

■ COOKING

Brownies, Kids & Grandparents RECZ 1000

\$5
2 HRS

Who doesn't love brownies? Grandparents and kids will have a fun-filled afternoon decorating and stenciling brownies. Each student must register including children. Supplies required. Ask for supply list at time of registration. Min. Age: 4.

62801 1:00PM - 3:00PM S 10/10 MVC

NEW

Gingerbread: Mommy & Me RECZ 1000

\$5
2 HRS

For the Christmas season put together a gingerbread home with icing and lots of different candy. This is a fun activity to do with kids and to display in the home. The decorating skills learned in this class can last a lifetime. Each student must register for class including children. Supplies required. Ask for supply list at time of registration. Min. Age: 4.

62501 1:00PM - 3:00PM S 11/14 MVC

■ DANCE

Ballet, Beginning Ages 3-4 CHLZ 1000

\$50
5 HRS

Ballet can improve a child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

60505 10:05AM - 10:35AM S 9/12 - 11/14 MVC

Ballet, Beginning Ages 5-6 CHLZ 1000

\$50
5 HRS

Ballet can improve a child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

60203 12:45PM - 1:15PM S 9/12 - 11/14 MVC

Ballet, Beginning Ages 7-9 CHLZ 1000

\$50
5 HRS

Ballet can improve a child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

64403 1:20PM - 1:50PM S 9/12 - 11/14 MVC

Folklorico Dance for Children Ages 9-11 CHLZ 1000

\$75
10 HRS

Young children are introduced to the basic footwork and skirt work of ballet folklorico. Emphasis is on enjoying sounds and rhythms of folklorico music as a basis for future development. Parents/guardians are invited in class for the fifth and last lessons. Dance leotard and footed dance tights required. The children will also need folklorico shoes and skirts.

69602 9:00AM - 10:00AM S 9/12 - 11/14 MVC

Hip Hop, Beginning Ages 7-9 CHLZ 1000

\$50
5 HRS

Young children are introduced to the basic steps. Emphasis is on enjoying sounds and rhythm basic to dance as a basis for future development. Parents/guardians are invited in class the fifth and last lessons. Dance leotard and footed dance tights are required.

64303 1:55PM - 2:25PM S 9/12 - 11/14 MVC

Tap, Beginning Ages 3-4 CHLZ 1000

\$50
5 HRS

Young children are introduced to the basic tap steps. Emphasis will be on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians will be invited in class the fifth and last lessons. Tap shoes, dance leotard, and footed dance tights are required.

60301 10:40AM - 11:10AM S 9/12 - 11/14 MVC

Tap, Beginning Ages 5-6 CHLZ 1000

\$50
5 HRS

Young children are introduced to basic tap steps. Emphasis will be on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians will be invited in class the fifth and last lessons. Tap shoes, dance leotard and footed dance tights are required.

60403 2:00PM - 2:30PM S 9/12 - 11/14 MVC

COMING IN THE SPRING!



More FUNtastic Education! Spring Break Camps for ages 6-15 years

- academic programs
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- performing arts programs
-
- science classes
-
- sports and recreation programs
-
- technology classes

Register as early as December 2009.
CALL 214-860-8835 FOR MORE INFORMATION.

■ GUITAR

Guitar for Youth I Ages 8-10 \$40
MUAZ 1000 12 HRS

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. If bringing an electric guitar, also bring guitar amps.

64503 9:00AM - 10:30AM S 9/19 - 11/7 MVC

Guitar for Youth I Ages 11-13 \$40
MUAZ 1000 12 HRS

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. If bringing an electric guitar, also bring guitar amps.

64604 11:00AM - 12:30PM S 9/19 - 11/7 MVC

Guitar for Youth II Ages 8-10 \$40
MUAZ 1000 12 HRS

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. If bringing electric guitar, also bring guitar amps.

64703 1:00PM - 2:30PM S 9/19 - 11/7 MVC

Guitar for Youth II Ages 11-13 \$40
MUAZ 1000 12 HRS

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. If bringing electric guitar, also bring guitar amps.

65202 3:00PM - 4:30PM S 9/19 - 11/7 MVC

■ MODELING

Modeling for Young People Ages 10 & Up \$45
CHLZ 1000 12 HRS

In this course the instructor will teach students how to walk for fashion shows, which will promote their self-confidence along with building high self-esteem and proper etiquette. Students will be informed about the modeling field and modeling opportunities. Parents/guardians will be invited out to their fashion show during their last session.

69801 6:00PM - 8:00PM TR 10/6 - 10/22 MVC

Modeling for Young People Ages 13-17 \$45
CHLZ 1000 12 HRS

In this course the instructor will teach students how to walk for fashion shows, which will promote their self-confidence along with building high self-esteem and proper etiquette. Students will be informed about the modeling field and modeling opportunities. Parents/guardians will be invited out to their fashion show during their last session.

69901 6:00PM - 8:00PM TR 11/3 - 11/19 MVC

SUGGESTIONS?

If you have suggestions about classes that we are not currently offering, please e-mail:

MVC-CEsuggestions@dccd.edu.

Thank you!

■ RECREATION & FITNESS

Gymnastics, Introduction Ages 5 & Up \$60
CHPZ 1000 20 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

66301 5:00PM - 6:00PM MW 9/14 - 11/18 MVC

Martial Arts Ages 7-15 \$45
PHEZ 1000 12 HRS

Utilize martial arts techniques to obtain basic fitness. Topics include: stretching, warm-up, kicking techniques, hand attack techniques, stances, blocking attacks, attack formations, one-step sparring, as well as speed, power and stamina drills.

61711 10:30AM - 12:00PM S 9/26 - 11/14 MVC

Tae Kwon Do Ages 7-11 \$50
PHEZ 1000 12 HRS

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students will learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water.

65304 7:00PM - 8:00PM MW 9/14 - 10/21 MVC

65305 7:00PM - 8:00PM MW 10/26 - 12/2 MVC

NEW

Zumba Dance for Youth Ages 9-15 \$35
CHLZ 1000 8 HRS

Zumba dance is aerobic dance set to Latin and international music which enables a high energy workout. This class is geared towards children and uses dance steps that they can perform with ease while experiencing all the health benefits of this popular fitness system. Loose clothing and exercise shoes should be worn. Students should bring a bottle of water to class.

60101 5:00PM - 6:00PM TR 9/22 - 10/15 MVC

60102 5:00PM - 6:00PM TR 10/27 - 11/19 MVC