



WINTER & SPRING 2021

CONNECT

COMMUNITY EDUCATION

Continue on your road to personal enrichment & growth, experience fun and adventure while staying safe during COVID.

[LTCC.EDU/CONNECT](https://ltcc.edu/connect)

Health/Fitness/Wellness

CONNECT Wellness

January 4 - March 26

An all virtual all inclusive wellness program including 3 months of CONNECT Fit and 3 months of the Plant-Based Cooking Club. Participants will also receive weekly check-ins, pre & post lab work, behavior change coaching all with amazing measurable results!

- 🌱 Plant-Based Tahoe Cooking Classes
- 🌱 Health & Science Based Lectures
- 🌱 Fitness Classes 6 Days Per Week
- 🌱 Individual & Group Check-Ins
- 🌱 Pre & Post Lab Work
- 🌱 Behavior Change Coaching

CONNECT Fit: January 4 - March 26 | 6:00am, 8:00am, Noon

Plant-Based Tahoe Cooking Classes: January 25, February 25 & March 25 | 4:30pm - 6:00pm

Location: ZOOM

Fee: \$399 (or 3 monthly payments of \$135)

CONNECT Fit

January 4 - March 26, 2021

We have created a workout workshop with zoom. Join us for a 12-week session with workouts Monday-Saturday. The ZOOM link and password will be emailed to you upon completion of registration. Please see the schedule below for class times and days.

Facilitator: Various

Times: 6:00am, 8:00am, Noon

Location: ZOOM

Fee: \$155

Plant-Based Tahoe Cooking Club

January 25, February 25 & March 25

Join the cooking club and discover all the many ways to make whole food taste delicious and appealing for the entire family. This interactive virtual cooking workshop includes demonstrations, knife skills, introduction to popular kitchen gadgetry, latest research on eating a whole foods plant based diet and handfults of delicious whole food plant-based recipes.

Ingredients and kitchen supplies lists will be emailed prior to the class.

Facilitator: Certified Plant-Based No Oil Cooking Team

Times: 4:30pm - 6:00pm

Location: ZOOM

Fee: \$120 or \$45 per session

CONNECT Fit Schedule

January 4 - March 26

Learn more about classes on ltccconnect.com!

MONDAY

6:00am
Total Body Conditioning
Terre

8:00am
Yoga Therapy
Andrea

Noon
Barre
Megan

TUESDAY

8:00am
Spin
June

9:00am
Core & Nutrition
June

WEDNESDAY

6:00am
Body Sculpt
Terre

Noon
Yoga Flow
Megan

THURSDAY

8:00am
Spin & More
June

FRIDAY

6:00am
20/20/20 Cardio-
Sculpt Yoga
Terre

SATURDAY

8:00am
Spin
Terre

Register Now:
ltccconnect.com

Kids & Teens

Song Writing: Writers on the Storm - Teen

March 1 & 4

Ages: 12-17

Join us for a virtual songwriting workshop. Write an original song in 2 days and learn tools to create a hit song. You will write a chorus, verse(s) and a bridge. Perform it virtually for the facilitator and/or group and receive constructive feedback.

This is for any level of songwriter and you do not need to play an instrument to attend.

Facilitator: Robin Orr, Singer, Songwriter and Teacher

Times: 6:00pm - 9:00pm

Location: ZOOM

Fee: \$150

The Bridge Language Academy - De Colores

Winter Session A: Friday, January 8 - February 12

Winter Session B: Friday, February 26 - April 2

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.

Facilitator: Belen Garza, Spanish Facilitator

Times: 10:00am - 12:00pm

Location: LTCC, G4

Fee: \$195

The Bridge Language Academy - Semillas

Session A: January 4 - February 11

Session B: February 22 - April 1

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.

Facilitator: Belen Garza, Spanish Facilitator

Days:

Session A: Mondays & Thursdays

Session B: Mondays & Thursdays

Times: 2:00pm - 4:00pm

Location: LTCC, G4

Fee: \$275

Babysitting Readiness

December 5, 2020

Ages: 10-16

Attention young adults! Get ready to start a successful babysitting business. Learn tips on how to create a successful babysitting business, 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 Aide certification. CPR certification covers CPR for infants and children as well as AED and choking.

