP:** Clinical instruction provides hands-on training in venipuncture technique, laboratory assisting, and administrative office duties.

**JOB OUTLOOK:** The need for Phlebotomists will remain high as doctors and other health-care professionals require blood work for analysis and diagnoses. According to U.S. Department of Labor Statistics, the national demand of phlebotomy technicians is forecast to grow by an estimated 24% by 2026.

**COMPLETION AND CERTIFICATION:** Students can complete the program in approximately 4 to 6 months. Upon completion, the student will qualify to apply to the State of California as a Certified Phlebotomy Technician 1 (CPT1).



### Become a Phlebotomist in 4 Steps:

1. Classroom Time—48 hours at West LA College
2. National Exam—2 hours on campus
3. Externship—40 hours in clinical setting
4. Submit Documents to the State of California

FREE

**INFORMATION  
SESSION:  
(VIA ZOOM)**

**Saturday,  
Feb. 11  
9:30-10:30 am  
Class ID #45264**



**REQUIREMENTS:** Minimum HS Diploma/GED, 18 years+, Scrubs (new, used, or borrowed). Negative TB test, proof of immunizations, and physical clearance required before externship placement.

**CLASS:** 8 Saturdays, Feb. 25-Apr. 22 (*no mtg Apr. 1*), 9 am-3 pm (Class ID #45265)

**EXAM:** Saturday, Apr. 29, 10 am-Noon

**FEE:** \$1,999\* Ask about our installment plan! I-TRAIN approved program.

*\*Registration fee includes books, supplies, study guides, all class materials, exam preparation, and externship. Fee does NOT include State License fee of \$100, National Certification exam fee of \$117, or scrubs. See detailed requirements in the student handbook at [www.wlac.edu/westside/PhlebotomyStudentHandbook.pdf](http://www.wlac.edu/westside/PhlebotomyStudentHandbook.pdf)*

*\$25 cancellation fee. Must cancel at least 5 days in advance of class. No exceptions.*

*This course is taught by the staff of the AUMT Institute, one of the top phlebotomy schools in California.*

## ip EV Charging Station Design, Installation and Operation



Electrical vehicle charging station (EVCS) installation is one of the fastest growing businesses in the United States and worldwide. Millions of electric cars, SUVs and trucks will be on the road in the next 10 years. This will require millions of charging stations to be installed at garages, parking lots, and roadside electric poles. EVCS installers and service providers will be in high demand all over US and worldwide, and this course offers A to Z instruction of EVCS design, installation, operation, and troubleshooting! Electronic Certificate of Attendance provided upon completion. **\$40 material fee due at registration. Ages 17+**

Tues, Wed, Thurs 6-10 pm \$129  
ClassID #45069 Mar. 28-30

*Back By Popular Demand!*

## ip I Want To Be A Professional Organizer: Where to Begin?

Do you find yourself motivated to bring order to clutter-filled spaces? Then this class is for you. Learn how to get started, industry education and certification (including the KonMari method), and the skill sets needed for organizing others. Also covers marketing your business with little to no budget, the various productivity & organizing industry niches, and more!

1 Saturday 10 am-1 pm \$59  
ClassID #45346 February 25

## RL Earn Extra Income Auto Wholesaling From Home

Make money buying, selling, or exporting wholesale cars—all from home! This DMV-approved workshop will take you step-by-step through getting an auto dealer license and operating a profitable used car business. You will receive a certificate of completion at the end of the course, along with DMV Handbook, a list of dealer-only auctions in the U.S., and other resources. **\$25 material fee due at time of registration.**

Mon & Tues 6-9 pm \$99  
ClassID #45298 February 6 & 7  
ClassID #45299 May 8 & 9

*Back By Popular Demand!*

## RL Start Your Own Home-Based Business

Not having to commute, being close to your family, and being your own boss are just some of the many benefits of working at home. If you've ever thought of starting your own home-based business or want to enhance the one you have, join us for this practical and exciting seminar. **Class fee includes e-book for starting and operating a home-based business as well as other reference materials.**

1 Saturday 10 am-Noon \$65  
ClassID #45334 March 18

## ip Getting Started as a Freelance Translator

The translation industry doubles in size every ten years, and demand for skilled translators continues to grow! Learn how to get started as a location-independent freelance translator. Topics include getting clients, keeping project managers happy, lucrative specializations, Computer-Aided Translation (CAT) tools, setting and raising your rates, invoicing, taxes, and business entity formation (incorporation). **\$5 material fee due at registration. Prerequisite: Excellent command of two languages.**

3 Tuesdays 7-9 pm \$129  
ClassID #45266 March 14-28

*Back By Popular Demand!*

## RL Start A Mobile App Business

Let Bob teach you to take your app idea from concept to market and turn it into income. Learn to develop your idea using new tools for making apps with little or no programming experience. Discover what makes a successful app, how to find a market for your application, get it on the iTunes or Google Play Store and promote and price your app to generate the most revenue. **\$20 material fee for workbook and one-year online membership to website articles, class downloads, and instructor discussion group. Note: This is not a programming class.**

1 Thursday 6-9 pm \$59  
ClassID #45306 March 23

## ip Become A Notary Public

This course gives you the most updated notary information and knowledge you need to perform the duties correctly and to pass the state exam. Class fee includes valuable 70-page manual, notary public handbook, certificate of completion, and sample forms notaries use every day. Instructor will provide information about testing during the class.

**\$30 material fee due at registration.**

ClassID #45295    1 Saturday    April 8  
7:30 am (check-in)  
8 am-3:30 pm (seminar time)    \$99

## ip Notary Loan Signing Seminar

In this seminar, explore the types of real estate sales and loans currently on the market, and receive hands-on instruction in the main documents a Notary Signing Agent will notarize. **\$30**

**material fee due at registration.**

1 Saturday    9:30 am-3:30 pm    \$69  
ClassID #45296    April 15



## ip Bookkeeping Basics

This is an introduction to basic bookkeeping concepts for non-accounting students with no prior knowledge of accounting and who desire to apply it in learning the QuickBooks accounting software. Basic math, spreadsheet and computer knowledge are recommended.

