

CONNECT

LAKE TAHOE COMMUNITY COLLEGE

NEW YEAR,
NEW YOU



WINTER 2022

JANUARY - MARCH



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 handfults 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: Thursdays | January 20, February 17, March 17

Time: 5:00-6:30pm

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

*Refer a friend that registers for the club and you receive 20% off the club price for you both!

CREATIVE ARTS

STARTING A CREATIVE SKETCHBOOK PRACTICE

Make a sketchbook a part of your daily life. This is the perfect class to get you on your way to learning a new healthy creative habit. Learn about simple materials such as pens, watercolors, paper, and different types of layouts. Find your artistic style and improve your skills, whether you have never sketched before or want to start a consistent practice.

Facilitator: Yolanda Nussdorfer, Art Instructor

Dates: Thursdays | January 20 - February 24

Location: Online/Zoom

Time: 6-7pm

Fee: \$125

KNITTING & BEYOND

This creative and fun filled workshop begins with essential lessons for new and experienced knitters: choosing supplies, casting on, knitting, purling and binding off. Learn how to increase, decrease, knit lace, cable, knit in the round and read patterns. Join this group of fun, enthusiastic, and passionate knitters and discover a host of useful techniques that make knitting both exciting and enjoyable.

Facilitator: Lauren Zebo, Owner Knitting Nest

Dates: Tuesdays | January 11 - February 22 (no class Jan 25)

Time: 5:30-7:30pm

Fee: \$95



Register online

LTCCCONNECT.COM

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

Register online
LTCCCONNECT.COM

FITNESS & HEALTH

CONNECT FIT

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 | January 10 - April 2

Time: 6am, 7am, 8am and 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: January 10 - April 2, 2022

Fitness Class Dates: See the CONNECT Fit Schedule

Cooking Class Time: 5-6:30pm

Support Meetings: Wednesdays, weekly 5-6pm

Fee: \$599

LIFE ENHANCEMENT

THE ART OF NEW YORK CITY

Travel to New York City to study the art and architecture of one of the world's greatest cities. Enjoy a full week of guided tours and talks at famous sites in the city, including eight museum tours, a Broadway show, two evening rooftop cocktail gatherings and hotel stay at the modern hotel, Pod 51.

Spring dates to be announced November 15th.

Packages range from \$2,200-\$3,000



BACKCOUNTRY: ADVENTURES FOR WOMEN

This workshop is geared for women who are experienced skiers and backcountry users. Gather new friends and refresh your backcountry knowledge with a group of like minded women. Sharpen your decision making, risk management, and backcountry awareness and safety skills in this guided tour. Learn where to locate current information on snowpack and regional specific avalanche reports. "Know Before You Go". Must have good working backcountry gear and the knowledge on how to use it.

This workshop does not cover AIARE Level 1 certification.
LTCC offers an AIARE Level 1 course at www.ltcc.edu

Facilitator: Tasha Thomas, Backcountry Enthusiast, AIAREPRO1 Certificated, WFR Certified,
SAC Board of Directors

Dates: Sunday | March 27

Time: 8:00am-2:00pm

Fee: \$125

BACKCOUNTRY: MOTORIZED BACKCOUNTRY AWARENESS

Learn how to effectively read terrain and recognize features that exist within specific terrain. They will learn the difference between simple, challenging, and complex terrain through discussion. Participants do not necessarily need to be high level riders, many zones falling in the parameters of challenging and complex terrain can be visually seen from a safe distance via trailhead or simple terrain such as a meadow next to the main groomed road. Participants will have the opportunity to learn and practice with all their avalanche safety equipment.

REQUIRED SAFETY EQUIPMENT: Transceiver, 2 shovels (one in pack, one in tunnel bag if applicable) and snow probe. Participants will have the opportunity to discuss weather and current snowpack and avalanche observations posted on the Sierra Avalanche Center's website, and learn about the "Daily Flow" and how to utilize a checklist to help them recognize mandatory daily procedures before/ during/after when heading out on a snowmobile adventure.

Facilitator: Tasha Thomas, Backcountry Enthusiast, AIARE2 Certificated, SAC Board of Directors

Date: Sunday | March (TBD)

Time: 9am-4pm (min 7 max 10)

Fee: \$225

BACKCOUNTRY: WOMEN POWERED OUTDOOR NIGHT ADVENTURES

Join Tasha Tomas for a Star Guided snowshoeing excursion on a new moon evening. Participants should bring a smartphone fully charged to access apps for star Navigation.