Facilitator: Kelly Pettit, Certified CPR Trainer

Times: 9:00am - 2:00pm

Location: LTCC, G4

Fee: \$75

Register for a CONNECT Class!
ltccconnect.com





Academy Photography: Outdoor Session

February 1 - March 15

Ages: 12-15

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.

Facilitator: Melina Wallisch, Professional Photographer

Days: Monday (No class February 15)

Time: 2:00pm - 4:00pm

Location: TBD

Fee: \$195

Academy Photography: Winter Weekend

March 20 & 21

Ages: 12-16

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.

Facilitator: Melina Wallisch, Professional Photographer

Times: 9:00am - 1:00pm

Location: TBD

Fee: \$150

Backcountry Skiing: Beginner

January 30 & 31

Ages: 10-18

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.

Facilitator: Zach Fletcher, Founder Mind Body Climb

Times: 9:00am - 1:00pm

Location: TBD

Fee: \$200

Backcountry Skiing: Advanced

February 20 & 21

Ages: 10-18

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.

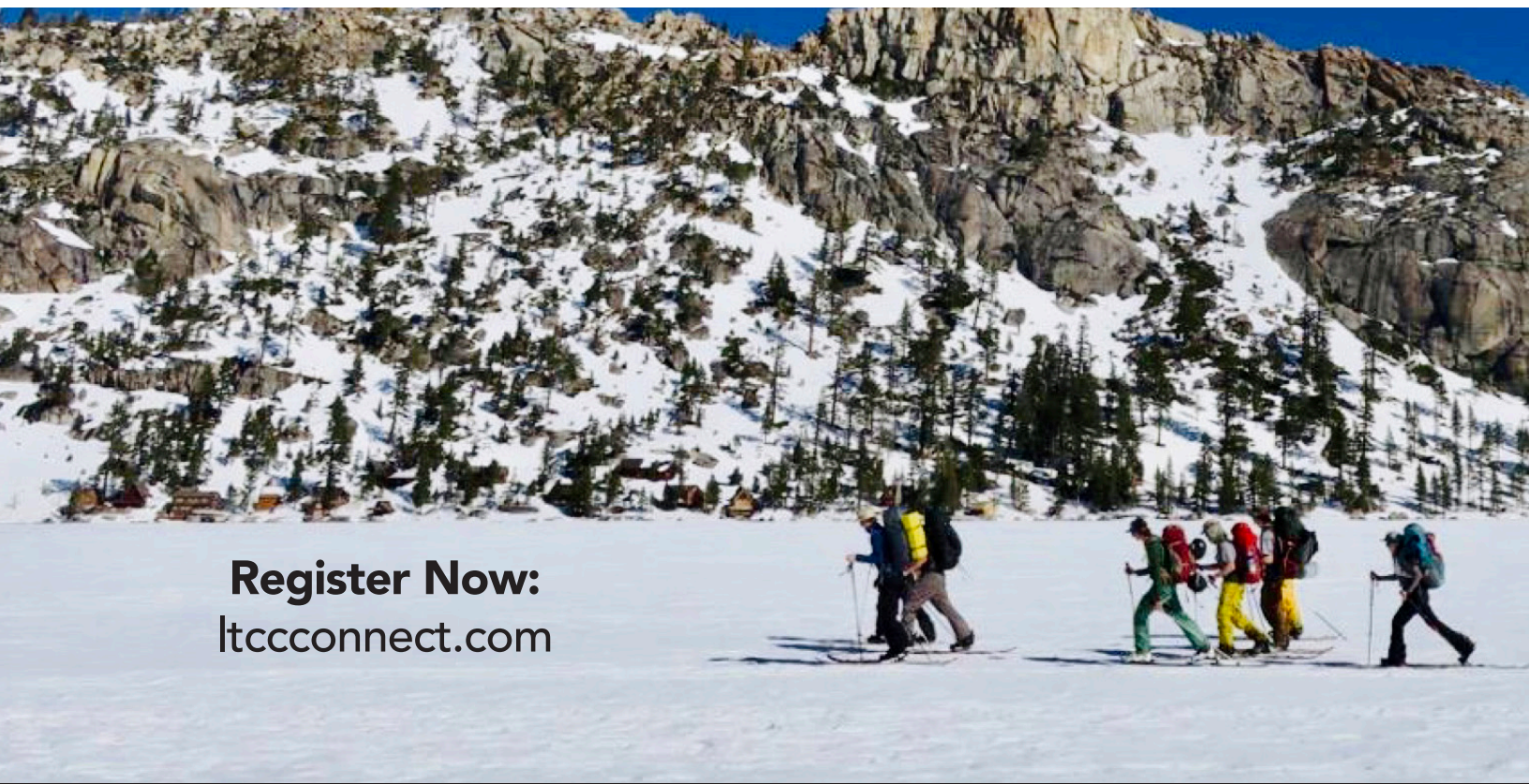
➤ Prerequisites: One year of backcountry experience or have taken the beginner course.