3 Saturdays    10 am-2 pm    \$125  
ClassID #45288    March 11-25

## ip Intro to QuickBooks™ Online

Learn the basics of one of the most highly used accounting programs for business! This class will introduce students on how to navigate through all software sections. Completion of Bookkeeping Basics (Class ID# 45288) and spreadsheet and computer knowledge are recommended.

3 Saturdays    10 am-2 pm    \$125  
ClassID #45289    April 8-22

## ip Advanced QuickBooks™

Increase your basic knowledge of QuickBooks by learning new concepts and features. This class will help prepare you for the Intuit exam. Knowledge of Basic Bookkeeping and/or Introduction to QuickBooks Online (Class ID# 45289) and basic spreadsheet and computer knowledge are recommended.

3 Saturdays    10 am-2 pm    \$125  
ClassID #45290    May 6-20

## ip Excel 2016 For Windows

In this hands-on beginning class, you'll learn the basic concept of how a spreadsheet works, how to enter data, common editing and formatting steps, and a variety of simple yet powerful functions. **Prerequisite: a basic understanding of personal computers & Windows.**



2 Saturdays    10 am-1 pm    \$125  
ClassID #45287    Feb. 25 & Mar. 4

## RL Making the Most of Your Mac

Are you a new Mac owner who wants to know how to set up your Mac to maximize workflow efficiency? Learn about setting up your dock, using Mission Control, keyboard shortcuts, file management, and more! Requirements: Mac computer/laptop with internet connection and Zoom.

1 Saturday    9 am-Noon    \$59  
ClassID #45267    March 18

## ip Introduction to PCs for Absolute Beginners

In today's job market, computer literacy is the key to workplace success. Learn to create, format, and work with simple documents and spreadsheets. Find out about computer hardware, the basics of using Windows and programs such as MS Word and MS Excel, the rapidly evolving world of the Internet, and more. This class is hands-on; you will have an individual computer to work on during class.

1 Saturday    9 am-3 pm    \$99  
ClassID #45268    April 22



## Internet Marketing Series

**Highly recommended for nonprofit organizations, small business owners, job changers, those re-entering the workforce, and anyone who wants to upgrade their resume!**

Technology has changed the way we get jobs *and* do business, so knowing how to use social media is imperative. Our Internet Marketing Series will show you how to use the internet to promote yourself to an employer, or your business to the world.

*Instructor Bob Cohen serves on the board of directors of an internet service company and has over 25 years of experience making technology easier for businesses and individuals to understand and use.*

### Introduction to Internet Marketing Methods

What are the nine steps professionals use to market businesses or organizations online? Join Bob to find out! He'll cover the most popular online tactics from Search Engine Optimization (SEO), advertising, social media, channels, affiliates, e-commerce, content marketing, and the #1 marketing approach recommended by Google and others.

1 Tuesday      6-9 pm      \$69  
ClassID #45300      March 7

### Facebook & Social Media Marketing

Looking to pull people in the door using proven social media marketing? Bob will teach you how to use Facebook, Twitter, Instagram, and social media sites to market everything from businesses and non-profits to books and bands!

1 Tuesday      6-9 pm      \$69  
ClassID #45301      March 14

### Search Engine, Google Ads, Email, and Ecommerce Marketing

Join Bob to explore Search Engine Optimization (SEO) and Google Ads, how to find and use keywords, and why a landing page is valuable. Gain insight into why you should be

using email marketing, what makes a successful opt-in newsletter, and how to build one for pennies. Bob will compare search, social media, and email opt-in so you can understand what each offers for your online marketing.

1 Tuesday      6-9 pm      \$69  
ClassID #45302      March 21

### Blogging for Fun and Profit: Your Best Bet

Whether you want a website for personal or professional use, discover how a blog makes it easy to share your products, services, writing, pictures, and videos with family, friends, organizations, and customers. Topics include blogs for business and marketing, blog ads, and building blog communities.

1 Tuesday      6-9 pm      \$69  
ClassID #45303      March 28

### Content Creation in 5 Steps



Do you want or need to create content for your website, newsletter, or social media but struggle to do so? Discover the five steps used by the pros to produce articles, blog posts, product descriptions, social media posts, and more. Starting with the basics, this class will show you the five essential steps to writing, formatting, choosing images, creating a calendar for scheduling, and more.

1 Tuesday      6-9 pm      \$69  
ClassID #45304      April 4

Each class in this series has a \$20 material fee for valuable workbook and one-year online membership to website articles, class downloads, and instructor discussion group.



**Save \$66!**

**Internet Marketing Series  
\$279 (plus materials)**

Attend all five classes to receive a  
**certificate!**



## Instructor-Led Online Classes

Our instructor-led online courses (in partnership with Ed2Go) are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view the hundreds of courses that we offer.



### Medical Terminology Series

If you have ever had trouble memorizing medical terms, this course (and word association approach) is for you. You will learn medical terminology from an anatomical approach by looking at each root term, its origin, a combined form, and an example of non-medical everyday usage.



### Business Budgeting for Beginners

If the idea of creating a budget for your business, department, or project seems overwhelming, this course will alleviate all of those fears. Taught in an approachable and relatable format, this course walks you through the budgeting process so you can go from numbers averse to budgeting superhero.

### Probate Law and Estate Planning

This course will help you navigate the laws of probate processes and estate planning. You'll learn how various types of ownership affect the passage of property at owner death, with or without a will.



### Get Assertive!

Tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Understand the difference between passive, aggressive, and assertive behaviors, and see how inner dialogues keep people acting in passive ways. Explore ways to change your inner dialogue, such as using affirmations and visualization, creating new labels for yourself and others, and keeping a journal.



### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.



### Features:

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction
- Hundreds of courses to choose from
- Monthly start sessions

Visit us at  
[www.ed2go.com/westside](http://www.ed2go.com/westside)  
 to search for classes, view  
 class prices, instructor bios,  
 peruse lesson plans and  
 read student reviews.

## Home Remodeling Begins Here!



Want to remodel your home, but don't know where to start? Looking to add an ADU (Accessory Dwelling Unit) in your backyard? You've come to the right place! Monica D. Higgins has translated her decades of experience interfacing with all the detailed aspects of remodeling projects into accessible and thorough classes to help you feel confident about achieving your dreams. Her no-nonsense approach to expertly managing home renovations can help any homeowner confidently transform their house into a home – even you!

**Monica and our ADU class were recently highlighted in a Los Angeles Times article! Read it here: <https://tinyurl.com/ADUStory>**

### Create Your Dream Home By Remodeling (Online)

The most cost-effective way to have your dream home may be through remodeling. But 'reality' TV shows don't paint an accurate picture of the process. So, before exploring design with an architect, let Monica D. Higgins guide you through a process that will control your costs, reduce your stress, and allow you to do better things with your time than babysit the contractor. Homeowners who've gone through this process with Monica have saved up to 30% in design fees and up to 50% in construction costs—so you can see that this class is an incredible value that will more than pay for itself. **Once you've completed this 9-lesson course, you will schedule a half-hour consultation with Monica to guide you through your next steps.**



#### Super convenient!

You'll have access to easy-to-follow video lessons anytime you want for as long as you want—from your smart phone, tablet or desktop.



#### 9 Lessons, Online

##### ClassID #

45270

45271

45272

##### Start Date

February 25

March 25

April 29

\$129

### RL Kickstart Your Remodel: Your Roadmap to Success

Admit it...you're addicted to watching those reality home improvement shows. After all, they make remodeling look so easy. The reality is navigating a project can be daunting. In this 5-session class, Monica will provide you with a roadmap for discovering your priorities and vision, how to budget realistically, ways to finance your remodel, and how to screen and select pros for your remodel team. You'll learn what it takes

to successfully complete your dream project! Textbook recommended but not required: Remodel Success by Monica D. Higgins is currently available on Kindle and through Amazon.

5 Saturdays 10 am-Noon \$159  
ClassID #45269 Mar. 4 thru Apr. 1

### RL ADUs and You: Turn Your Backyard into A Moneymaker

Whether your goal is to generate passive income, increase your property value, or house elderly parents, learn how to take advantage of the next real estate boom that's sitting right in your backyard.



1 Saturday 10 am-1 pm \$59  
ClassID #45273 February 25  
ClassID #45274 April 29

**Satisfaction Guaranteed!**  
See website for details.



## **RL** Practical Spanish

Converse in Spanish at work, home, or while on vacation by learning basics for almost any situation. Learn basic vocabulary, useful phrases and words and just a smidge of grammar. No previous knowledge of Spanish is required. Ages 16 and up. ¡Bienvenidos!

5 Tuesdays 7-10 pm \$129  
ClassID #45283 Feb. 28 thru Mar. 28

## **RL** Practical Spanish II

This course builds on what you learned in Practical Spanish. Continue building vocabulary, learn verb tenses, commands, pronouns and useful practical phrases. Prerequisite: completion of Practical Spanish, ability to conjugate verbs in present tense. Ages 16+

5 Tuesdays 7-10 pm \$129  
ClassID #45284 Apr. 11 thru May 9

## **RL** Practical Spanish III

Review the two past tenses, preterite and imperfect. Begin conjugating verbs in the future tense. Emphasis on conversation. Prerequisite: exposure to verb conjugations in the present, preterite, and imperfect tenses or Practical Spanish II. Ages 16+

10 Saturdays 9:30-11:30 am \$159  
ClassID #45285 Feb. 25 thru May 6  
(no mtg Apr. 1)

10 Thursdays 7-9 pm \$159  
ClassID #45286 Mar. 2 thru May 11  
(no mtg Apr. 6)

ip

**= In-Person Class**

RL

**= Remote Live Class**

## **ip** Passport to French

Ready to learn the "language of love?" Join Harriette and a friendly group of Francophiles in this highly interactive class that includes fun projects.

You will become familiar with spoken French through learning basic vocabulary and useful phrases dealing with travel, time, shopping, eating, emergencies and more. Participate in role playing, Q & A and discussion, and learn important things about French culture. Prepare now for your future trip to France! **\$10 material fee due at registration.**



6 Saturdays 10 am-Noon \$99  
ClassID #45291 Apr. 15 thru May 20

## **RL** Ciao Venezia: Italian for Beginners Livestreamed from Italy!

Venezia is just one click away on your computer, tablet, or smart-phone! Join Mr. Lombardi as he provides the "real experience" directly from Venice, Italy! Speak ITALIANO in no time as he guides you through phases of learning the language: vocabulary building, grammar, pronunciation, and ear-training exercises. The program covers greetings and introductions, people and family, numbers, eating, everyday life, work, socializing, and more. Due to time zone differences, this is a morning class, but should it conflict with your work schedule, no worries, you'll have access to the class recording on a dedicated YouTube channel available only to students. You'll also have access to Mr. Lombardi's contacts for feedback via emails/videos/texts/chats. **See class page on website for link to purchase required textbook.**



6 Tuesdays 10-11:30 am \$75  
ClassID #45320 Jan. 24 thru Feb. 28  
ClassID #45321 Mar. 14 thru Apr. 18



## Get Fit With Elissa!

*Elissa Kyriacou has taught dance and fitness classes at UCLA, Cal State Dominguez Hills & Loyola Marymount. Elissa has traveled and danced all over the world and brings a variety of influences to her workouts.*

### **ip** Belly Boot Camp

More intense than a traditional belly dance class, this workout will involve muscles you didn't know you had.

