

CONNECT

SPRING & SUMMER 2022



Register online :
ltcccconnect.com



Kids Summer camps

ACTING THEATRE CAMP

This hands-on Summer Spectacular Theatre Camp runs for 2 weeks in August and will culminate in a fun musical production on the Duke Theatre stage! When not rehearsing for the musical, the campers will explore a variety of performance techniques: movement, improv, acting for the screen and stage, and a variety of theatre games that will incorporate the importance of technology and environmental awareness in the theatre. This camp will be taught by Pam Taylor and Richard S. Sargent, professional artists with years of experience in theatre and education. Designed to give young people a glimpse into the world of performing arts, actors of all skill levels between the ages of 7 and 14 are encouraged to apply and will be guaranteed a spot in the show. This camp is a collaboration between the CONNECT Program & Black Ice Theatre Co.'s Ice Cubes Children's Theatre Program. All students are encouraged to attend every class and must be available for the three final performances.

Ages: 7-14

Dates: Monday-Friday | Aug 1-12 | 1-4pm

Performance Dates: Friday & Saturday, August 12-13 & Sunday, August 14 @ 2pm

Fee: \$325

COYOTE CAMP MEDLEY

A weeklong camp full of adventure, art, and science! Come explore your favorite summer activities, get creative, and learn something new to take with you into the new school year.

Ages: 6-9

Dates: Monday-Friday | August 22-26 | 9am-noon

Fee: \$225

Register online : ltccconnect.com

DANCE & SPIRIT CAMP

Come and learn dance team-style techniques, cheers and more. This Dance and Spirit Camp incorporates learning dance routines, pom, hip hop & jazz. All levels and genders welcome! Camp will end with a performance for parents.

Ages: 6-16

Dates: MON-FRI July 18-22, 9am-12pm

Fee: \$225

ISSI SPANISH CAMP

CONNECT Community Education is offering a Spanish Kids' Camp in cooperation with the Intensive Spanish Summer Institute. During this week-long camp, kids will be introduced to the Spanish language while participating in fun-filled activities which include dance, native cultural activities and other experiences. Beginning Spanish speakers can expect to learn the basics in vocabulary and conversation. The more advanced Spanish speaker will be challenged in higher level conversation.

Ages: 7-14

Dates: Monday-Friday | July 25-29 | 9am-4pm

Fee: \$325

SOCGER: COYOTE SOCCER CAMP

Play soccer all week with your friends & our professional coaching staff!

Our week-long camp will teach players to develop skills through thousands of touches per day. These skills include: passing, dribbling, skill moves, juggling, finishing, defending, and 1v1. These skills will improve touch, control, coordination and speed. Our staff will teach our campers soccer tactics through small sided games and scrimmages. This year we are incorporating mental skills into the camp which will help players to be successful both on and off the field.

Our staff is comprised of professional coaches & LTCC Men's/Women's College players -- we have a ton of experience & care about our local campers!

Our ultimate goal is to teach players how to have fun while improving!

Ages: 4-12

Times: 4-6 year olds: 9:30-11:30am

7+: 9:30-12:00pm

Dates: Monday-Friday | August 1-5

Fee: \$185 for 4-6 & \$215 for 7+

STEM CAMP MEDLEY

Led by a different industry professional and professor each day, this camp for late elementary and middle schoolers will highlight a different science or engineering field each day. Covering topics like animal science, medicine, ecology, and engineering with an emphasis on experiential learning, campers might spend one day learning about what it take to become a future doctor, the practical applications of chemical reactions, or how drones are being used to map the world.

Ages: 11-14

Dates: Monday-Friday | July 18-22 | 9am-12pm

Fee: \$245



Kids ART

ART: AMAZING ANIMAL KINGDOM

This class is all about ANIMALS! Let's draw them, paint them, and sculpt them. Students will develop skills in drawing and painting while learning about feathers, fur and scales.

Ages: 5-9

Dates: Monday-Friday | July 18-22 | 9am-3pm

Fee: \$335

ART: WORLD OF COLOR

In this class, we will talk about all things color from flowers to candy to birds. Let's learn how to make colors in paint and clay and make amazing colorful artwork. Everyday we will focus on 3 colors and by the end of the week, we will have a rainbow of projects. Campers should try to wear white, gray or black on day 1.

Ages: 5-9

Dates: Monday-Friday | August 1-5 | 9am-3pm

Fee: \$335

ART: SAND, SUNSHINE, AND SURF

Summertime is the perfect time for beach themed art. Let's design our own surfboards and learn to paint sunsets. We will work with watercolors and tempera paint to create our masterpieces.

Ages: 5-9

Dates: Monday-Friday | Aug 15-19 | 9am-3pm

Fee: \$335

ART: AMAZING ANIMAL KINGDOM

This class is all about ANIMALS! We will focus on drawing animals in a variety of different mediums. Students will take a virtual trip through the zoo to learn more about drawing feathers, fur and scales.