Facilitator: Zach Fletcher, Founder Mind Body Climb

Times: 9:00am - 1:00pm

Location: TBD

Fee: \$200



Register Now:
ltccconnect.com

Life Enhancement

Backcountry: Basics

January 27, 30 & 31

This workshop for NEW backcountry users. Learn the basics from how to apply and take off skins on skis or split boards, what to bring in a day pack, basic trip planning, map reading and much more. Learn where to locate current information on snowpack and regional specific avalanche reports. "Know Before You Go." There will be a two hour mandatory orientation prior to the weekend workshop.

➤ This workshop does not cover AIARE Level 1 curriculum. LTCC offers an AIARE Level 1 course at www.ltcc.edu/schedule

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

Orientation:

Wednesday, January 27, 5:00pm - 6:00pm

Location: ZOOM

Course:

Saturday & Sunday, January 30-31, 8:00am - Noon

Location: TBD

Fee: \$175

Backcountry: Basics For Women

January 20, 23 & 24

This workshop is geared for women who are NEW backcountry users. Learn the basics from how to apply and take off skins on skis or split boards, what to bring in a day pack, basic trip planning, map reading and much more. Learn where to locate current information on snowpack and regional specific avalanche reports. "Know Before You Go." There will be a two hour mandatory orientation prior to the weekend workshop.

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

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

Orientation:

Wednesday, January 20, 5:00pm - 6:00pm

Location: ZOOM

Course:

Saturday & Sunday, January 23-24, 8:00am - Noon

Location: TBD

Fee: \$175

Backcountry: Women Powered Outdoor Night Adventures

January 28 & February 12

Join Tasha Thomas for a Full Moon or Star Guided snowshoeing and/or cross country skiing excursions. Participants may bring smartphone to access apps for star navigation.

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

Full Moon:

Thursday, January 28
Times: 7:00pm - 9:00pm
Location: TBD
Fee: \$65

Star Guided:

Friday, February 12
Times: 7:00pm - 9:00pm
Location: TBD
Fee: \$65

Backcountry: Mountain Adventures

February 22 - March 10

For the experienced intermediate backcountry adventurers looking to develop advanced skill and gain further experience touring the backcountry.

Prerequisites:

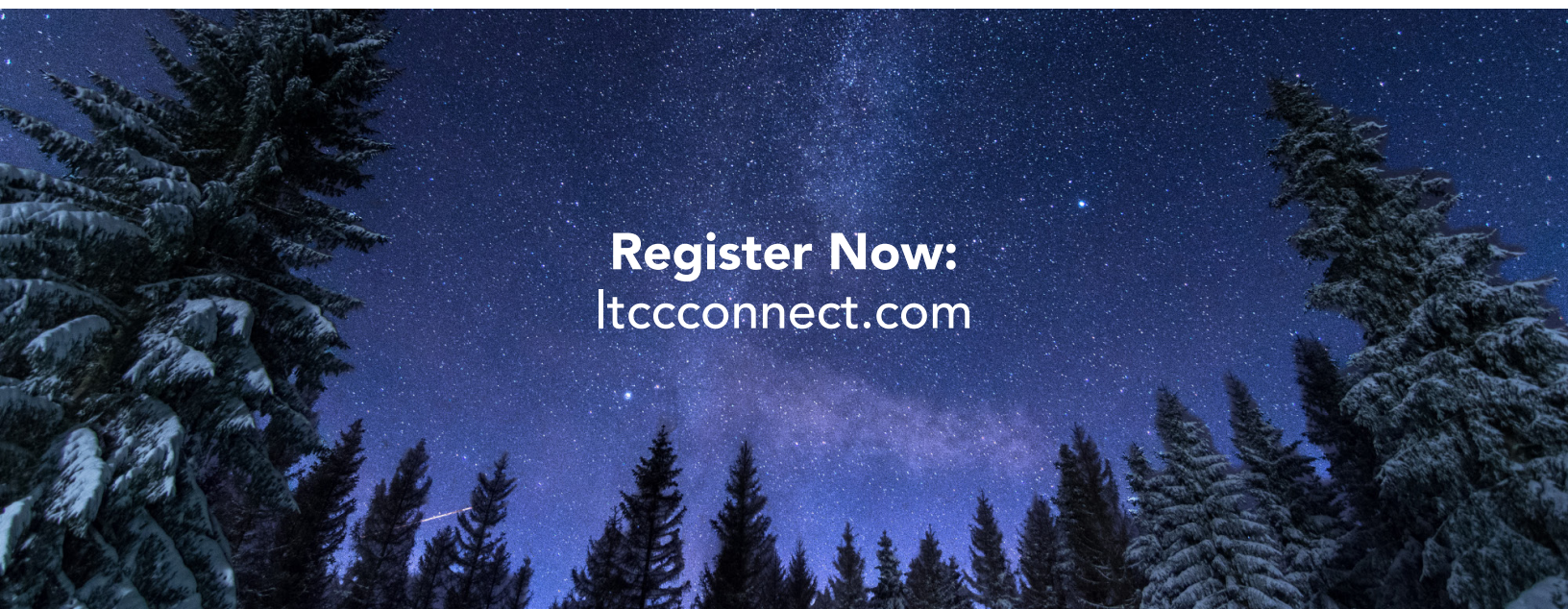
- Participants need to have at least 10 backcountry ski experiences and/or completed
- Avalanche Safety Training Level 1 - (LTCC offers an AIARE Level 1 course at www.ltcc.edu/schedule)
- Participants need to have their own equipment, including: Skins, shovel, beacon & probe

Classes may be rescheduled due to weather or avalanche conditions.

➤ This workshop does not cover AIARE Level 1 curriculum. LTCC offers an AIARE Level 1 course at www.ltcc.edu/schedule

Facilitator: Todd Offenbacher, Experienced Backcountry Guide
Day and Dates: Mondays & Wednesdays
Times: 8:00am - 12:00pm
Location: Tahoe Area Backcountry
Fee: \$900

Register Now:
ltccconnect.com





Backcountry: Mountain Adventures – One Day Guides

Session A: February 7

Session B: March 14

For the experienced intermediate backcountry adventurers looking to develop advanced skill and gain further experience touring the backcountry.

Prerequisites:

- o Participants need to have at least 10 backcountry ski experiences and/or completed
- o Avalanche Safety Training Level 1 - (LTCC offers an AIARE Level 1 course at www.ltcc.edu/schedule)
- o Participants need to have their own equipment, including: Skins, shovel, beacon & probe

Classes may be rescheduled due to weather or avalanche conditions.

➤ This workshop does not cover AIARE Level 1 curriculum. LTCC offers an AIARE Level 1 course at www.ltcc.edu/schedule

Facilitator: Todd Offenbacher, Experienced Backcountry Guide

Times: 8:00am - 12:00pm

Location: Tahoe Area Backcountry

Fee: \$175

Tahoe History

January 28 - March 4

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.

Facilitator: David Borges, Tahoe History

Day: Thursdays

Times: 7:00pm - 8:00pm

Location: ZOOM

Fee: \$120

Songwriting: Writers on the Storm - Adult

February 22 & 25

Join us for a virtual songwriting workshop. Write an original song in 2 days and learn tools to create a hit song. You will write a chorus, verse(s) and a bridge. Perform it virtually for the facilitator and/or group and receive constructive feedback.

This is for any level of songwriter and you do not need to play an instrument to attend.

Facilitator: Robin Orr, Singer/Songwriter and Teacher

Times: 6:00pm - 9:00pm

Location: ZOOM

Fee: \$150