5 Tuesdays	7-8 pm	\$69
ClassID #45310	Jan. 10 thru Feb. 7	
ClassID #45311	Feb. 28 thru Mar. 28	
ClassID #45312	Apr. 11 thru May 9	

### **ip** Flamenco Fitness

Flamenco Fitness will get your heart thumping! In addition to cardio, you'll strengthen your arms, legs, feet, and torso.

5 Wednesdays	7-8 pm	\$69
ClassID #45313	Jan. 11 thru Feb. 8	
ClassID #45314	March 1-29	
ClassID #45315	Apr. 12 thru May 10	

### **ip** Stretch & Tone

This class really mixes it up, borrowing from yoga, pilates, and dance. Increase your flexibility, and stretch and tone your body.

5 Thursdays	7-8 pm	\$69
ClassID #45316	Jan. 12 thru Feb. 9	
ClassID #45317	March 2-30	
ClassID #45318	Apr. 13 thru May 11	

**Visit [westside.wlac.edu](http://westside.wlac.edu) to read full class descriptions and instructor biographies!**

*Back By Popular Demand!*

### **RL** Introduction to Tai Chi Ch'uan

Tai Chi Ch'uan is a gentle, moving meditation that conditions the body and mind, leading to a heightened sense of well-being.

In this course, you'll begin learning the Tai Chi "form," comprised of poetically-named movements that strengthen muscles and bones, improve circulation and the functioning of internal organs.



5 Tuesdays	7-8:15 pm	\$59
ClassID #45261	Jan. 10 thru Feb. 7	

6 Tuesdays	7-8:15 pm	\$69
ClassID #45262	Feb. 28 thru Apr. 4	
ClassID #45263	Apr. 18 thru May 23	

### **RL** Zumba®

**Zoom-BA with Julie from the comfort of your home through live videoconferencing!**

Zumba is a Latin-inspired, calorie-burning, dance-fitness experience that's geared toward health and happiness.

4 Mondays	6-7 pm	\$49
ClassID #45348	Jan. 9-Feb. 6 (no mtg Jan. 16)	
ClassID #45349	Feb. 27-Mar. 20	
ClassID #45350	Mar. 27-Apr. 24 (no mtg Apr. 10)	
ClassID #45351	May 1-22	

### **ip** Urban Ballroom Line Dance

Join Earl in this enjoyable after-work-class where he blends basic ballroom techniques such as the cha-cha, salsa, and swing with line dancing. This is a fun light workout and a chance to learn the basic movements and positioning of Urban Ballroom Dance. Bring a partner or come alone. \$49 per person.

3 Mondays	7-8 pm	\$49
ClassID #45275	March 6-20	
ClassID #45276	April 10-24	



## ip Mat Pilates

Pilates activates the "powerhouse" muscles and conscious breathing to strengthen, lengthen, and tone the abdomen, pelvic cavity, lower back, glutes, hips, and thighs. Learn how to use concentrated movements of your arms and legs to create long lean muscles and improve your body's alignment, enhance your balance, and increase muscular control. Please bring a yoga or Pilates mat and a 9-inch Pilates ball. For Pilates ball information, click on the "Class Supplies" tab in the menu at westside.wlac.edu



5 Mondays	7-8 pm	\$69
ClassID #45251	Jan. 9 thru Feb. 13 (no mtg Jan. 16)	
ClassID #45252	Feb. 27 thru Mar. 27	
ClassID #45253	Apr. 17 thru May 15	



= In-Person Class



= Remote Live Class

## ip Stick With It! for Health & Longevity

**ON CAMPUS!** This innovative approach to fitness and body awareness is a gentle blend of stretching, tai chi, and yoga. Using rattan poles provides leverage and additional support for dynamic stretching that benefits all ages and levels of fitness. **You must also sign up for corresponding \$10 stick rental (see website). If you already have your own sticks, just bring them to class and skip the fee!**

5 Saturdays	9-10 am	\$69
ClassID #45307	Jan. 14 thru Feb. 18	
ClassID #45335	Apr. 22 thru May 20	

## ip Muay Thai/Thai Boxing

Muay Thai, or Thai Boxing is the national sport of Thailand. Also known as the "Art of Eight Limbs," Muay Thai is effective for both combat sports as well as for self-defense applications. This safe, non-competitive class is open to all levels, as well as minors 14-17 with parental signature. **Boxing gloves required.**

5 Wednesdays	7-8 pm	\$59
ClassID #45254	Jan. 11 thru Feb. 8	
6 Wednesdays	7-8 pm	\$69
ClassID #45255	Mar. 1 thru Apr. 12 (no mtg Apr. 5)	
ClassID #45256	Apr. 19 thru May 24	

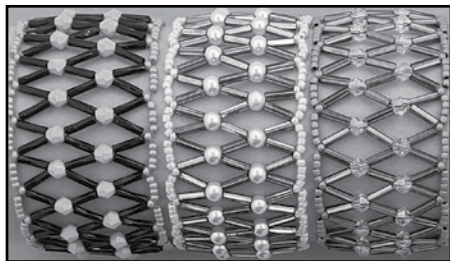
## ip Ice Skating & Hockey

Westside Extension partners with the Toyota Sports Center to offer ice skating and hockey classes for adults and kids. This first-class facility near LAX is the practice home of the 2012 & 2014 Stanley Cup Champion Los Angeles Kings. See website for class descriptions, dates, and times. Directions provided upon registration. **Student will need to check in with CLASS CONFIRMATION at the first class. Additional \$18 fee payable at facility before first class, for required 1 year Ice Sports Industry (ISI) membership, which includes accident insurance and other benefits.**



- Adult Beginner Skating & Hockey Classes
- Parent & Me Beach Babies On Ice (Age 3)
- Ice Skating for Tots (Ages 4-5)
- Youth Ice Skating (Ages 6-14)
- Ice Hockey for Tots (Ages 4-6)
- Ice Hockey for Youth (Ages 7-14)

