

LAKE TAHOE COMMUNITY COLLEGE

CONNECT

COMMUNITY EDUCATION

WINTER 2025



Register online:
ltccconnect.com

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CREATIVE ARTS

UKULELE

Learn to play ukulele! Whether you are brand new or looking to improve your skills, this group is for you. In this workshop, participants will learn basic ukulele chords and songs and learn the instrument in a fun and supportive environment.

*Participants must bring their own ukulele

Dates: Tuesdays, January 28 - March 4

Time: Level 1: 6-7pm / Level 2: 7-8pm

Location: LTCC Fine Arts building, Room F120

Ages: 12 and older

Facilitator: Greg Byler

Fee: \$95

Register online:
ltccconnect.com

UKULELE

LEARN TO PLAY UKULELE!

LEVEL 1 + LEVEL 2

BEGINNER + INTERMEDIATE LEVELS

IN THIS WORKSHOP, PARTICIPANTS WILL LEARN BASIC UKULELE CHORDS AND SONGS AND LEARN THE INSTRUMENT IN A FUN AND SUPPORTIVE ENVIRONMENT. MORE ADVANCED PLAYERS SHOULD ENROLL IN LEVEL 2.

***PARTICIPANTS MUST BRING THEIR OWN UKULELE**

DATES: TUES, JAN 28 - MAR 4

TIME: LEVEL 1, 6-7PM / LEVEL 2, 7-8PM

LOCATION: F 120 (LTCC FINE ARTS BLDG)

FACILITATOR: GREG BYLER

FEE: \$95

**REGISTER HERE! WWW.LTCCCONNECT.COM
OR CALL OUR OFFICE 530-541-4660 X717**



HOLIDAY CRAFT WORKSHOP: NEEDLE FELTED BAUBLES

Get into the holiday spirit with needle felting! In this class we will create a one-of-a-kind felted treasure that you can hang up for up for the holidays or all year through!

Date: Thursday, December 12

Time: 5:30-7:30pm

Location: LTCC - Room D110

Ages: 14 and older

Facilitator: Yolanda Nussdorfer

Fee: \$45

Register online:
ltccconnect.com

HOLIDAY CRAFT WORKSHOP

NEEDLE FELTED BAUBLES

GET INTO THE HOLIDAY SPIRIT WITH NEEDLE FELTING! IN THIS CLASS, WE WILL CREATE A ONE-OF-A-KIND FELTED TREASURE THAT YOU CAN HANG UP FOR THE HOLIDAYS OR ALL YEAR THROUGH!



DATES: THURSDAY, DECEMBER 12
TIMES: 5:30-7:30PM
LOCATION: LTCC D105
FACILITATOR: YOLANDA NUSSDORFER
AGES: 14 & UP
FEE: \$45

REGISTER HERE:
WWW.LTCCCONNECT.COM
530-541-4660



HEALTH/FITNESS/WELLNESS

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. Zoom classes include: Spin, Strength, Yoga, Barre, Dance Cardio and Nutrition library/information.

NEW!! ANNUAL MEMBERSHIP \$59/MONTH!

ABOUT THE ANNUAL PLAN

Monthly auto-deduct

Care-free annual registration

Access to all class recordings & recipes

In-person community activities

1 year commitment

Enroll anytime / official enrollment period is in September.

QUARTERLY MEMBERSHIP AVAILABLE

JAN. 2 - MAR 28, 2024 | \$190

Dates: 1/02/26 - 3/28/25 (excluding holidays)

Time: Varied

Location: Zoom

Facilitator: Certified Fitness Instructors

Fee: \$59/mo for Annual, \$190/quarter for Quarterly Membership

Register online:
ltccconnect.com

CONNECT

COMMUNITY EDUCATION

WINTER 2025 ZOOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM TOTAL BODY CONDITIONING	7AM SPIN & STRENGTH	6AM BODY PUMP	7AM SPIN, STRENGTH & NUTRITION	6AM 20/20/20 CARDIO- STRENGTH- ABS
7:30AM MOVEMENT & MODIFICATION		7:30AM MOVEMENT & MODIFICATION		
12PM SPIN (IN PERSON)		12PM YOGA (HYBRID)	12PM BARRE / DANCE CARDIO *ALTERNATING* (HYBRID)	SATURDAY 8AM SPIN 30/30