Ages: 10+

Dates: Monday-Friday | July 25-29 | 9am-12pm

Fee: \$245

ART: PAINT LIKE PICASSO, DRAW LIKE FRIDA

In this class, students will focus on different artists and their style of art. We will discuss technique and use a variety of materials to create our own versions of famous paintings. What would happen if we painted a beach scene in Van Gogh's brush marks? Come find out in this class.

Ages: 10+

Dates: Monday-Friday | Aug 8-12 | 9am-12pm

Fee: \$245

ART: PAINTING ADVENTURES I

Let's get together and paint. For this adventure, we will meet at Kiva Beach. We will begin with some quick nature sketches, continue on by sketching a Mt. Tallac landscape, and finish our journey with a beach painting. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Ages: 14+

Date: Friday | July 1 | 1-4pm

Fee: \$75

ART: PAINTING ADVENTURES II

Let's get together and paint. For this adventure, we will meet at Tahoe Keys Marina. We will begin by walking down the nature trail and sketching our surroundings. We will continue on with a beach landscape painting, and finish our journey with a boat painting. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Ages: 14+

Date: Friday | July 22 | 1-4pm

Fee: \$75

ART: PAINTING ADVENTURES III

Let's get together and paint. For this adventure, we will meet at Lake Tahoe Community College. We will begin by sketching in the demonstration garden. We will then walk over to Bijou park and learn how to paint people in action. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Ages: 14+

Date: Friday | August 5 | 1-4pm

Fee: \$75

ART: PAINTING ADVENTURES BUNDLE

We've bundled the three painting adventures! This is the best price package for your buddy artist! A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Ages: 14+

Dates: Friday | July 1, July 22, August 5 | 1-4pm

Fee: \$200



Kids SKILLS

BABYSITTING READINESS

Attention young adults! Get ready to start a successful summer babysitting business. In this workshop, you'll not only 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. Young participants will be introduced to fun activity ideas using the three R's (reduce, reuse, and recycle)! Participants will also learn how to make healthy and nutritious snacks for kids. Workshop includes CPR/ First Aid certification for kids 12 and older. CPR certification covers CPR for infants and children as well as AED and choking.

Ages: 12-14

Date: Saturday | June 11 | 9am-2pm

Fee: \$95



Register online : ltccconnect.com



Kids OUTDOORS

BACKPACKING ADVENTURES

Teens will be guided on a backpacking excursion in the Sierra Nevada Mountains with an experienced wilderness guide. Participants will learn proper packing, camp set up, local flora and fauna identification and wilderness safety tips.

Ages: 12-16

Dates: Saturday-Monday | August 6-8 | 8am-4pm

Fee: \$475

CLIMBING: BOULDERING

This summer camp is designed for kids who are interested in learning the skills, techniques and safety components for bouldering. Kids will learn climbing movement techniques including proper balance, body position and footwork. Participants will increase their self-confidence by developing motor skills, enhancing awareness, and working as a team. They will connect to and learn about nature through exploring rock formations and the topography of the mountains.

Ages: 6-14

Dates: Monday-Friday

June 27-July 1 | 9am-12pm

June 27-July 1 | 1-4pm

July 25-29 | 1-4pm

Fee: \$225

Register online : ltccconnect.com

CLIMBING: BEGINNING ROCK

This climbing camp will include bouldering and rope climbing throughout the day in the spectacular Eagle Creek Canyon. Kids will learn movement techniques including proper balance, body position and footwork in the bouldering sessions and will learn how to tie proper knots, put on harnesses, belay, rappel and climbing communication in the roped climbing sessions. Participants will increase their self-confidence by developing motor skills, enhancing awareness, and working as a team. They will connect to and learn about nature through exploring rock formations and the topography of the mountains. With the skills learned in this workshop, participants will be prepared to climb safely and efficiently in an outdoor rock climbing setting.

Ages: 6-15

Dates: Tuesday-Friday | July 5-8 | 1-4pm

Monday-Friday | July 18-22 | 9am-12pm

Monday-Friday | July 18-22, 1-4pm

Fee: 4 day \$185 / 5 day \$225

CLIMBING: INTERMEDIATE

This climbing camp will include rope climbing in two spectacular Tahoe locations, Castle Rock and Bottle Creek Crag. This camp is designed for kids who have taken the Beginning Rock Climbing Camp and have learned how to put on a harness, tie a figure 8 and learn how to belay. Kids will further develop climbing movement techniques including proper balance, body position and footwork while practicing and developing all the safety skills covered in the Beginning Rock Climbing Camp. Participants will increase their self-confidence by developing motor skills, enhancing awareness, and working as a team. They will connect to and learn about nature through exploring rock formations and the topography of the mountains. With the skills learned in this workshop, participants will be prepared to climb safely and efficiently in an outdoor rock climbing setting for both traditional and sport climbing.