**Just \$99 for 4 Lessons,  
Free Passes to 6 Skate Sessions  
(4 for you and 2 for a guest),  
and All Skate Rentals!**



## ip Arezzo Netted Cuff Bracelet



The Arezzo bracelet is definitely an attention getter! This is a bead weaving project done with only needle, thread, and beads. You'll learn the special netting technique that is designed with a combination of three types of beads to make a pretty lacy zigzag pattern. The color combinations of the beads are endless and you will have several from which to choose including bugle, seed and Czech glass beads. Once you get the pattern down, you'll be on your way to creating your own unique piece! **\$7 material fee, due at registration.**

1 Saturday 10 am-1 pm \$39  
ClassID #45333 March 18

## ip Birdwatching Basics

It's a bird, it's a plane, it's a bird! But what species? Sandy will teach you how to identify birds using field marks, songs, and behavior. After class lecture and discussion, Sandy will lead you on a walk on



campus to spot fine-feathered friends! **Children (age 8-18) may attend with a parent or guardian for just \$10 extra. Must register by phone or in-person at the Westside Extension office to receive the discount. Please email [westside@wlac.edu](mailto:westside@wlac.edu) to arrange a day and time for a staff member to call you or come into the office.** Bring note-taking material and field glasses if you have them.

1 Saturday May 20 10 am-1 pm  
ClassID #45323 \$49 (\$59 w/child)

**Visit [westside.wlac.edu](http://westside.wlac.edu) to read full class descriptions and instructor biographies!**

*Back By Popular Demand!*

## ip How To Play and Win at Craps

Learn how to play the hottest game in the casino. Course topics will include: the table layout, dealers, bets, playing strategies, money management, and more. At the end of this 1-day class, you will be able to play and increase your chance of winning at this fast-paced and exciting game. Great for beginners and advanced players alike. Bring a sack lunch.



1 Saturday 10 am-3 pm \$69  
ClassID #45297 April 22

## RL Westside Movie Classics Watch Party: Horror Movies of the 1920s & 1930s - Part 2



Enjoy the company and camaraderie of fellow cinephiles as you watch a classic film and participate in a lively discussion afterwards. This semester brings MORE screams, MORE frights, and MORE terror as we continue watching classic horror films from the 1920s and 30s. **Join the children of the night—register a friend or loved one at the same time for only \$15 more! See website for list of films to be shown.**

5 Wednesdays March 1-29 6-9pm  
ClassID #45319 \$69 (couples \$84)

## ip How to Listen to Classical Music

Join Earl Ofari Hutchinson on a journey through the varied, exciting, and culturally diverse world of classical music in this fun class! Earl will discuss the forms of classical music, spotlight the lives and works of major composers, and provide tips on how to listen to gain maximum understanding and enjoyment. Recommended but not required: *Beethoven and Me: A Beginner's Guide to Classical Music*. Available for purchase on Amazon.

1 Saturday 1-3 pm \$49  
ClassID #45277 March 18

## **RL** Understanding Your Medical Bill



Does trying to make sense of your medical bill give you more stress than being in the hospital itself? Stop worrying and take this class! This topic touches any consumer who has been in contact with the health care system. Our seminar will introduce you to the revenue cycle, and how the services you received translate to a hospital claim which is then billed and paid by insurance.



1 Tuesday 6:30-8 pm \$49  
ClassID #45352 April 11

## **ip** Dealing with Difficult People

Now more important than ever, learn to deal with manipulation, abusiveness, pressure, criticism, and rage from others! Roberta will teach you how to handle people who make you feel guilty, crazy, weak, or inadequate. Feel better knowing how to get more support and less hassle from your boss, co-workers, family, and everyone else!

1 Saturday 9 am-Noon \$59  
ClassID #45279 March 4

*Back By Popular Demand!*

## **RL** The Highs & Woes of Internet Dating

As if online dating wasn't challenging enough BEFORE ... Our current environment takes things to another level. The question is how do we navigate this wacky world now? People want and need connection more than ever. Good news is that in any situation, you can still find love. This class will explore internet dating in the present-day culture. Concrete tools and strategies will be given so you can move forward with confidence and hope. We are all practicing different ways of relating in this new normal. So, how about we add dating to the mix?

1 Saturday 10 am-1 pm \$59  
ClassID #45278 April 22



## **RL** How to Live, Work or Retire Abroad Affordably

Learn how to enjoy a higher standard of living in an exotic locale! Explore living, working, and retirement options around the world. Find out how to stretch a fixed retirement income, or how to find work overseas that pays your room and board. Get tips on evaluating your finances and figuring out how far your dollar will go.

1 Thursday 6-9 pm \$49  
ClassID #45305 March 16

*Back By Popular Demand!*

## **ip** Simplify, Downsize, Organize

Overwhelmed by too much stuff? Simplify your daily life by freeing up space, time, and energy! Most of us will move to a smaller space at some point; be proactive instead of reactive so you don't end up making rush (and often rash) decisions. Find out about the 4 downsizing categories and action steps. Learn what qualifies as VIPs (Very Important Papers) and how to best organize them for yourself and those you love. Tanisha will also discuss paper decluttering. A great workshop for retirees, soon-to-be-retirees, their children, and anyone who wants to be free to focus on what's important. Couples may attend together, so bring your significant other for only \$10 more.