STAYING HEALTHY HAS NEVER BEEN EASIER

ANNUAL MEMBERSHIP \$59/MONTH
 MONTHLY AUTO-DEDUCT
 10 VIRTUAL OFFERINGS PER WEEK

REGISTER TODAY

 ltcccconnect.com

 530.541.4660 ext 717





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.

NEW!! ANNUAL MEMBERSHIP \$59/MONTH!

ABOUT THE ANNUAL PLAN

Monthly auto-deduct
Care-free annual registration
1 year commitment

Enroll anytime / official enrollment period is in September.

QUARTERLY MEMBERSHIP AVAILABLE

JAN. 3 - MAR 28, 2024 | \$190

Dates: Tuesdays & Fridays, 1/3/25-3/28/25

Time: 9:15-10:30am

Location: LTCC Physical Education Building, Dance Studio

Facilitator: June Denney & Terre Poland

Fee: \$59/mo for Annual, \$190/quarter for Quarterly Membership

CONNECT FIT SPIN & STRENGTH

ANNUAL MEMBERSHIP \$59/MONTH !



LAKE TAHOE COMMUNITY COLLEGE
CONNECT
COMMUNITY EDUCATION




IN-PERSON STRENGTH & CARDIO PROGRAM

You're invited to join us for 75-minute in-person spin & strength classes instructed by CONNECT's certified fitness professionals.

Tuesdays and Fridays, 9:15am - 10:30am

QUARTERLY MEMBERSHIP AVAILABLE
JAN 3 - MAR 28, 2025 | \$190

REGISTRATION OPEN NOW!

 ltccconnect.com

 530.541.4660 ext 717

ABOUT THE ANNUAL PLAN

- Monthly auto-deduct
- Care-free annual registration
- Annual start: Every September ~ enroll any time.
- 1 year commitment

NOONTIME FITNESS

Are you ready to revitalize your fitness routine? Join us three times a week for a noontime fitness reset that will help you regain your energy, focus, and motivation. Here's what to expect:

Structured Workouts:

Each session is carefully designed to target different muscle groups and incorporate a variety of exercises, ensuring a balanced approach to fitness. Whether it's strength training, cardio, or flexibility work, our program caters to all fitness levels. You'll experience:

- **Monday** - Yoga Flow: Build lean muscle and improve your flexibility.
- **Wednesday** - Barre: Elevate your heart rate with engaging activities that improve your strength and endurance.
- **Thursday** - Spin or Dance Cardio (Alternating): Enhance your cardio with these exciting and fast paced classes.

NEW FOR FALL 2024: ANNUAL MEMBERSHIP \$59/MONTH!

ABOUT THE ANNUAL PLAN

Enjoy the convenience of monthly recurring billing for our noontime fitness classes. Your account will be charged on the first of each month for 8 months, beginning 11/1/24 and ending 6/30/25.

Dates: 9/30/24-6/30/25 (excluding holidays)

Time: Varied

Location: LTCC Physical Education Building, Dance Studio or Zoom

Facilitator: Certified Fitness Instructors

Fee: \$59/month

Register online:
ltccconnect.com



STAYING HEALTHY HAS NEVER BEEN EASIER



Join us three times per week for a noontime fitness reset.
Annual memberships auto-deduct \$59 month, 1/06/25-6/30/25



MONDAY
SPIN



WEDNESDAY
YOGA



THURSDAY
BARRE

REGISTER TODAY



ltccconnect.com



530.541.4660 ext 717



HOW TO LOWER YOUR BLOOD PRESSURE

In this workshop, learn the history of High Blood Pressure (HBP), what makes it go up, and why it is unhealthy when it gets too high. Learn, the science behind the methods and benefits of lowering HBP, through the DASH eating program, and the recommended devices and methods on how to monitor your own BP. Evaluate sodium, potassium and calcium intake to lower your BP in only 2 weeks. The DASH Diet for Hypertension book by Thomas Moore, MD will be provided.