Ages: 8-15

Dates: Monday-Friday | June 27-July 1 | 1-5pm

Monday-Friday | August 1-5 | 1-5pm

Fee: \$355

COYOTE CLIMBING ADVANCED TEAM

This Team is for advanced climbers 8 and older. This Team is designed to improve all aspects of outdoor rock climbing skills and introduce mindfulness techniques to the hearts and minds of young climbers. The mission is to improve mental steadiness, emotional fitness, and physical capacity on and off the rock by teaching concentration, and mindfulness practices to young athletes. Learning these practices creates an opportunity to not only become amazing climbers but to also positively influence personal lives at home and in the community, as well as connecting to nature through exploring rock formations and mountain topography. One season of climbing experience required.

Ages: 8-16

Dates: Monday-Friday | July 25-29 | 1-6pm

Monday-Friday | August 15-19 | 9am-2pm

Fee: \$465

LITTLE EXPLORERS WILDERNESS CAMP

This Summer Camp invites young children to explore, experience and feel comfortable with nature. Participants will learn the Leave No Trace Ethics, Basic Land Navigation, Setting up Camp, Wilderness Safety Skills, and Flora/Fauna. This Wilderness camp will prepare kids to explore and enjoy the natural world in Tahoe and beyond!

Ages: 4-7

Dates: Monday-Friday

June 27-July 1 | 9am-3pm

July 11-July 15 | 9am-3pm

August 1-5 | 9am-3pm

Fee: \$345

MOUNTAIN BIKING: NEW TO SPORT

This workshop introduces kids to the world of mountain biking. Riders of all abilities will learn the basics of mountain biking, safety, and bike maintenance. Kids will develop cardio-vascular fitness, balance, and strength, while improving split-second decision making skills. They will learn about tree identification and flora and fauna on the trails along the way. This is a great opportunity to instill a passion for mountain biking and appreciate the world class trail system in the Tahoe basin.

Ages: 7-13

Dates: Monday-Thursday

June 27-June 30 | 9am-12pm

June 27-June 30 | 1pm-4pm

July 11-July 14 | 9am-12pm

July 11-July 14 | 1pm-4pm

July 25-July 28 | 9am-12pm

July 25-July 28 | 1pm-4pm

Fee: \$185



MOUNTAIN BIKING: INTERMEDIATE TERRAIN

The focus of this camp is on technique and how to ride rough, technical terrain with more efficiency and confidence. Riders will learn new skills, giving them the ability to tackle more challenging terrain and trails. This workshop will also focus on building muscular endurance and strength for longer rides, cardio-vascular fitness, proper nutrition and hydration, bike maintenance and equipment safety, as well as braking, cornering, trail etiquette, and efficient climbing. This is an amazing opportunity for adventure seeking youth who wish to explore more of Tahoe's prestigious mountain biking trails. They will learn about tree identification and flora and fauna on the trails along the way. Riders will cover about 30 miles of trails uphill and downhill terrain throughout the week with 7,000 feet of elevation gain.

Required gear: Mountain bike with gears in good working condition, helmet, knee pads, gloves, eye protection and hydration pack.

Ages: 9-15

Dates: Tuesday-Friday | June 28-July 1 | 1-4pm

Monday-Friday | July 11-15 | 9am-12pm

Monday-Friday | July 11-15 | 1pm-4pm

Monday-Friday | August 1-5 | 9am-12pm

Fee: 4 day \$185 / 5 day \$225

MOUNTAIN BIKING: ADVANCED TERRAIN

The focus of this camp is on technique and how to ride rough, technical terrain with more efficiency and confidence. Riders will learn new skills, giving them the ability to tackle more challenging terrain and trails. This workshop will also focus on building muscular endurance and strength for longer rides, cardio-vascular fitness, proper nutrition and hydration, bike maintenance and equipment safety, as well as racing, braking, cornering, and efficient climbing. They will learn about tree identification and flora and fauna on the trails along the way.

Riders need to have completed the intermediate level or have prior approval to participate. Trail mileage averages are 10-13 miles per day with elevation gains from 800 feet to 1500 feet.

Ages: 9-15

Dates: Monday-Friday | July 25-29 | 9am-1pm

Fee: \$295

MOUNTAIN BIKING: TEEN ENDURO ADVENTURES

If you are ready for an all day mountain bike adventure to locations in the Lake Tahoe basin with a spectacular view of the lake then this is the workshop for you. This is a one day workshop.

Participants should plan to ride 20-25 miles with elevation gains of 5K feet plus. All ride locations will be within the Tahoe basin and will take place either North lake or South lake. Participants must have completed the mountain bike camp "Riding Advanced Terrain" to register for this workshop.

This workshop is a full day on the bike honing in on further progression of technical and endurance mountain biking while adventuring with friends and enjoying the beauty of Lake Tahoe. Full suspension, good condition mountain bike required. Helmets, eye protection, and knee pads are mandatory.

