

# English as a Second Language

## ESL Multi-Level

Para muchos inmigrantes el aprender inglés es importante y necesario para poder tomar ventaja de vida en los Estados Unidos. Las clases de inglés como segundo idioma para adultos son principalmente para los estudiantes con nivel bajo de inglés.

**Date:** Sep 8 – Dec 10 (No Class Nov 26)  
**T#5501** Tue/Thu 12:00 – 2:30pm **No Fee**  
 Instructor: TBA  
 Location: Payne School

**Date:** Sep 8 – Dec 10 (No Class Nov 26)  
**T#5504** Tue/Thu 12:30 – 2:30pm **No Fee**  
 Instructor: Shanaz Alaei  
 Location: Twin Lakes School

**Date:** Sep 8 – Dec 10 (No Class Nov 26)  
**T#5517** Tue/Thu 10:00am - 1:00pm **No Fee**  
 Instructor: Eugene Olea  
 Location: Whittier Professional Bldg.

**Date:** Aug 24 – Dec 9 (No Class Nov 11, Nov 25)  
**T# 5520** Mon/Wed 8:30am - 11:00pm **No Fee**  
 Instructor: Shanaz Alaei  
 Location: Cleminson Elementary

**Date:** Aug 24 – Dec 9 (No Class Nov 11, Nov 25)  
**T#5524** Mon/Tue/Wed 9:00am - 11:00am **No Fee**  
 Instructor: Brittany Alaei  
 Location: Mulberry Elementary

**Date:** Aug 25 – Dec 10 (No Class Nov 26)  
**T#5531** Tue/Thu 9:00am-12:00pm **No Fee**  
 Instructor: Shanaz Alaei  
 Location: Community Resource Ctr.

**Date:** Aug 25 – Dec 10 (No Class Nov 26)  
**T#5522** Tue/Thu 6:00pm - 8:00pm **No Fee**  
 Instructor: Brittany Alaei  
 Location: Community Resource Ctr.

**Date:** Aug 25 – Dec 10 (No Class Sep 7, Nov 26)  
**T#5523** Tue/Thu 6:00pm - 8:00pm **No Fee**  
 Instructor: Leticia Garcia  
 Location: Pioneer High School

**Date:** Aug 25 – Dec 10 (No Class Nov 26)  
**T#5532** Tue/Wed/Thu 9:30am - 12:30pm **No Fee**  
 Instructor: Robert Trevino  
 Location: Little Lake Village

**Date:** Aug 25 – Dec 10  
**T#5534** Tue/Thu 1:00pm-3:00pm **No Fee**  
 Instructor: Gigi Terminel  
 Location: Los Nietos Community Ctr.

**Date:** Aug 25 – Dec 10 (No Class Nov 26)  
**T#5513** Tue/Thu 4:30pm - 6:30pm **No Fee**  
 Instructor: Gigi Terminel  
 Location: Mayberry Park

# Environmental Technology/Safety

## 40-Hr HAZWOPER Training

HAZWOPER 40 Hour is required for employees working on a project consisting of Uncontrolled Hazardous Waste Operation mandated by the Government.

This course is specifically designed for workers who are involved in clean-up operations, and storage, disposal, or treatment of hazardous substances or uncontrolled hazardous waste sites. Topics include protection against hazardous chemicals, elimination of hazardous chemicals, safety of workers and the environment and OSHA regulations. This course covers topics included in 29 CFR 1910.120.

**Date:** Jan 11 - 15  
**T# 3060.6** Mon - Fri 8:00am - 5:00pm **\$395/\$225**  
*Fee: \$395 for general public or \$225 for current RHC students, only. Must have proof of Rio Hondo enrollment.*  
 Instructor: Steve Katnik, Jerry Earley & Staff  
 Location: RHC Science Bldg., S129

## 8-Hr OSHA HAZWOPER Refresher Training (Health & Safety for Hazardous Waste Location Worker)

This course is designed for individuals with 40-Hour OSHA HAZWOPER Certification, who need to receive annual refresher training. This class satisfies federal training requirements for all hazardous waste location workers (29 CFR.1910.120). An exam is required for certification.

**Date:** Jan 15  
**T#3061.6** Fri 8:00am - 5:00pm **\$95/\$45**  
*Fee: \$95 for general public or \$45 for current RHC students, only. Must have proof of Rio Hondo enrollment.*  
 Instructor: Steve Katnik, Jerry Earley & Staff  
 Location: RHC Science Bldg., S129

## HAZCAT Identification System

This class is designed to train students in the process and methodology of Hazardous Category Identification. Using the HAZCAT Identification System, students will be able to identify unknown hazardous materials in a rapid field test procedure. This is a must for hazardous materials management professionals and emergency responders.

