

LAKE TAHOE COMMUNITY COLLEGE

CONNECT

COMMUNITY EDUCATION

WINTER 2023

Register online:
ltccconnect.com



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. Receive a full cookbook for each class! 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, February 9th, March 9th, April 6th

Time: 5:00-6:30pm

Location: Zoom

Facilitator: Certified Plant-Based Instructors

Fee: \$65 per class or \$180 for all three

Register online:
ltccconnect.com



CREATIVE ARTS

SKETCH YOUR WAY AROUND THE WORLD

Join us as we document our travels through a virtual world tour.

With this class, students will take their travel sketchbook drawings to the next level. We will focus on landscapes, cityscapes, and people in these environments. We will paint photo references from the Netherlands, Italy, Thailand, Japan, New Zealand, and the Caribbean.

This class requires some knowledge of watercolors. We will also touch on using gouache. Students will be provided with the photographs in advance so that they may prepare the initial sketch as we will need the entire class time to focus on painting.

Dates: Thursdays, January 26th-March 2nd

Time: 6:00-7:30pm

Location: Zoom

Facilitator: Yolanda Nussdorfer

Fee: \$125

Register online:
ltccconnect.com

KNITTING CLUB

This creative and fun-filled workshop is for knitting enthusiasts of all levels! There will be essential lessons for new knitters: choosing supplies, casting on, knitting, purling and binding off. Learn how to increase, decrease, knit lace, block, seam 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.

Dates: Tuesdays, January 17th-February 21st

Time: 5:00-7:00pm

Location: LTCC Campus

Facilitator: Lauren Zebo

Fee: \$95

*Beginner materials can be purchased for \$15 paid to the instructor

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, 8 guided museum tours, a Broadway show, an evening rooftop cocktail gathering, farewell dinner, and hotel stay at Pod 51.

NOTE: Flights and meals are not included.

There are three pre-trip lectures: April 27 (Zoom), May 4 (Zoom), May 18 (LTCC)

Dates: May 28th-June 3rd

Facilitator: Phyllis Shafer

Fee: \$3,000

ART, NATURE, & TAHOE LOVE RETREAT

Awaken your heart and inspire your soul with this luxury art and nature retreat in beautiful South Lake Tahoe. We will capture the colors, textures and the essence of the lake through painting, hiking, yoga, mindfulness exercises and relaxation.

- 5 days & 4 nights at a luxury mountain home with hot tub & indoor pool
- All meals prepared by a local private chef
- Private transportation
- & so much more!

***Early bird gift!* All participants who register by February 15, 2023 will receive a special handmade sketchbook from Yolanda!**

Dates: September 6-10, 2023

Location: South Lake Tahoe, Private House

Facilitator: Yolanda Nussdorfer

Fee:

Commuter Rate: \$1,600

Shared Room: \$2,200

Private Room: \$2,500

Register online:
ltccconnect.com



HEALTH/FITNESS/WELLNESS

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.

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: January 30th-April 21st

Time: Weekly wellness meetings, Wednesdays 5:00-6:00pm

Location: Zoom

Facilitator: Certified Instructors

Fee: \$599

CONNECT FIT

Join us for a 14-week virtual fitness session with workouts Monday-Saturday (excluding holidays). The zoom link and password will be emailed to students upon completion of registration. Please see enclosed schedule for class times and days.
*Now offering two in-person classes per week on LTCC Campus! Yoga (Mondays) and Barre (Wednesdays) at noon!

Dates: January 3rd-April 1st

Time: Varied

Location: Zoom

Facilitator: Certified Fitness Instructors

Fee: \$175

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: Tuesdays & Fridays, January 3rd-March 31st

Time: 9:15-10:30am

Location: LTCC Campus, Physical Education Building, Dance Studio

Facilitator: June Denney & Terre Poland

Fee: \$165

CONNECT Fit

Winter 2023

Monday

6am

**TOTAL BODY
CONDITIONING**

Terre

7:30am

**MOVEMENT &
MODIFICATION**

Michelle

NOON

YOGA FLOW

Megan

Tuesday

7am

**SPIN &
STRENGTH**

June

Wednesday

6am

BODY PUMP

Terre

7:30am

**MOVEMENT &
MODIFICATION**

Michelle

NOON

BARRE

Megan

Thursday

7am

**SPIN &
NUTRITION**

June

Saturday

8am

SPIN 30/30

Terre/Wanda/June

Friday

6am

20/20/20

**CARDIO-
SCULPT-YOGA**

Terre

Register online
itccconnect.com

PILATES MAT

Pilates creates a healthy body, mind, and life. Pilates utilizes body weight and gravity to develop balance and strength, especially in the core muscles and creates a streamlined body shape. Pilates benefits everyone, by building healthy bones and joints, and improving balance and posture. Pilates unites the body and mind, keeping you limber and strong for activities of daily living.