1 Saturday 10 am-1 pm \$59  
ClassID #45347 March 11

**ip** = In-Person Class

**RL** = Remote Live Class

## ip One-Stroke Painting Using Water Soluble Oils



Shade, blend, and highlight in one stroke of the brush using water soluble oils! It's easy and unlike traditional oils, water soluble oils contain no harsh chemicals, clean up with soap and water, and dry glossy in 10-12 days. No painting experience required. **\$25 material fee due at registration.**



*Bird of Paradise*

**Bird of Paradise + By The Sea (view on website)**

3 Saturdays 10 am-1 pm \$85  
ClassID #45293 Feb. 25-Mar. 11

## ip One-Stroke & Other Decorative Painting Techniques



Learn the magic of one-stroke painting plus other decorative painting techniques to make you feel like a real artist. Even if you've never painted before, April will guide you step by step to complete each project. You'll make new friends and all levels are welcome. **\$25 material fee for supplies.**



**Roses on a Lazy Susan**

2 Saturdays 10 am-1 pm \$75  
ClassID #45294 April 8-15

**ip** = In-Person Class

**RL** = Remote Live Class

*Back By Popular Demand!*

## Textile Design Classes

### ip Scrunch & Run - Introduction to Silk Painting

Create colorful silk scarves the fast, fun, and easy way!

1 Wednesday 6:30-9:30 pm \$59  
ClassID #45328 March 1

### ip Advanced Silk Painting

Students will learn additional silk painting techniques.

1 Wednesday 6:30-9:30 pm \$59  
ClassID #45329 March 8

### ip Shibori (Tie-Dyeing)

Shibori is the old Japanese term and technique for dyeing white fabric. Students will practice techniques on small silk pieces and then create two oblong hand rolled silk scarves with the knowledge obtained.

1 Wednesday 6:30-9:30 pm \$59  
ClassID #45330 March 15

### ip Beautiful Batik

Keep that summer vacation feeling all year long with beautiful batiks you make yourself!

1 Wednesday 6:30-9:30 pm \$59  
ClassID #45331 March 22

### ip Advanced Batik

In this advanced class, you'll use different wooden and copper ancient batik stamps as well as learn how to create your own unique stamp.

1 Wednesday 6:30-9:30 pm \$59  
ClassID #45332 March 29

**For all Textile Design classes, please bring a roll of paper towels, gloves, and dress appropriately or bring an apron to keep your clothes clean. \$25 material fee due at registration. Class held off campus; directions provided upon registration. See website for full class descriptions and photos of completed projects.**





*Back By Popular Demand!*

## ip Improv for Personal Development

Find the bold, genuine, confident person inside you! Improv training is a wonderful way to overcome social anxiety and your inner critic. Learn to think on your feet in any situation. Skills gained are great life skills for leadership, business, social, and family settings. If you're feeling apprehensive or have questions about this class, you may email Matthew at [matt@mattgaffneyexperience.com](mailto:matt@mattgaffneyexperience.com). He's excited about helping you change your life!

5 Tuesdays 6:30-8:30 pm \$129  
ClassID #45309 Feb. 28 thru Mar. 28

## ip Succulent Centerpieces

They're hot! They're cool! They're succulents! With water conservation in mind, succulents and cacti are more popular than ever. Low maintenance and versatile, they are available everywhere—from specialty websites to supermarkets. But low maintenance is not the same as no maintenance, and some succulents can be as fussy as the most temperamental orchid or fern. Class includes creating a succulent planter—cuttings and soil provided; students bring one planter with drainage holes, 10-inches maximum. **\$5 material fee due at registration.**



1 Saturday 10 am-1 pm \$49  
ClassID #45322 March 11

Visit [westside.wlac.edu](http://westside.wlac.edu) to  
read full class descriptions and  
instructor biographies!

*Back By Popular Demand!*

## ip Cold Process Soap Making

Deeper moisturizing, more intense scents, and truly luxurious lather can make cold process soaps pricey. Save money while getting exactly what you want by making them from scratch yourself. Whether you are a complete novice or have other soap-making experience, you'll have a great time and go home with 3-to-4 handmade soaps that will continue to cure at home. Class is hands-on, so dress accordingly. **\$30 material fee, due at registration.**

1 Monday 6:30-9:30 pm \$59  
ClassID #45326 April 17

## ip DIY: Customized Glycerin Soap Making

Let bath time become your at-home getaway! Beautiful and fragrant, handmade glycerin soaps add a level of charm and relaxation to your bath time experience.



Create different types of soap while learning how to use colors, molds, fragrances, essential oils, extracts, herbs, and novelties. **\$25 material fee due at registration.**

1 Monday 6:30-9:30 pm \$59  
ClassID #45325 March 13

## ip Candle Making for Candle Lovers

Candles are romantic all the time! Plus, different scents can help calm the body and better the mood. Learn to make your own decorative, scented candles at a fraction of the price you pay in stores. Find out about waxes and molds, adding scent and color, layering, and more! You'll leave class with several beautiful candles and the know-how to make more at home. **\$25 material fee, due at registration.**



1 Thursday 6:30-9:30 pm \$59  
ClassID #45324 February 2

*Note: the classes above are hands-on, so dress accordingly. Not recommended for those with a sensitivity to fragrances.*

*Back By Popular Demand!*

## ip Ukulele

Play the Uke with Dale LaDuke! He will teach the fundamental skills to get you playing in this entertaining hands-on class. Work on rhythm, strumming, patterns, and finger picking. With a few basic chords you will be able to play along with others or accompany yourself. No previous experience needed. Ukulele required.



5 Saturdays 10-11 am \$89  
ClassID #45280 Apr. 8 thru May 6

## ip Beginning Guitar

The guitar is among the most popular instruments in the world, and in this fun hands-on class, Dale will teach the fundamental skills to get you playing! We won't promise that you'll become a guitar master overnight, but you'll learn how to tune your guitar, read lead sheets (lyrics and chords), and create the notes on the instrument. You'll also learn basic strumming and chords. Guitar required.

5 Saturdays 11 am-Noon \$129  
ClassID #45281 Apr. 8 thru May 6

## ip Basics of Harmony Singing

Sing your heart out in this fun, low-pressure class! Discover your voice by singing the melodies and then the harmonies of simple popular songs. Learn breath control, experiment with different ranges, train your ear to better understand pitch, and enhance your singing diction. Reading and listening material given each week to prepare for the next class meeting.