Facilitator: Tasha Thomas, Backcountry Enthusiast, AIAREPRO1 Certificated, SAC Board of Directors

Star Guided: Friday | March 4

Time: 7:00pm-9:00pm

Location: Hope Valley

Fee: \$65



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.

Instructor: Jim Bitner, Wilderness First Aide Certified Instructor

Dates: Saturday & Sunday, SPRING dates April 23-24

Time: 8:30am - 5pm

Fee: \$185

COED FUTSAL LEAGUE

This league is designed to provide adults (16 and older) with an opportunity to play competitive soccer inside during the winter months. League follows Futsal rules. Five players on the court at a time (including goalie). League fees include 10 regular season games (possibility of additional 2 playoff games), a league coordinator, facilities, and referees. Participants must wear shin guards and non-marking shoes.

Dates: January 9 - April 24 (No games, Jan 19 & Feb 20)

Time: 4-7pm

Fee: \$135

COED FUTSAL - PICKUP

Come join us for fun and competitive games. The format is pickup style, no refs or scheduled games. Come play for FUN!

Dates: January 7 - April 22

Time: 7-9pm

Fee: \$50

FUTSAL - ADULT LEAGUE

This league is designed to provide adults (33 and older) with an opportunity to play competitive soccer inside during the winter months. League follows Futsal rules. Five players on the court at a time (including goalie). League fees include 10 regular season games (possibility of additional 2 playoff games), a league coordinator, facilities, and referees. Participants must wear shin guards and non-marking shoes.

Dates: Sundays | January 9 - April 4 (No games, Jan 19 or Feb 20)
Time: 7-10pm
Fee: \$135

NORDIC CENTER

Located on the beautiful campus of LTCC, enjoy one of the world's oldest winter sports, while taking in the majestic views of Freel and Jobs Sister Peaks. The Nordic Center offers five to seven kilometers of groomed trails for both classic and skate skiing. Upon season opening, the grooming schedule will be posted on www.facebook.com/LTCCconnect. The Nordic Ski Center offers season and day use passes for the 2020-21 season. The season passes offer access to the groomed trail system from dawn to dusk, 7 days/week. Pass revenues will go to the continuation and growth of LTCC's Nordic Ski Center. The program is operated by volunteers for your enjoyment.

Cross-country and Snowshoe workshops may be available through CONNECT Community Education, or classes at ltcc.edu. For more information please visit: <https://ltccnordiccenter.weebly.com>.

Individual Season Pass: \$29
Couples Season Pass: \$39
Family Season Pass: \$49

VOLLEYBALL MEETUP

Designed for a group of volleyball players to play volleyball at an intermediate playing level in the Lake Tahoe Community College gym. Participants will bring their own balls and arrange games with no referees provided.

Dates: Fridays | January 7 - March 25
Time: 5-8pm
Fee: \$125

NEW YEAR CAREER KICK-START FOR WOMEN

Are you ready to get into the job market or move your career forward? Then join Dr. Teresa Deveau for a brand new 3 week "Career Kickstart" program. Topics covered include: navigating job search resources (ie. LinkedIn, Indeed, Glassdoor), preparing or updating your resume, engaging your network for support, creating your professional brand and impeccable interviewing and negotiation skills. Invest in putting your best professional foot forward in 2022 and register now!

Facilitator: Dr. Teresa Deveau, CEO & Founder, Savage Consulting
Dates: Wednesday | January 26 - February 9
Time: 5:30-7:30pm
Fee: \$95



KIDS

ACADEMY FOR KIDS

The focus for kid's Winter Academy is to keep kids moving, connected and enhance learning.

The Academy will take place after LTUSD school hours one day per week for 4 weeks:

Session 1: January 24 - February 18

Session 2: February 28 - March 25

*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, Shakespeare & Movement and Scene Work & Skits.

Ages: 7-14

Facilitator: Pam Taylor and Richard Sergant

Dates: Monday | March 3 - 23

Time: 4-6pm

Fee: \$185

ACADEMY: ART

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.

Ages: 7-14

Facilitator: Jessica Risconscente, Kids Art Facilitator

Date: January 26 - February 16

Time: 4-6pm

Fee: \$185

ACADEMY: PHOTOGRAPHY

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.

Ages: 11-18

Facilitator: Melina Walish, Professional Photographer

Dates: Saturdays & Sundays | January 29-30

Time: 9am-12pm

Fee: \$185

ACADEMY: STEM

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.