Ages: 13-16

Dates: Tuesday | July 5 | 9am-3pm

Tuesday | July 19 | 9am-3pm

Fee: \$175

MOUNTAIN BIKING: GIRLS RULE!

It's cool to ride like a girl. In this girls only workshop, riders will be challenged in a comfortable and safe setting to have fun, learn new skills and progress to the next level. This camp includes ascent and descent trails. They will learn about tree identification and flora and fauna on the trails along the way. Mountain bike with gears and proper mountain bike equipment required, including gloves and eye protection.

It is recommended to start your child's mountain biking adventure with the Mountain Biking: New to Sport Camp, and they will be more successful in Girls Rule!

Ages: 9-14

Dates: Tuesday-Friday | June 28-July 1 | 9am-12pm

Monday-Friday | August 1-5 | 1-4pm

Fee: 4 day \$185 / 5 day \$225

MOUNTAIN BIKING: GIRLS RULE! RIDING MORE ADVANCED AND TECHNICAL TERRAIN

This workshop is about bringing young women together to enhance mountain bike skills, gain confidence, and learn to navigate the Tahoe trail system in a comfortable environment. This Camp is for intermediate female riders wanting to improve confidence and take your riding to the next level. They will learn about tree identification and flora and fauna on the trails along the way.

Ages: 10-16

Dates: Wednesday-Friday | July 6-8 | 9am-1pm

Fee: \$265

STAND UP PADDLE BOARDING: BEGINNER

In partnership with South Tahoe Standup Paddle, this camp will introduce kids to stand up paddle boarding. This workshop covers water safety, paddling techniques, and board maneuvering. Kids will benefit from developing motor skills and core strength and enhancing balance and cardio. They will learn about and connect to nature through experiencing the clear waters and discovering the ecology of Lake Tahoe. With skills learned in this workshop, kids will be prepared to SUP, on Lake Tahoe. Swim experience necessary.

Additional \$50 rental fee (Board, Paddle, Life Jacket) paid to South Tahoe Standup Paddle Board. Participants under the age of 12 will be required to wear life vests which will be provided to them. Kids should bring, sun block, a hat, sunglasses, water, snacks, and wear clothes that can get wet.

Ages: 7-13

Dates: Tuesday-Friday | July 5-8 | 9am-12pm

Monday-Friday | July 11-15 | 9am-12pm

Fee: 4 day \$185 / 5 day \$225

Register online : [**itccconnect.com**](https://itccconnect.com)



STAND UP PADDLE BOARDING: INTERMEDIATE

In partnership with South Tahoe Standup Paddle, this workshop will introduce kids to stand up paddle boarding racing and touring. This workshop will cover board maneuvering, pacing for distance, and race skills and techniques. Kids will benefit from developing motor skills/core strength and enhancing balance/cardio. They will learn about and connect to nature through experiencing the clear waters and discovering the ecology of Lake Tahoe. With skills learned in this workshop, kids will be prepared to SUP Tour and enter SUP races. Swim experience necessary.

Additional \$50 paddle board rental fee (paid to South Tahoe StandUp Paddle at time of rental).

Participants under the age of 12 will be required to wear life vests which will be provided to them.

Kids should bring, sun block, a hat, sunglasses, water, snacks, and wear clothes that can get wet.

Ages: 7-13

Dates: Monday-Friday | July 25-29 | 9am-12pm

Fee: \$225

STAND UP PADDLE BOARDING: ADVANCED

In partnership with South Tahoe Standup Paddle, this workshop will provide kids with more advanced stand up paddle boarding racing and touring experience. This workshop will cover advanced board maneuvering, pacing for distance, and race skills and techniques. Kids will benefit from developing motor skills/core strength and enhancing balance/cardio. They will learn about and connect to nature through experiencing the clear waters and discovering the ecology of Lake Tahoe. With skills learned in this workshop, kids will be prepared to SUP Tour and enter SUP races. Swim experience necessary.

Additional \$50 paddle board rental fee (paid to South Tahoe StandUp Paddle at time of rental).

Participants under the age of 12 will be required to wear life vests which will be provided to them.

Kids should bring, sun block, a hat, sunglasses, water, snacks, and wear clothes that can get wet.

Ages: 7-13

Dates: Monday-Friday | August 1-5 | 9am-12pm

Fee: \$225



Kids SPORTS

BASKETBALL CAMP

This basketball camp focuses on skill development and training in fundamentals. This developmental program offered by certified coaches will focus on individual and team skills. A heavy emphasis on the “whole player” concept will assist young players in gaining and improving a positive attitude, greater appreciation for good moral values, and keys that will lead to their success both on and off the court.