5 Saturdays 12-1 pm \$129  
ClassID #45282 Apr. 8 thru May 6

Visit [westside.wlac.edu](http://westside.wlac.edu) to read full class descriptions and instructor biographies!

## RL Songwriting Made Simple!

Songwriting aspirations? An idea on your mind? From conception to completion, Anna will guide you through the creative songwriting process! Learn how to draw stories from daily life, song structure, the importance of premise and title, use of vivid imagery, rhyme and meter, melodic arc, harmonic structure, and more! You will complete one song over the course of the class, each week building the song with the assigned steps. Playing an instrument is not a pre-requisite.

6 Thursdays 7:30-9 pm \$99  
ClassID #45292 Mar. 2 thru Apr. 13  
(no mtg Apr. 6)

## ip RL An Introduction to Voiceovers

Explore the craft of voiceovers! Discover the current trends, opportunities, and tools you need to find success in this growing remote-working industry. You will be coached and later receive a professional voiceover evaluation. By the end of the course, you will have the knowledge necessary to help you decide if voiceover is something you would like to pursue. Prerequisite: Must be age 18 or over. **Can't make the in-person class? We also offer remote live, one-on-one sessions at a day and time of your choosing!**



**In-Person** \$49  
1 Monday 7-9 pm  
ClassID #45257 January 23  
ClassID #45258 March 6

**Remote Live, One-On-On** \$49  
ClassID #45259 Ongoing Online Winter  
ClassID #45260 Ongoing Online Spring

**ip** = In-Person Class

**RL** = Remote Live Class

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**Non-Discrimination Policy**

The policy of the Los Angeles Community College District is to implement affirmatively equal opportunity to all qualified employees and applicants for employment without regard to race, color, national origin, ancestry status, religion, creed, sex, pregnancy, age, handicap, marital status, medical condition (cancer-related), sexual orientation, or veteran status.

**DISCLAIMER**

The Los Angeles Community College District and West Los Angeles College assume no responsibility for any consequences that may arise from a student's decisions based on class information or

any entry into a business or professional arrangement with an instructor outside of the college's scheduled activity.

SEE WEBSITE FOR COMPLETE LIST OF POLICIES

**CLASS & REFUND POLICIES**

Westside Extension is a self-supporting (not funded by taxpayers) program. To ensure a quality program, the following policies have been established. Classes may be cancelled due to low enrollment; we will make every effort to alert all registered students in advance. For safety and liability reasons, no one—including spouses, friends or children—may attend any class without first enrolling. Students whose conduct is detrimental (including, but not limited to, dishonesty, disruption of classes, theft or property damage and willful disobedience) may be removed from class and/or denied enrollment. Please email our office at [westside@wlaac.edu](mailto:westside@wlaac.edu) if you have any questions.

**CANCELLATION/TRANSFER POLICY**

Refunds, credits, and transfers will be granted ONLY if you notify the Westside Extension office AT LEAST 5 DAYS BEFORE CLASS BEGINS that you wish to make a change - so please choose your classes carefully. Refunds, transfers or credits CANNOT be granted once class begins, or for absences or late registrations. Missed class meetings cannot be made up in another class. Refunds and transfers must be processed by the Extension office—you cannot do it yourself online.

Notification of cancellation may be by phone or email. A \$10 processing charge will be deducted for each class cancellation/change. If you paid by credit card, your account will be credited. If you paid by cash or money order, you will receive a check refund (allow 2-3 weeks for processing). A credit toward other Westside Extension classes may be issued in lieu of a refund if you wish. Returned checks will be subject to an additional \$20 handling charge. Some material fees are not refundable. Of course, full refunds will be given when a class is cancelled by Westside Extension.

PHLEBOTOMY, HEALTH INSURANCE BILLING, CODING AND CLAIMS, ART-TASTIC, AND WEST LANGUAGE ACADEMY HAVE SEPARATE AND DIFFERENT REFUND POLICIES, SO READ THEM CAREFULLY BEFORE ENROLLING.

**Westside Extension Staff:**

Jason Sofianos

**Graphic artwork, front cover, and layout by:**

Jason Sofianos

For comments and inquiries, write to:

**Westside Extension**

West Los Angeles College

9000 Overland Ave.

Culver City CA 90230-3519

**Visit us on the web at [westside.wlaac.edu](http://westside.wlaac.edu)**

## ***DIRECTIONS***

**TO WEST LOS ANGELES COLLEGE**

Most Westside Extension classes are held at West Los Angeles College, located at Overland Ave and Freshman Drive, two lights south of Jefferson Blvd., in Culver City. The street address is 9000 Overland Ave. A second convenient entrance is at 10100 Jefferson west of LaCienega.

**From La Cienega** Turn west on to Obama Blvd. Obama becomes Jefferson Blvd. Then, turn left on College Blvd., which brings you to the campus.

### From Westchester, the Airport area & the South Bay

Take the San Diego (405) Freeway north. Exit at Jefferson Blvd. Turn right onto Jefferson, and proceed straight, crossing Sepulveda. The street name will change to Playa, and when it curves north about 1/4 mile farther, Playa becomes Overland Ave. Proceed north on Overland past two stop signs. The next light is Freshman Drive. Turn right, onto the campus.

**From West Los Angeles, Santa Monica & the San Fernan-**

**do Valley** Take the San Diego (405) Freeway south. Exit at Jefferson Blvd. Turn left onto Jefferson, and proceed straight, crossing Sepulveda. The street name will change to Playa, and when it curves north about 1/4 mile farther, Playa becomes Overland Ave. Proceed north on Overland past two stop signs. The next light is Freshman Dr. Turn right, onto the campus.

