



Computer Training

Help Desk 101 for Windows



This course focuses on real world and practical experiences one would find themselves working with in a help desk role in a Windows environment. This course is geared for students looking to start a career in the technology field. Students will learn how to troubleshoot common incidents that occur on a day to day basis within an organization. Skills learned will range from computer hardware upgrade & repair, software installation, virus removal, network troubleshooting, network printer installation, domain management, incident response and much more.

Session 1

Date: Mar 6 - 27
50215 Sat 9:00-11:15am \$90*

Session 2

Date: May 1 - May 22
50216 Sat 9:00-11:15am \$90*
**Materials Fee: \$5 payable to instructor on first day of class.*
 Instructor: Blake Champion

Build Your Own Business Website and Save \$

You can have your own site for as little as \$5 a month

You don't have to be a programmer to design professional looking and cost effective websites, but you do have to decide what you want it to do, what you put on it, and how you promote it.

We **GUARANTEE** that you'll learn:

- What a website is and what you can put in it to improve your business
- How to analyze your needs and select the best web design criteria
- How to make the site user friendly
- How to get a shopping cart that only costs if sales are made
- How to promote your website and link with search engines to make sure you can be found

No website development experience necessary. This program is for website beginners, experts, managers and web designers.

Date: Jan 23
50026 Sat 9:00am-12:00pm \$45*

**Materials Fee: \$30 fee is payable in class for, Fishin' With a Net™ #0-9629944-6-4, and How To Develop An Effective Web Site™ CD.*
 Instructor: Mike Rounds

Using Your Computer to Make Money

Some eBay Power Sellers are making hundreds of thousands per year. Other businesses, including information brokers, are making even more! The great thing about working from your home computer is that your starts up costs are so low, but profitability can be so high! With hundreds of different businesses that you can run from your home computer, you are bound to find one suitable to generate profits from home.

This seminar shows you the over 120 businesses which are hot, including information on dozens of computer businesses based on:

- Skills you have
- Skills you can teach yourself
- Software or hardware you can purchase
- Skills that require formal training

In this practical program, you'll also learn the basic information needed to start a business including how to:

- Legally form your business
- Accept your customer's credit cards
- Keep basic bookkeeping and tax records
- Advertise and get customers
- Use your Web site as an effective business tool

Date: Feb 1
50027 Mon 6:30-9:30pm \$45*

**Materials Fee: \$30 fee is payable in class for book "Mechanics of Starting a Home-Based Business" and the DVD "Marketing with Postcards."*

Instructor: Nancy Miller

Conversational Spanish

This introductory course is designed for beginning Spanish speakers. The focus is on learning how to speak rather than on grammar. The class will cover simple tenses - present, past, imperfect and future. Students will be asked to listen to Spanish radio, watch Spanish television, read Spanish newsprint and participate in Spanish conversations.

Date: Jan 19 - Mar 9
50023 Tue 6:00-8:00pm \$99*

**Material Fee: \$5 payable to the instructor in cash only on first day of class.*
 Instructor: Maria Gonzalez

Beginning Mandarin Chinese

If your life has anything to do with China, or if you want to have anything to do with China-travel, business, education or personal pleasure, this class is for you. Learn the standard Pinyin pronunciation system, basic grammar, common expressions and a good amount of vocabulary. Explore Chinese culture and character writing system.

Date: Feb 22 - March 22
50024 Mon 6:30-8:00pm \$89

Instructor: Enming Kuan

Intermediate Mandarin Chinese

This is a continuation of Beginning Mandarin Chinese, which is a prerequisite for this course. Learn to apply the Pin-Yin pronunciation system and how to use the Chinese Dictionary. Expand your Chinese vocabulary, sentence patterns while increasing your knowledge and skills of the Chinese language.

Date: Apr 12 - May 10
50025 Mon 6:30-8:00pm \$89

Instructor: Enming Kuan

Dance

Belly Dancing

The beautiful art of belly dancing is a fun way to burn fat and stay fit and trim. This ancient form of artistic movement has been practiced for thousands of years and is a safe and simple way for ladies of all shapes and ages to keep fit, improve flexibility, posture, coordination, vitality well-being and self-image.

Session 1

Date: Feb 2 - Mar 23
50028 Tue 6:00-7:00pm \$65

Instructor: LeVina Rivera

Date: Feb 2 - Mar 23
50029 Tue 7:30-8:30pm \$65

Instructor: LeVina Rivera

Date: Feb 3 - Mar 24
50030 Wed 6:00-7:00pm \$65

Instructor: LeVina Rivera

Session 2

Date: Apr 6 - May 25
50031 Tue 6:00-7:00pm \$65

Instructor: LeVina Rivera

Date: Apr 6 - May 25
50032 Tue 7:30-8:30pm \$65

Instructor: LeVina Rivera

Date: Apr 7 - May 26
50033 Wed 6:00-7:00pm \$65

Instructor: LeVina Rivera

Advanced Belly Dancing

This class is designed for advanced level students. The pace is faster, and you will learn longer and more challenging choreographies in these classes. This class is for the more serious students and is expected to practice at home. You will be using swords, Isis wings and have an opportunity to perform live.