**Date:** Oct 16  
**T# 3062.6** Fri 8:00am - 5:00pm **\$95/\$45**  
*Fee: \$95 for general public or \$45 for current RHC students, only. Must have proof of Rio Hondo enrollment.*  
 Instructor: Steve Katnik  
 Location: RHC Science Bldg. S129



## Environmental, continued

### Direct Reading Air Monitoring Equipment Course



This course is designed for all persons who work in an environmental related fields and would be required to take and/or interpret direct air monitoring readings at specific sites in the field. The students will learn about the following types of air monitoring equipment: Colorimetric Systems (i.e. Draeger, Sensidyne, etc.), Photo Ionizing Detectors (PIDs), Flame Ionizing Detectors FIDs), Combustible Gas Indicators (CGI's), Toxic Chemical Sensors, Oxygen Meters, Multi-gas Meters, and Radiation Detectors. The course will consist of a lecture presentation and hands-on activities and demonstrations with all equipment.

**Date: Sep 18**

T# 3063.6 Fri 8:00am - 3:00pm \$95/\$45

Fee: \$95 for general public or \$45 for current RHC students, only.

Must have proof of Rio Hondo enrollment.

Instructor: Jerry Earley

Location: RHC Science Bldg. S129

### Dot Hazmat Training

This course is designed for all persons involved in the transportation of hazardous materials. Hazmat personnel would include the following employees: hazmat handlers, shippers and receivers, packaging personnel, hazmat storage staff, transporters, etc. All companies that store, ship, package, transport, mark, label, placard, or handle hazardous materials are required to be trained under DOT (49 CFR) training requirements.

**Date: Nov 6**

T# 3064.6 Fri 8:00am - 5:00pm \$95/\$45

Fee: \$95 for general public or \$45 for current RHC students, only.

Must have proof of Rio Hondo enrollment.

Instructor: Steve Katnik

Location: RHC Science Bldg. S129

### CPR +AED Training

CPR and AED programs are designed to give the confidence to respond in an emergency situation with skills that can save a life. Our 4.5 hour "hands on" training class includes Cardiopulmonary Resuscitation (CPR) and use of an Automated External Defibrillator (AED). Every participant will receive the knowledge and skills to recognize and provide care in respiratory and cardiac emergencies, using the latest Adult CPR and emergency Cardiac Care guidelines. Participants will learn how to perform one rescuer CPR and how to operate an automated external defibrillator (AED). Upon completion you will receive a 2 year certification card and a certificate of completion from Rio Hondo College.

#### Session 1

**Date: Sep 26**

T# 3065.6 Sat 8:00am - 12:30pm \$45/\$25

#### Session 2

**Date: Oct 24**

T#3066.6 Sat 8:00am - 12:30pm \$45/\$25

#### Session 3

**Date: Nov 21**

T#3067.6 Sat 8:00am - 12:30pm \$45/\$25

#### Session 4

**Date: Dec 12**

T# 3068.6 Sat 8:00am - 12:30pm \$45/\$25

Instructor: Gary Duran

Fee: \$45 for general public or \$25 for current RHC students, only.

Must have proof of Rio Hondo enrollment

Location: RHC Science Bldg., S129

## Foundation & Corporate Grants

### Grant Writing Fundamentals

An invigorating, informative, hands-on workshop created for new and experienced grant writers, executive directors, organizers, board members, community volunteers, development officers, and individuals who want to get a detailed look at the grant writing process. Participants will be introduced to the secret of writing a successful grant proposal. You will learn how funding is announced, how applications are judged, and how to construct each element of a winning proposal.

**Date: Nov 7**

T# 3069.6 Sat 9:00am - 4:00pm \$95

Instructor: John Drew

Location: RHC Business Bldg., B119

## Health & Wellness

### Oriental Medicine

#### A Healthy Life Style through Daily Diet & Exercise

Students will learn the ancient healing art of acupuncture, breathing techniques, herbology and proper diet and exercise through a series of enjoyable lectures and hands-on workshop. Students will also be exposed to the newest research on weight control. It will open your eyes and teach you how to take care of your body and mind so you can live a long and healthy life.

**Date: Aug 25 - Sep 15**

T# 3070.6 Tue 6:00pm - 9:00pm \$80

Instructor: Dr. David Chen

Location: Presbyterian Hospital, Room C

### Massage Workshop Series

For thousand of years, in every culture, touch and massage have been a basic part of healing, relaxation, reducing pain, and pleasure. In this series, you will learn the basics of massage. You will experience a variety of techniques and feedback with an opportunity to practice each one in a safe, non-threatening environment. You will learn various nurturing massage strokes that will benefit your family and friends. You will feel confident about knowing which massage techniques to use and how to conduct them. No partner is necessary for the class.

Please bring the following items to class: massage oil or lotion, exercise mat, pad, or two large towels, and a pillow. Dress in sweats or comfortable shorts. For women, a tube top halter or bikini top is recommended. Short, filed nails are required.

#### Session 1

**Date: Sep 12 - Oct 3**

T# 3071.6 Sat 9:30am-12:30pm \$110\*

Instructor: Bernadette Ramirez

Location: Merrill Gardens

#### Session 2

**Date: Nov 28 - Dec 19**

T# 3072.6 Sat 9:30am-12:30pm \$110\*

\*DISCOUNT: Receive a discount when you attend all 4 classes!

Instructor: Bernadette Ramirez

Location: Merrill Gardens