**From Downtown Los Angeles** Take the Santa Monica (10) Freeway west. Exit at Overland Ave. Turn left, and proceed south on Overland about 2.5 miles. Continue past Jefferson Blvd. and make a left turn at the second signal, Freshman Drive.

**From Ladera Heights & Inglewood** Take Slauson west to Hannum (by Fox Hills Mall, 1 block east of Sepulveda) and turn right. Make a right at Playa. Playa curves north and becomes Overland Ave. Proceed north on Overland past two stop signs. The next light is Freshman Drive. Turn right, onto the campus.

## ***PARKING***

## GETTING TO OUR OFFICE

**Our office is located in the Fine Arts Building, Room 202. Parking is available in the 1,000-car Parking Structure directly across from the Fine Arts building. If you park, even temporarily, in the regular student parking spaces without a permit—you may be ticketed.**

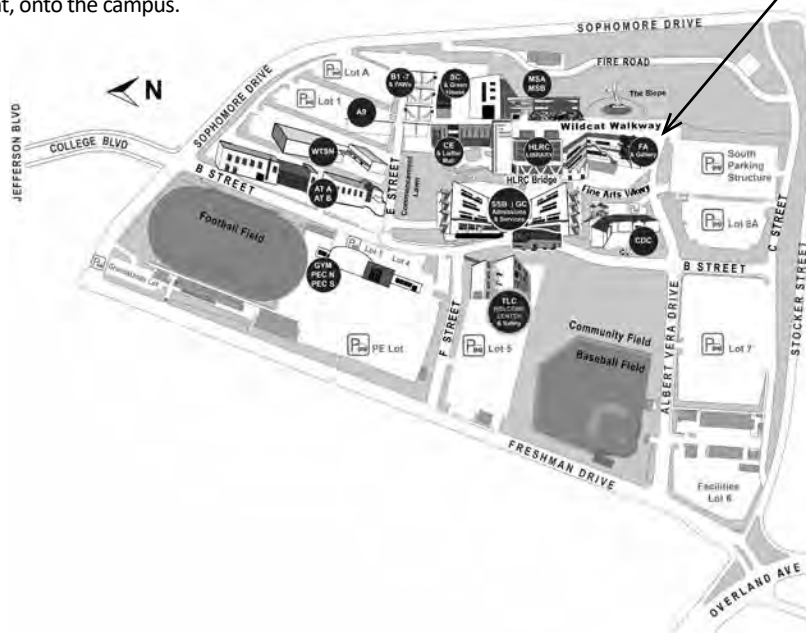
## STUDENT PARKING

Westside Extension Student parking is available in the Parking Structure and overflow lot 8A, Lot 7, and Lot 4A near the PEC Complex. **You must display a valid West L.A. College parking permit. Parking is enforced 7 days a week. You may buy a daily parking permit for \$2 from permit dispensing machines (use one dollar bills or quarters only) located in each parking lot. For convenience, you may buy a semester-long WLAC parking permit online for \$23.15 or in person at the Westside Extension Office for \$20 (strictly cash only).** There is no parking on Freshman or Sophomore Drives. Handicapped parking is available in all student and staff lots—a valid handicapped placard + campus permit must be displayed.

## WESTSIDE EXTENSION OFFICES

**Fine Arts, Rm. 202**

### PARKING IN SOUTH STRUCTURE





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Registration Form

Name (print)

email address

Address

City

Zip

Phone (Eve)

(Day)

(Cell)

Child's Birthdate

Last Grade Completed

Parent's Name

ClassID #	Class Name	Class Fee
	Material fee(s), if due at registration <i>(see each class description)</i>	
Nonrefundable \$9 processing fee, charged once per semester		\$9.00
Total		

Method of Payment

☐ Visa
 ☐ MasterCard
 ☐ Discover Card
 ☐ Money Order  
 (No Personal Checks)

Credit Card Number

Expires (Mo/Yr)

Authorized Signature (for credit card payment)

Send to Westside Extension, 9000 Overland Ave., Culver City, CA 90230  
*(If you want a receipt by mail, include a stamped, self-addressed envelope)*

westsideextension

Registration Form

Name (print)

email address

Address

City

Zip

Phone (Eve)

(Day)

(Cell)

Child's Birthdate

Last Grade Completed

Parent's Name

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Total		

Method of Payment

☐ Visa
 ☐ MasterCard
 ☐ Discover Card
 ☐ Money Order  
 (No Personal Checks)

Credit Card Number

Expires (Mo/Yr)

Authorized Signature (for credit card payment)

# FOUR EASY WAYS TO REGISTER



## Online

Most convenient! You can register online 24/7 for most Westside Extension classes. Our online registration is fast, easy, and secure! Go to **westside.wlac.edu**, and search or browse for classes. Add what you want to your shopping cart, then go to checkout. If a class is full, please add yourself to the waiting list so we may contact you if space becomes available or we are able to schedule another class.



## Walk In

Due to staff shortages, walk-in registration is available by appointment only (at least 24 hours in advance). To make an appointment, please contact us by email at **westside@wla.edu**.



## By Phone

If you prefer to register by phone, please email us first at **westside@wla.edu** and let us know a convenient day and time to contact you. Credit card payments are submitted directly to USAeapay online and not kept in the office or database, so you can be sure your information is secure. This means we need your credit card information each time you register by phone. **Note: We cannot hold reservations for classes without payment.**

**(310) 287-4475**



## By Mail

Complete the registration form on the previous page and clip it out. Please print clearly and provide all of the information requested. Be sure to include any material fees due at registration. For your safety and security, we strongly recommend money orders payable to **WLAC Community Services** for mail-in registrations instead of credit card information. **No personal checks.**

### MAIL TO:

**Westside Extension  
9000 Overland Ave.  
Culver City, CA 90230-3519**

*Class confirmations are sent via email. If you want a confirmation receipt mailed to you, please include a self-addressed, stamped envelope.*



*Please note: An additional nonrefundable \$9 processing fee will be charged per term.*

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