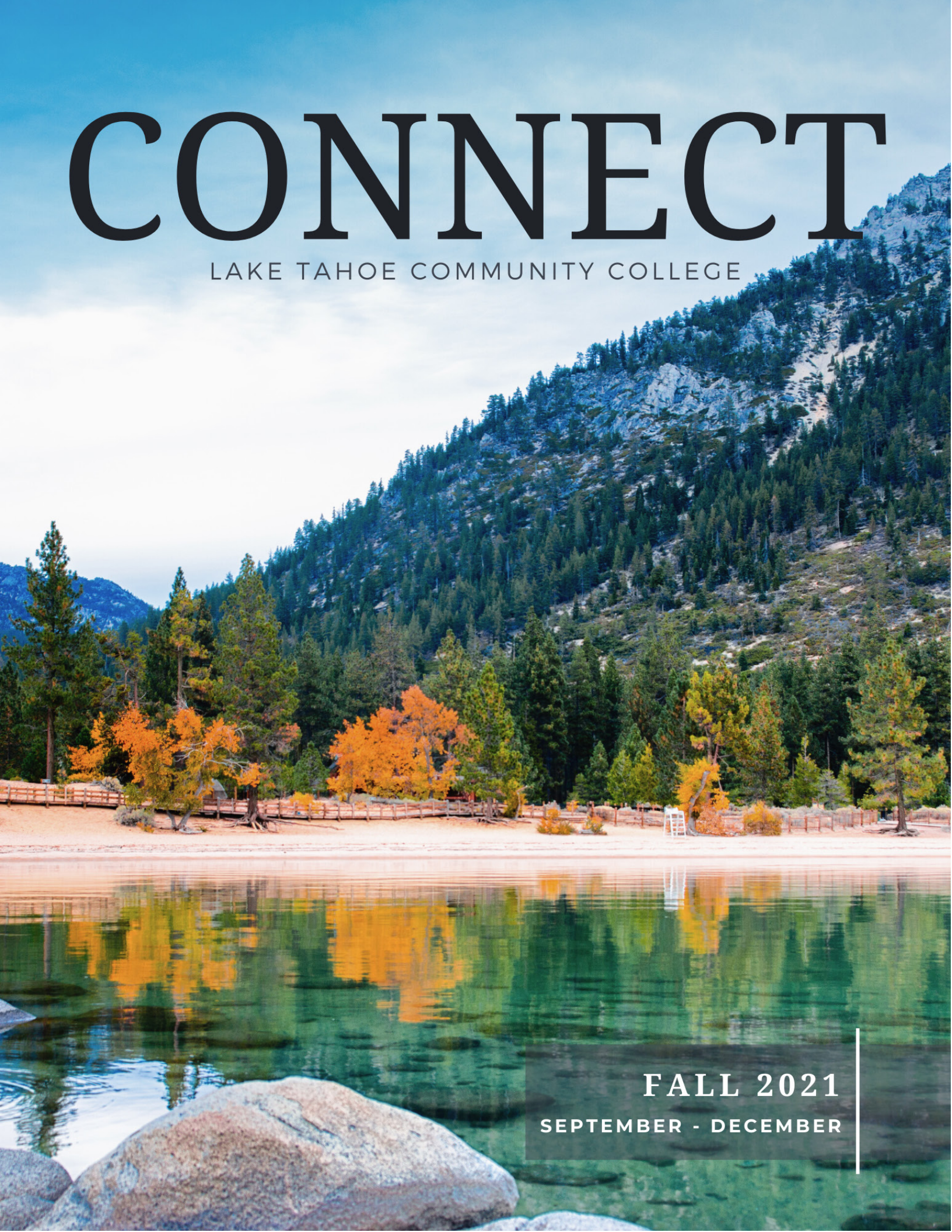


CONNECT

LAKE TAHOE COMMUNITY COLLEGE



FALL 2021

SEPTEMBER - DECEMBER

Community Kitchen

PLANT BASED TAHOE COOKING CLUB

Join the cooking club community and discover many ways to make whole plant-based food taste delicious and appealing for the entire family. This interactive virtual cooking workshop includes demonstrations, knife skills, introduction to popular kitchen gadgetry, and handfuls of seasonal, delicious recipes. Additionally, learn the latest research on a whole food plant based lifestyle from a Medical Doctor and Registered Dietician Nutritionist. Participants will enjoy the food that was prepared in their own kitchens for dinner!