Ages: 9-14

Dates: Monday-Friday | July 18-22 | 1-4pm

Fee: \$225

FLAG FOOTBALL CAMP

Each young athlete will learn the fundamentals while developing skills using proper techniques. Offensive and defensive position drills follow proper stretching and warm-ups, along with fun football competitions. A great opportunity for any young athlete looking to improve their game, have fun, make new friends, and raise their confidence

Ages: 8-13

Dates: Monday-Thursday | July 18-21 | 9am-noon

Fee: \$160

Location: Community Play Fields at Lake Tahoe Community College

FLAG FOOTBALL ADVANCED CAMP

This camp will run parallel to the Flag Football camp and will include many of the same drills and activities. The advanced camp will focus more on skills that students need to be prepared for high school football. Enhanced emphasis on football terminology and more advanced drills. The camp will culminate in a flag football tournament on Friday, July 22 that will allow participants the opportunity to showcase their newfound skills.

Ages: 13 - 15

Dates: Monday-Friday | July 18-22 | 9am-noon

Fee: \$195

Location: Community Play Fields at Lake Tahoe Community College

SKATEBOARDING

Kids will learn the tips and tricks for skateboarding in a safe and fun environment. This workshop is scheduled to meet outside in a small group setting.

Ages: 6-12

Dates: Monday-Friday

June 27-July 1 | 9am-12pm

July 18-22 | 9am-12pm

August 15-19 | 9am-12pm

August 22-26 | 9am-12pm

Fee: \$225

SPRING SOCCER DEVELOPMENT

LTCC Youth 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. Players will be placed into groups according to their experience and skill level.

Ages: 2-6

Dates: Mondays | April 11-May 23 | 4:30-5:30pm

Fee: \$125

TENNIS: DEVELOPMENT

The Kids Tennis Academy program promotes tennis as a lifetime sport through exercise for kids as team and individual development. Kids learn sportsmanship and teamwork, through positive attitudes and hard work. Topics covered include; basics of racquet skills, footwork, and balance, progressing on to the tennis strokes for singles and doubles.