* It is recommended that participants own a blood pressure device and bring it to class.

Dates: 6-week workshop, Tuesdays, Feb 18th - Mar 25th

Time: 3:00-4:30pm

Location: LTCC Aspen Room

Facilitator: Clarence Grim, MD

Fee: \$145 Book Included

Register online:
ltccconnect.com

FUTSAL ADULT LEAGUE

This league is designed to provide adults (30 and older) with an opportunity to play competitive soccer indoors. 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, 2/23/25-6/22/25 (NO GAMES: JAN 19, JUNE 15)

Time: 5-9PM

Location: LTCC Campus- Physical Education Building

Facilitator: Raul Medina

Fee: \$150

FUTSAL LADIES PICKUP

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

Dates: Wednesdays, Dec 4, 2024 - March 26, 2025

Time: 8-9:30pm

Location: LTCC Campus- Physical Education Building

Facilitator: Bella Spina

Fee: \$55



FUTSAL COED PICKUP

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

Dates: Fridays, Dec 6, 2024 - March 28, 2025

Time: 7-9pm

Location: LTCC Campus- Physical Education Building

Facilitator: Mike Spina

Fee: \$55

VOLLEYBALL

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

Dates: Fridays and Saturdays, Jan 3 - March 22

Time: Fridays 5-7pm, Saturdays 10am-12pm

Location: LTCC Physical Education Building

Fee: \$125



FOR KIDS

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.

Please Note: There will be a \$1 per minute late fee charged for late pickups!

Date: 1/6/25 - 3/28/25 (except for holidays on Jan 20, Feb 14 and Feb 17)

Location: LTCC Early Learning Center

Facilitator: Belen Garza & Sophia Garza

De Colores (3-4 year olds):

Days & Times: Tuesdays & Thursdays, 12:30-4pm

Fee: \$965

De Colores (3-4 year olds):

Days & Times: Fridays, 9am-12pm

Fee: \$495

De Colores Adventures (3-4 year olds):

Days & Times: Monday/Wednesday/Friday, 12:30-4pm

Fee: \$1425

Semillas (5-7 year olds):

Days & Times: Mondays & Wednesdays, 3-5pm

Fee: \$650

LTUSD Transportation is available

Semillas Afterschool (5-7 year olds) - LTUSD Wednesday Early Out

Days & Times: Wednesdays, 2-3pm

Fee: \$120

LTUSD Transportation is available

Afterschool Extension (3-5 year olds)

Days & Times: Monday / Wednesday, 4-5pm

Fee: \$260

INTRO TO VOLLEYBALL FOR KIDS (4TH - 5TH GRADES)

Intro to Volleyball is a fun, beginner-friendly program designed for 4th and 5th graders to learn the basics of volleyball in an engaging and supportive environment. Through simple drills and games, students will develop core skills like passing, serving, and teamwork while building confidence on the court. This program focuses on making volleyball enjoyable and accessible, encouraging a love for the game from the very start.

Dates: Saturdays, March 8 – May 31

Time: 8-10am

Location: LTCC Physical Education Building

Facilitator: Leah Knight

Fee: \$250

VOLLEYBALL FOR TEENS (6TH-12TH GRADES)

ELEVATION VOLLEYBALL CLINIC

Elevation Volleyball Clinic is a 12-week skill development program for youth ages 11-18, designed to elevate foundational volleyball skills and introduce game strategy. Through focused drills, team play, and essential volleyball philosophy, participants build confidence, improve techniques, and prepare for competitive play in a supportive environment.