Dates: Thursday | October 21, November 18, December 9

Time: 5:00pm - 6:30pm

Fee: \$180 Club* / \$65 per session

*Refer a friend that registers for the club and you receive \$25 off the club price.

Fitness & Health

CONNECT FIT *now Online, too!*

This unlimited group fitness program includes live zoom and in person classes with recorded classes for your convenience. Class offerings include; Yoga, SPIN, Core & Nutrition, Barre, Strength Conditioning with weekly outdoor meet-ups and nutrition tips. Join this fitness program to support your fitness goals and gain a like minded community! See schedule for details with class days and times.

Dates: Monday - Saturday | September 20 - December 17

Time: 6:00am | 7:00am | 8:00am | Noon

Fee: \$155

CONNECT WELLNESS

This unique, one of a kind program includes: cooking classes with health and science based lectures, 6 days a week of fitness classes, weekly contact and support check-in's, weekly group meetings, pre & post lab work (included in the price), evaluated by an MD. The coaching team includes a Registered Dietician Nutritionist, Certified Fitness and Behavior coaches and Certified Plant-based Cooking Instructors. This program offers tons of support, the results you are looking for, and the tools and resources to help keep you on track to meeting your goals! See attached schedule for details.

Dates: Monday - Friday | October 18 - December 17, 2021

Fee: \$599

CONNECT *Fit*

MONDAY

6AM

**TOTAL BODY
CONDITIONING**

Terre

NOON

YOGA
Megan

TUESDAY

7AM

**SPIN - 45MIN
STRENGTH - 30MIN**

June

8:15AM

**NUTRITION
COOKING DEMO**

June

WEDNESDAY

6AM

BODY PUMP

Terre

NOON

**BARRE,
BALANCE, CORE
& RESTORE**

Megan

5PM

SUPPORT MEETING

THURSDAY

7AM

**SPIN - 45MIN
STRENGTH - 30MIN**

June

FRIDAY

6AM

**ALL ABOUT
WEIGHTS**

Terre

SATURDAY

8AM

SPIN 30/30

Terre/Wanda/June

Fundamentals of Wilderness

FIRST AID

This 2-day workshop covers the basic principles of patient care in the remote setting including patient assessment, circulatory, respiratory, and nervous systems, musculoskeletal system, fractures, and extremity splinting techniques. Other topics include: lightning injuries, heat and cold injuries including Hypothermia and Heat Stroke. Assessment drills will be emphasized to maximize hands-on learning. Basic lifting, moving, and extrication techniques will be taught and practiced. Gain confidence in your ability to respond to emergencies in the backcountry in this short workshop, that will challenge your thinking and give you decision making skills and practice. This workshop is intended for those who are outdoor enthusiasts on day trips or short adventures. TRTA please use Coupon Code: TRTA Guide

Instructor: Jim Bitner, Wilderness First Aide Certified Instructor

Dates: Saturday & Sunday | November 13 & 14

Time: 8:30am - 5:00pm

Fee: \$185



Life Enhancement

MEN'S FUTSAL LEAGUE

FC Tahoe has an opportunity to play competitive soccer in a 5v5 format. Games will take place in the LTCC Gym, and player fees will cover all facility and referee costs for the season. The season will consist of ten games with a two game playoff to determine the league champion. Participants must wear shinguards & non-marking soled shoes. Bilingual interpretative services available.

10 weeks of games and 2 weeks of playoffs

Dates: Sunday | December 5 - March 27

(No games: December 19 - January 3, January 15, February 20)

Time: TBA

Fee: \$155

TENNIS FOR ADULTS

Enhance your tennis game or just learn the basic skills on how to play tennis! This workshop offers technical training on all the strokes in tennis; Flat and Slice Serve, Topspin and Slice Forehand and Backhand Ground Strokes, Forehand and Backhand Volley, Overhead "Smash" & Return of Serve.