Ages: 6-12

Dates: Monday-Friday | July 25-29 | 9am-11am

Fee: \$185

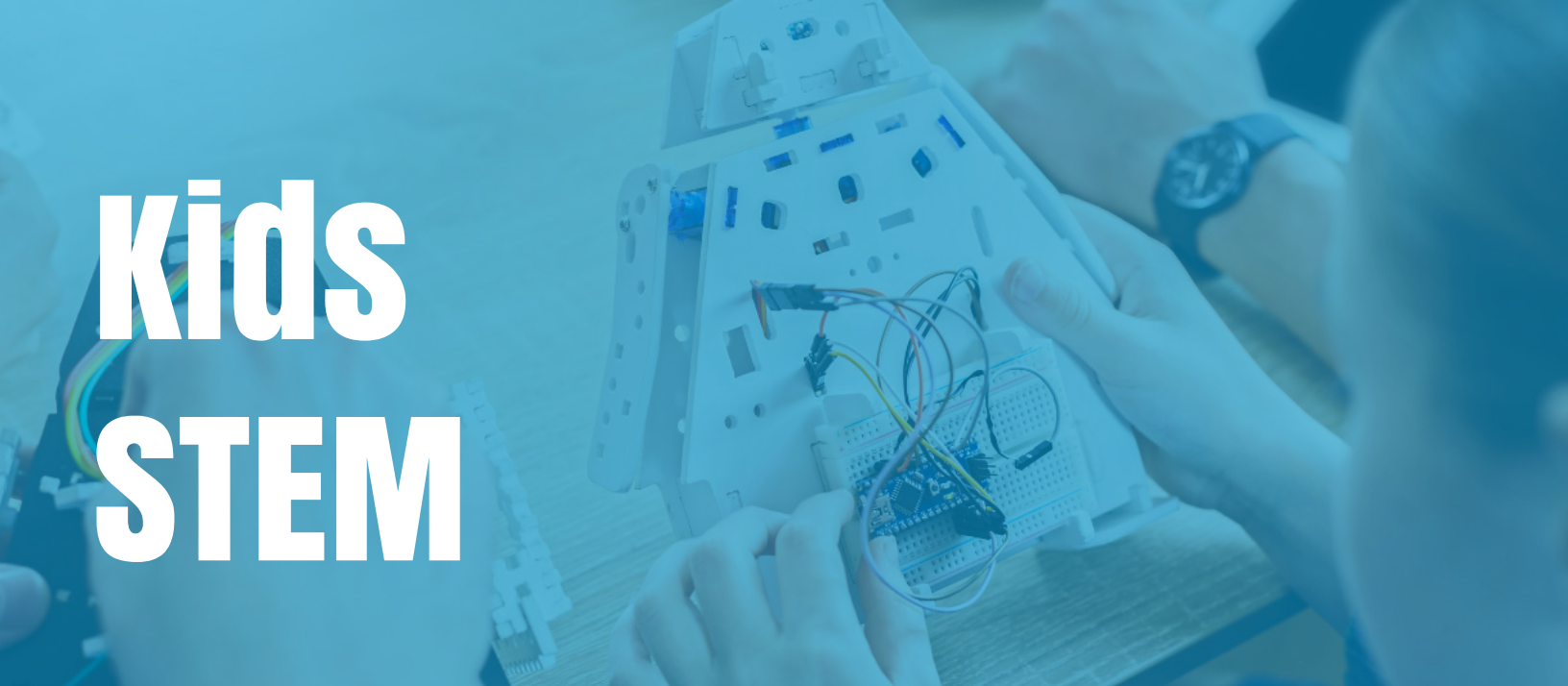
TENNIS: ADVANCED

The Kids Tennis Academy program promotes tennis as a lifetime sport through exercise for kids as team and individual development. Kids learn sportsmanship and teamwork, through positive attitudes and hard work. Topics covered include; basics of racquet skills, footwork, and balance, progressing on to the tennis strokes for singles and doubles. The advanced camp focuses on positions and match play strategies preparing young players for competitive tennis on high school teams or junior tennis tournaments.

Ages: 12-16

Dates: Monday-Friday | July 25-29 | 12pm-3pm

Fee: \$245



Kids STEM

STEM CAMP MEDLEY

Led by a different industry professional and professor each day, this camp for late elementary and middle schoolers will highlight a different science or engineering field each day. Covering topics like animal science, medicine, ecology, and engineering with an emphasis on experiential learning, campers might spend one day learning about what it takes to become a future doctor, the practical applications of chemical reactions, or how drones are being used to map the world.

Ages: 11-14

Dates: Monday-Friday | July 18-22 | 9am-12pm

Fee: \$245

STEM: INTRODUCTION TO STEM

Curious about STEM education? Not even sure what it stands for? Then this is the camp for you! In this camp, students will learn the fundamentals of STEM, or Science, Technology, Engineering, and Mathematics, through a hands-on approach. Kids will be introduced to core STEM concepts through a different project and topic each day, such as solar lights, robotics, water rockets, 3D printing, electronics and more!

Ages: 8-12

Dates: Monday-Friday

August 8-12 | 9am-12pm

August 8-12 | 1-4 pm

Fee: \$225

STEM: LITTLE STEM

In this camp, young kids will learn the fundamentals of STEM, or Science, Technology, Engineering, and Mathematics, through a hands-on approach. Kids will be introduced to core STEM concepts through different hands-on projects and topics each day.