Session 1

Date: Feb 3 – Mar 24
50034 Wed 7:30-8:30pm \$75
 Instructor: LeVina Rivera

Session 2

Date: Apr 7 – May 26
50035 Wed 7:30-8:30pm \$75
 Instructor: LeVina Rivera

Salsa

Salsa dancing has become very popular at many dance events. Come and learn the basics of this Caribbean dance just as it is taught at the Salsa clubs. We will cover the basic patterns along with basic turns in free-style and with partners. We will be rotating, so you don't need to bring a partner. At the end of the course, you will have learned a combination using all the steps and turns learned throughout the program. If you want to try something exciting, something fun and something new, this course is right for you!

Session 1

Date: Jan 20 – Mar 17 **No Class Feb 10**
50140 Wed 7:00-8:00pm \$55

Session 2

Date: Apr 14 – Jun 2
50141 Wed 7:00-8:00pm \$55
 Instructor: Rudy Ramirez

Hip Hop Beginners

This class teaches you the basic hip-hop moves in a high energy, fun setting. You will learn to move and groove to the latest up beat hip hop music. You'll start with a group warm-up dance to get you ready to groove. Then you will learn fun easy dance steps, techniques and routines. At the end you'll put together a simple dance you can show off with all your friends and family.

Session 1

Date: Jan 20 – Mar 10
50217 Wed 5:00-6:00pm \$70*

Session 2

Date: Mar 31 – May 19
50218 Wed 5:00-6:00pm \$70*
 *Materials Fee: \$15 for T-shirt payable on first day of class.
 Instructor: Studio Danza Staff

Hip Hop Intermediate

This intermediate class teaches you hip-hop moves in a high energy, fun setting, and at a quick pace. This class requires students to be at an intermediate level. As a student at Studio Danza you have a choice of becoming part of our competitive dance team.

Session 1

Date: Jan 20 – Mar 10
50219 Wed 7:00-8:00pm \$70*

Session 2

Date: Mar 31 – May 19
50220 Wed 7:00-8:00pm \$70*
 *Materials Fee: \$15 for T-shirt payable on first day of class.
 Instructor: Studio Danza Staff

Kickboxing

Learn the basics in self defense while having fun and burning off calories! A full body workout including punches and kicks will build your strength, balance and coordination.

Session 1

Date: Jan 18 – Mar 8
50221 Mon 8:30-9:30pm \$70*

Session 2

Date: Jan 24 – Mar 14
50222 Sun 10:30-11:30am \$70*

Session 3

Date: Mar 29 – May 17
50223 Mon 8:30-9:30pm \$70*

Session 4

Date: Apr 11 – May 30
50224 Sun 10:30-11:30am \$70*
 *Materials Fee: \$15 for T-shirt payable on first day of class.
 Instructor: Studio Danza Staff

Flamenco

This class will focus on the basic techniques of Flamenco, such as taconeo (footwork), brazeo (arm work), colocacion (form), vueltas (turns), & compass (rhythm) which will get you started to learn Flamenco choreographies.

Session 1

Date: Jan 18 – Mar 8
50225 Mon 7:00-8:30pm \$70*

Session 2

Date: Mar 29 – May 17
50226 Mon 7:00-8:30pm \$70*
 *Materials Fee: \$15 for T-shirt payable on first day of class.
 Instructor: Studio Danza Staff



Hanmi Meditation for the Body, Mind & Spirit

What do you think? Does Hanmi meditation increase your energy? Your focus? Your sense of peace and well-being? Can it even improve your health? This course combines short lectures with experiential meditation practice to introduce the student to Hanmi Meditation practices, its guiding principles and the history of the Hanmi (Chinese Esoteric Buddhist) lineage. Meditations include: Balance Weight, Wisdom Dew Beauty Yoga, Calcium Enrichment, Calming & relaxing, and Diabetes Self-Healing practices.

Date: Feb 11 – Mar 25
50241 Thu 7:15-8:15pm \$60
 Instructor: Charlotte Steen

Hanmi Moving Meditation for the Young & Young at Heart

Experience and learn the ancient Hanmi moving meditation that is called in Sanskrit, Prajñā Akasagarbha. This means, "Wisdom Space Womb." This meditation practice connects the body, mind and spirit to the universe as one's body flows through each of the sixteen movements. It is a practice ideal for those who want the benefits of meditation while actively engaging the body, engaging the mind and utilizing the holy vibration of the Sanskrit chant. This moving meditation practice is taught completely within the 3 hr workshop. Students should wear comfortable, loose clothing.

Date: Mar 27
50242 Sat 9:00am-12:00pm \$60
 Instructor: Charlotte Steen

Decorative & Creative Arts

Beginning West African Djembe Drumming

Learn step-by-step to play the popular hand drum of West Africa called the "djembe" (jem-beh). Experience the joy of playing in a group setting. We'll use exercises and simple polyrhythms to develop our sense of rhythm, and increase our right/left brain and eye/hand coordination. Drums are provided.

Date: Feb 8 – Mar 22 **No Class Feb 15**
50122 Mon 6:30-9:00pm \$60*
 Material Fee: A \$5 fee is payable to the instructor on the first day of class. Optional Material Fee: \$12 practice CD.
 Instructor: Pam Nishikawa