Dates: TBA

Time: TBA

Fee: \$185

TAHOE HISTORY

This workshop surveys the history of the area around Lake Tahoe from its geologic formation and first inhabitants through its 19th and 20th century developments. Events both inside and outside the basin will be studied for their impact on the region. The workshop will include concurrent United States, California and Nevada historical events where Tahoe was involved. Participants will have a thorough understanding of Tahoe History to share with visitors, friends and families that visit our area.

Instructor: David Borges, Tahoe Historian

Dates: Thursday | September 30 - October 28 & November 4-11,

Time: 6:00pm - 6:50pm

Fee: \$120

KIDS

FALL ACADEMY FOR KIDS

Ages: 7-14

The focus for kids Fall Academy is to keep kids moving, connected and enhance learning. The Academy will take place after LTUSD school hours one day per week. Please check emails daily for weather cancellations.

Academy: Acting

Learn fun and useful acting skills on stage of the Duke Theatre! Topics include intro to theatre & Improv, Intro to On-Camera Acting & Auditions, Pantomime & Puppetry, Shakespeare & Movement and Scene Work & Skits.

Instructor: Pam Taylor and Richard Sergeant
Dates: Monday | October 18 - November 15
Time: 4:00pm - 6:00pm
Fee: \$185

ACADEMY: ART

Ages: 7-14

This Art Workshop is designed to help children develop and discover the excitement of different creative material and the instinctual urge to play with textures, form, color and shapes. Students ages 7 to 14 will learn a broad variety of art mediums, many different painting techniques, printmaking, mixed media and much more to create masterpieces of their own they can be proud of while learning about art history and how different cultures use art.

Instructor: Jessica Risconscente, Kids Art Facilitator
Dates: Wednesday | October 20 - November 17
Time: 4:00pm - 6:00pm
Fee: \$185

Register online
LTCCCONNECT.COM

ACADEMY: PHOTOGRAPHY

Ages: 7-14

Explore your creative potential while learning the basics of photography. Develop your photography style by creating images that mean something. We will be styling photoshoots, and telling a story through photographs. Camera equipment recommended.

Instructor: Melina Walsh, Professional Photographer

Dates: Tuesday | October 19 - November 16

Time: 4:00pm - 6:00pm

Fee \$185

ACADEMY: STEM

Ages: 7-14

This 6-week series applies self-regulation coping tools that focus on the whole child while teaching major scientific concepts. Teaching methodology will be based on the STEAM approach to incorporate science, technology, engineering, art and math in a hands-on classroom model. Classes will be adaptable and choose outdoor sessions as a first priority unless weather or safety concerns require we meet inside.

Instructor: Jessica Riconscente, STEM & Art Instructor

Dates: Thursday | October 21 - November 18

Time: 4:00pm - 6:00pm

Fee: \$185



THE BRIDGE LANGUAGE ACADEMY: DE COLORES

Ages: 3-4

The Bridge Language Academy is a Spanish immersion enrichment program for pre-kindergarten through second grade children. All activities in this workshop will be conducted in Spanish with the facilitator employing a wide variety of instructional strategies to support participants in their understanding and learning.

Dates: Tuesday/Thursday | October 5 - December 9

Time: 1:00pm - 4:00pm (No class November 22-26)

Fee: \$545

Dates: Friday | October 8 - December 10

Time: 9:00am - Noon (No class November 22-26)

Fee: \$345

THE BRIDGE LANGUAGE ACADEMY: SEMILLAS

Ages: 5-7

The Bridge Language Academy is a Spanish immersion enrichment program for pre-kindergarten through second grade children. All activities in this workshop will be conducted in Spanish with the facilitator employing a wide variety of instructional strategies to support participants in their understanding and learning.

Dates: Monday/Wednesday | October 4 - December 8

Time: 3:30pm - 5:30pm (No class November 22-26)

Fee: \$385

BABYSITTING READINESS *now Online, too!*

Ages: 9-14

Attention young adults! Get ready to start a successful babysitting business. In this workshop, you will learn tips on how to create a successful babysitting business, but also what to expect from children ages birth to ten, how to guide children's behavior, and child safety and emergency preparedness. Workshop includes CPR/First Aid certification. CPR certification covers CPR for infants and children as well as AED and choking.

Instructor: Kelly Pettit, Certified CPR & First Aid Trainer

Dates: Saturday | October 9

Time: 9:00am - 2:00pm

Fee: \$75