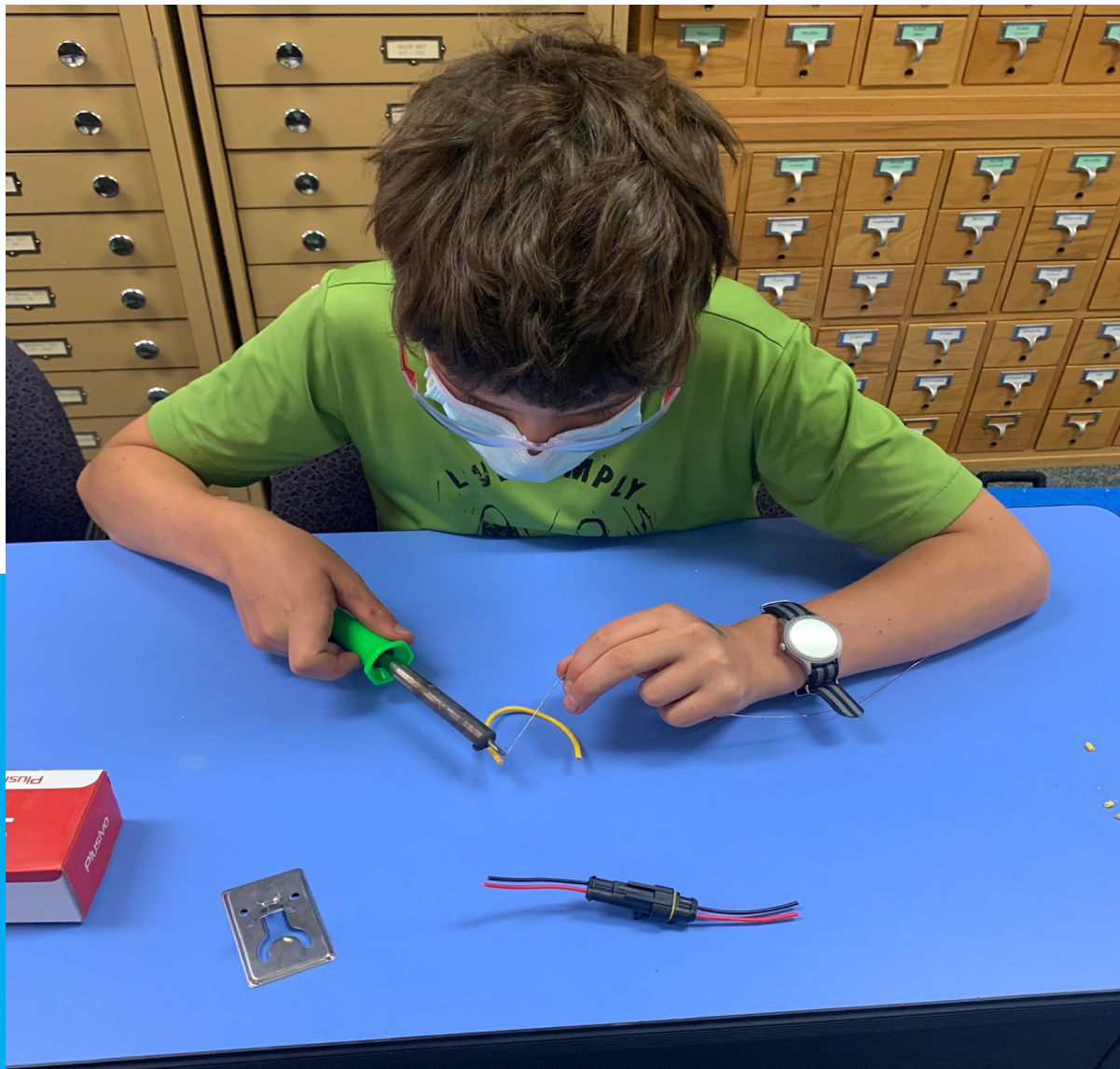
Ages: 6-9

Dates: Monday-Friday

July 18-22 | 9am-12pm

July 18-22 | 1-4pm

Fee: \$225



Register online : Itccconnect.com

ADULT PROGRAMS

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: Spring Session: Wednesday, April 27 | Thursday, May 19 | Thursday, June 16 @ 5-6:30pm

Fall Session: Thursday, September 29 | Thursday, November 3 | Thursday, December 8 @ 5-6:30pm

Fee: \$180/club or \$65/class



Creative Arts

KEEPING A NATURE SKETCHBOOK

Have you ever wanted to keep track of all the beautiful things in nature? With this virtual class, you'll be prepared to take your nature drawings to the next level. We will focus on things we might find on a walk, hike, or even your backyard. From flowers to trees, we will break down shapes, color, and journaling details. With nature being such a wide realm, this class will get to vote on the items we paint in class.

Even if you have never painted before but have wanted to start, this class will give you the skills you need to start your sketchbook journaling practice. Whether you have never sketched before or want to start a consistent practice, this class is for you.

Dates: Thursday | March 24-April 28 | 6-7pm
Fee: \$125

PAINTING ADVENTURES I

Let's get together and paint. For this adventure, we will meet at Kiva Beach. We will begin with some quick nature sketches, continue on by sketching a Mt. Tallac landscape, and finish our journey with a beach painting. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Date: Friday | July 1 | 1-4pm
Fee: \$75

PAINTING ADVENTURES II

Let's get together and paint. For this adventure, we will meet at Tahoe Keys Marina. We will begin by walking down the nature trail and sketching our surroundings. We will continue on with a beach landscape painting, and finish our journey with a boat painting. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Date: Friday | July 22 | 1-4pm
Fee: \$75

PAINTING ADVENTURES II

Let's get together and paint. For this adventure, we will meet at Lake Tahoe Community College. We will begin by sketching in the demonstration garden. We will then walk over to Bijou park and learn how to paint people in action. Our paintings will focus on "being in the moment", but we will focus on drawing skills, color theory and watercolor techniques. Please bring a light weight chair or towel to sit on. A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Date: Friday | August 5 | 1-4pm
Fee: \$75

PAINTING ADVENTURES BUNDLE

We've bundled the three painting adventures! This is the best price package for your buddy artist! A detailed meeting place and workshop guide will be emailed prior to class. Materials will be provided. Artists are welcome to bring their own favorites.

Date: Friday | July 1, July 22 & August 5 | 1-4pm
Fee: \$200

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: Spring: April 4-June 25
Summer: June 27-Sept 24
Fee: \$155

CONNECT WELLNESS

The CONNECT Wellness Program focuses on the body/mind/spirit approach to wellness, incorporating fitness, food and fun in one complete program. This unique, one of a kind program includes: cooking classes with health and science based lectures, fitness classes 6 days per week, weekly contact and support check-in's, weekly group meetings, pre & post lab work (included in the price), behavior coaching and much more to help keep you on track to meeting your goals! All of the cooking and fitness are recorded, which allows you to watch at your own convenience, should the class times not fit into your schedule on any particular day.

The Plant-based Tahoe cooking classes are developed around timely health and wellness related topics and designed to incorporate seasonal foods. You will receive a digital cookbook of great recipes you can use for years to come. These hands-on virtual classes are fun, engaging and interactive.

CONNECT Fit offers fitness classes 6 days per week at 6am, 8am & noon. This all-inclusive fitness program offers; Yoga, Barre, Spin, Sculpt, Total Body Conditioning, nutrition & Core and more! Most importantly, this program is supported and in alignment with medical research, influence and expertise. Behavior change coaching, support partners, and group meetings are some of the many tools offered, that will support you through your journey.