Dates: Tuesday/Thursday, January 31- April 20

Time: 12:15-1:15pm

Location: LTCC Campus, Dance Studio

Facilitator: Candace Fair

Fee: \$155

VOLLEYBALL PICKUP

Volleyball Meet-up is designed for a group of volleyball players to play volleyball at an intermediate playing level in the LTCC gym. Participants will bring their own balls and arrange games with no refs provided.

Dates: January 4-March 18th

Days & Times: Wednesday 8-10pm, Friday 5-7pm, Saturday 10am-12pm

Location: LTCC Campus, Physical Education Building

Fee: \$125

Register online:
ltccconnect.com

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 our websites. The Nordic Ski Center offers season and day use passes for the 2023 season. The season passes offers 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.

For more information please visit: <http://ltccnordiccenter.weebly.com/>

Start date is tentative, see website for opening day.

Dates: Tentative

Time: Sunrise to Sunset

Location: LTCC Campus, Nordic Track

Facilitator: Volunteer Groomers

Fee:

Single Day - \$5

Individual Season Pass - \$40

Couples Season Pass - \$60

Family Season Pass - \$80

Register online:
ltccconnect.com

BACKCOUNTRY ADVENTURES FOR WOMEN

This workshop is geared for women who are experienced skiers and backcountry users. Meet 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.

REQUIRED SAFETY EQUIPMENT: Transceiver, Shovel, and Snow Probe.

Recommendation on snow probe length: ****NO shorter than 280cm****. A probe of 300cm or 320cm is perfect for the Maritime snowpack of the Sierra Nevada's. Participants will have the opportunity to learn how to locate current snowpack information as well as discuss weather tracking and avalanche observations posted on the Sierra Avalanche Center's website. We will discuss the "Daily Flow" and how to utilize a checklist to help them recognize mandatory daily procedures before/during/after when heading out on a backcountry touring adventure.

Must have good working backcountry gear and the knowledge on how to use it.

Date: Saturday, March 4th

Time: 9am-2pm

Location: Lake Tahoe Basin - TBD

Facilitator: Tasha Thomas

Fee: \$145

WOMEN'S SNOWSHOE EVENING ADVENTURE

Join Tasha Thomas for a guided full moon snowshoe excursion under the night sky. The workshop will begin when the stars come out for some celestial viewing and identification. Participants will learn how stars can help navigate or guide us in the night sky. Participants will also learn about how to use GPS navigation tools on a smartphone to guide us on our field tour. Once the moon rises we will have ample visuals of the surrounding landscape that will aid in additional guidance tools.

Date: Tuesday, March 7th

Time: 6pm-8pm

Location: Lake Tahoe Basin - TBD

Facilitator: Tasha Thomas

Fee: \$75



THE BRIDGE LANGUAGE ACADEMY

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: January 9th-March 31st

Facilitator: Belen Garza

Location: LTCC Campus, Early Learning Center

De Colores (3-4 year olds):

Days & Times: Tuesday/Thursday, 1:00-4:00pm

Fee: \$635

De Colores (3-4 year olds):

Days & Times: Fridays, 9am-12pm

Fee: \$405

Semillas (5-7 year olds)

Days & Times: Monday/Wednesday, 3:30-5:30pm

Fee: \$450



Connecting the community through shared language

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 no exposure, little exposure, medium exposure and high exposure terrain through a discussion making process while out in the backcountry. Participants do not necessarily need to be high level riders, many zones falling in the parameters of medium exposure to avalanche terrain and high exposure to avalanche terrain can be visually seen from a safe distance via trailhead or from no exposure or little exposure 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.

**Participant must have the ability to carry their own back pack with the essentials i.e. food, water, extra layers, extra gloves, extra beanie, extra goggles, extra tools, etc. Snowmobiles must be in good working condition with full fuel tanks and oil. Full-face helmets REQUIRED and all other safety gear is required to be worn (knee pads, gloves, eye protection, etc.).

Date: Saturday, March 18th

Time: 9am-4pm

Facilitator: Tasha Thomas

Location: Lake Tahoe Basin, TBD

Fee: \$400

Register online:
ltccconnect.com

INDOOR SOCCER DEVELOPMENT

This youth soccer program teaches the fundamentals of soccer in a fun and educational environment. The curriculum focuses on each child progressing and becoming more confident in his or her own abilities. The goal is allowing kids to improve at their own rate and developing a love for the game for years to come. Workshop is separated into age groups 2-10.

Dates: TBD

Location: LTCC Campus, Physical Education Building

A photograph showing a person practicing CPR on a mannequin. The mannequin is lying on a blue mat. A person's hands are on the mannequin's chest, and another person is operating an AED. The scene is set outdoors on a blue mat.

PROFESSIONAL DEVELOPMENT

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.

Date: April 15-16

Time: 8:30am-5pm

Location: LTCC Campus

Facilitator: Jim Bitner

Fee: \$195

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