Ages 7-14

Facilitator: Jessica Riconscente, STEM & Art Instructor

Dates: Thursdays | January 24 - February 18

Times: 4-6pm

Fee: \$185

BACKCOUNTRY SKIING: BEGINNER

The 2-day Kids Beginners Backcountry Skiing is for advanced skiers who want to make the transition from the ski resort to backcountry adventures. We will explore: reading the sierra avalanche report, navigation, uphill efficiency, risk mitigation, backcountry skiing skills. Participants should be able to ascend 1000 feet a day and have their own beacon, probe, shovel and backcountry ski equipment.

Ages: 10-18

Facilitator: Zach Fletcher, Founder Mind Body Climb

Dates: Saturday & Sunday | March 12-13

Times: 9:00am-1:00pm

Fee: \$200

BACKCOUNTRY SKIING: ADVANCED

The 2-day Kids Advanced Backcountry Skiing is meant for the experienced skiers who want to advance their skills off trail. We will cover: reading the sierra avalanche report, navigation, uphill efficiency, risk mitigation, advanced skiing skills. Participants should be able to ascend 2000 feet a day and have their own beacon, probe, shovel and backcountry ski equipment.

Prerequisites: one year of backcountry experience or have taken the beginner course.

Ages: 10-18

Facilitator: Zach Fletcher, Founder Mind Body Climb

Dates: Saturday & Sunday | March 26-27

Times: 9:00am-1:00pm

Fee: \$200

BACKCOUNTRY: YOUTH MOTORIZED BACKCOUNTRY AWARENESS

Teen participants will learn how to effectively read terrain and recognize features that exist within specific terrain. They will learn the difference between simple, challenging, and complex terrain through discussion. Participants need to be high level riders, many zones falling in the parameters of challenging and complex terrain can be visually seen from a safe distance via trailhead or simple terrain such as a meadow next to the main groomed road. Participants will have the opportunity to learn and practice with all their avalanche safety equipment.

REQUIRED SAFETY EQUIPMENT: Transceiver, 2 shovels (one in pack, one in tunnel bag if applicable) and snow probe. Participants will have the opportunity to discuss weather and current snowpack and avalanche observations posted on the Sierra Avalanche Center's website, and learn about the "Daily Flow" and how to utilize a checklist to help them recognize mandatory daily procedures before/during/after when heading out on a snowmobile adventure. Participants will need to call (530)541-4660 ext. 717 to register.

Ages: 11-18

Facilitator: Tasha Thomas, Backcountry Enthusiast, AIARE PRO1 Certificated, SAC Board of Directors

Dates: Saturday | March 12

Time: 8am-4pm

Location: Blue Lakes Road Snow Park

Fee: \$400



Register online **LTCCCONNECT.COM**

THE BRIDGE LANGUAGE ACADEMY: DE COLORES

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.

Ages: 3-4

Facilitator: Belen Garza, Early Childhood Spanish Instructor

Winter Session: T/TH, Jan 11-March 31, 1-4pm (no class Feb 21-25)

Spring Session: T/TH, April 5-June 16, 1-4pm (no class April 11-15)

Fee: \$545

Winter Session: FRI, Jan14-April 1, 9am-12pm (no class Feb 21-25)

Spring Session: April 8-June 17, 9am-12pm (no class April 11-15)

Fee: \$345

THE BRIDGE LANGUAGE ACADEMY: SEMILLAS

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.

Facilitator: Belen Garza, Early Childhood Spanish Instructor

Ages: 5-7

Winter Session: M/W, January 10-March 30, 3:30-5:30pm (no class: Jan 17, Feb 21-25)

Spring Session: M/W, April 4-June 15, 3:30-5:30pm (no class: April 11-15, May 30)

\$385

INDOOR SOCCER DEVELOPMENT

LTCC Youth Indoor Soccer Development programs are designed to provide opportunities to increase players' individual skills and level of play. The goal is that these opportunities lead to an overall enjoyment of the game for years to come. Through participation in weekly practices, players learn sportsmanship, how to work as a team, and how to build quality relationships with players and coaches in the program. Players will learn functional skills that will prepare them for the spring soccer season. The program focuses on indoor winter conditioning through soccer related skills, drills, and scrimmages. Players will be placed into groups according to their experience and skill level. Beginner, intermediate and advanced skill levels offered.

Facilitator: Bailey Flood & LTCC Soccer Camp Coaches

Dates: Sunday | January 23 - February 13 & March 6-27

Time: 2:30-4:00

Fee:

\$85 per 4 week session

\$160 both sessions

Drop in \$25 per day (day of registration available in the gym lobby)