Dates: April 25 - July 13, 2022
Fee: \$599

Register online : **ltccconnect.com**

CONNECT *Fit*

MONDAY

6AM

**TOTAL BODY
CONDITIONING**

Terre

8AM

**MOVEMENT &
MODIFICATION**

Michelle

NOON

YOGA FLOW

Megan

TUESDAY

7AM

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

June

9AM

CORE & NUTRITION

June

WEDNESDAY

6AM

BODY PUMP

Terre

8AM

**MOVEMENT &
MODIFICATION**

Michelle

NOON

BARRE

Megan

THURSDAY

7AM

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

June

FRIDAY

6AM

**20/20/20
CARDIO-
SCULPT-YOGA**

Terre

SATURDAY

8AM

SPIN 30/30

Terre/Wanda/June

Register online
LTCCCONNECT.COM

SPIN & STRENGTH

This workshop utilizes indoor cycling equipment to improve participants' cardiovascular fitness and endurance level. Individuals will be precision fit to their bikes for comfort and injury prevention and taught proper cycling technique. Participants will also learn the most current nutrition information as it pertains to athletic performance, increasing longevity, achieving optimal health, ideal body weight, as well as disease prevention and reversal. Participants will receive balance, strength, and core training. In addition, each class will include stretching and flexibility.

Included in this workshop, is one week FREE of the CONNECT Fit virtual program (12 classes offered weekly).

Dates: April 11 - June 23, 2022

Days/Times: Tuesday & Friday | 9:15-10:30am

Fee: \$155

Language & culture

Intensive Spanish Summer Institute (ISSI)

The Intensive Spanish Summer Institute (ISSI) at Lake Tahoe Community College is a one-week Spanish immersion experience in beautiful South Lake Tahoe. This highly successful program has been recognized by the California Community College Board of Governors as an outstanding community college program. ISSI is for anyone interested in learning Spanish, from high school age and above. You will learn the Spanish language and culture with many native Spanish-speaking instructors through 16 levels of language instruction, from Low-Beginning through High-Superior, and a wide variety of cultural Break-Out sessions. Attend classes on grammar, cooking, history, dance, travel, conversation, literature and more, and earn up to 4 quarter units of credit in the process. Whether you are studying Spanish for your career, college, or life-long learning, this program will provide the experience to meet your goals. Best of all, it's affordable and very fun!

For more information visit https://www.ltcc.edu/academics/specialized_programs/issi/index.php

Dates: Monday-Friday | July 25-29 | 8am-5pm



Life Enhancement

BIRD WATCHING FIELD TRIPS

Familiarize yourself with the beautiful birds of the Sierra Nevada. Learn to identify them by sight, sound, habitat and behavior. Join us for spring walks along Pope Beach Road, Tahoe Mountain, and S. Upper Truckee bridge/Hawley grade to look for forest, marsh, burn and riparian birds!

Please bring self-care supplies: water, sunscreen, good walking shoes. Bring binoculars and scope if you have them.

Dates: Friday, May 20, 5:30-8:30pm
Saturday, June 4, 7:30-10:30am
Wednesday, June 8, 8am-11am
Fee: \$75/class, \$200 for all 3

FUNDAMENTALS OF WILDERNESS FIRST AID

This 2-day workshop covers the basic principles of first aid for outdoor enthusiasts. Learn how to help and prevent injuries in the wilderness via assessment drills and scenarios. Learn to treat fractures, wounds, critical bleeding, and more. Learn to treat environmental injuries and the basics to help with a medical emergency. Gain confidence in your ability to make safer decisions in the backcountry in this short course that will challenge your thinking and inspire your wilderness medical skills.

A half hour lunch is scheduled each day. It is recommended that participants bring lunch, snacks and water. This workshop is held partially outdoors and includes some strenuous activity. Please come prepared for weather with proper footwear and inform the instructor of any modifications you may need for the skills component of the course.

Facilitator: Bitner
Date: Saturday & Sunday | April 23-24 | 8:30am-5pm
Fee: \$145

NATURE'S COMPASS

The "Medicine Wheel" has been used through the ages to map time and our human experience. In this workshop you will learn the basics of the directions, seasons, elements and experiences that make up the Sacred Four. Use these tools of nature in the cycles of your daily life experience. We'll also learn some basic indigenous ceremonial practices.

Dates: Tuesdays | May 17-June 21 | 6-7:30pm
Fee: \$125

EARLY BLOOMERS WILDFLOWER HIKE

Participants will hike trails in search of wildflowers that bloom before the peak season begins--Many of the area's most interesting and rare wildflowers bloom on the coattails of winter. Emphasis will be on identification and photography. Trails near the Tahoe area will be explored, depending on snow melt, and trail accessibility. This workshop will meet in a small group session.

Date: Sunday | June 19 | 9am-12:30pm
Fee: \$75