Dates: Mondays/Wednesdays, March 3 – May 28
(no clinic April 7 or May 26)

Time: 4:30-6pm

Location: LTCC Physical Education Building

Facilitator: Leah Knight

Fee: \$495

Register online:
ltccconnect.com

VOLLEYBALL FOR TEENS!

(COED / 6TH - 12TH GRADES / AGES 12-18)

A 12-week program to sharpen skills, learn game strategy, and build confidence. Through drills, team play, and expert guidance, participants improve techniques and get ready for competitive play in a fun, supportive setting!

DATES: MONDAYS/WEDNESDAYS, MARCH 3 - MAY 12

(NO CLINIC APRIL 7 OR MAY 26)

TIME: 4:30 - 6PM

LOCATION: LTCC GYM, PE BUILDING

FACILITATOR: LEAH KNIGHT

PLAYER & EXPERIENCED CLUB COACH

FORMER D1 COLLEGIATE VOLLEYBALL PLAYER

FEE: \$395

Register Today!

www.ltcccconnect.com

530-541-4661 x717

INTRO TO VOLLEYBALL FOR KIDS!

(COED / 4TH - 5TH GRADES)

A fun, beginner-friendly program to learn passing, serving, and teamwork through simple drills and games. Build skills, confidence, and a love for the game in an enjoyable and supportive environment!

DATES: SATURDAYS, MARCH 8-MAY 31

TIME: 2 - 4PM

LOCATION: LTCC GYM, PE BUILDING

FACILITATOR: LEAH KNIGHT

PLAYER & EXPERIENCED CLUB COACH

FORMER D1 COLLEGIATE VOLLEYBALL PLAYER

FEE: \$150



LIFE ENHANCEMENT

BACKCOUNTRY ADVENTURES FOR WOMEN

This workshop is geared towards 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.

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 heading out on a backcountry touring adventure.

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

Date: Saturday, February 8th

Time: 9am - 4pm

Location: Tahoe Basin, TBD

Facilitator: Tasha Thomas

Fee: \$145

Register online:
ltccconnect.com



MINDFULNESS IN THE NEW YEAR

Finding calm and clarity can be hard in a fast-paced and over-stimulated world, where we constantly need to react and respond. In this workshop, learn mindfulness and how to incorporate it into your life. You can increase your well-being, be less reactive in situations and have a greater sense of calm. During the class, there will be a short presentation, followed by a sitting meditation practice, personal reflection, and Q/A to share our collective experiences. This is an introductory course in Mindfulness. No experience necessary. Bring an open mind, curiosity, and willingness to learn.

Wear loose comfortable clothing that you can move and sit on the floor. Bring a yoga mat or pillow if you have one.

Dates: 6 week session - Tuesdays, Feb 4 - March 11

Time: 6-7:15pm

Location: LTCC Campus- Physical Education Building, Dance Studio

Facilitator: Nettie Pardue

Fee: \$115

LAKE TAHOE COMMUNITY COLLEGE

CONNECT

COMMUNITY EDUCATION

MINDFULNESS IN THE NEW YEAR

Practice mindfulness and learn how to incorporate it into your life


TIME: 6:00PM-7:15PM

**DATES: TUESDAYS,
FEBRUARY 4 - MARCH 11, 2025**


COST: \$115.00

**LOCATION: LTCC DANCE
STUDIO**


INSTRUCTOR: NETTIE PARDUE




Join us for a 6 session workshop of Mindfulness. Increase your well-being, be less reactive in situations and have a greater sense of calm.



This is an introductory course in Mindfulness. No experience necessary. Bring an open mind, curiosity, and willingness to learn.



During the class, there will be a short presentation, followed by a sitting meditation practice, personal reflection, and Q/A to share our collective experiences.



Register TODAY!
www.ltccconnect.com
530-541-4660 x 717



NEW MOON LADIES STAR-GUIDED EXCURSION

Join Tasha Thomas for a "Star" guided "New Moon" snowshoe excursion under the night sky in the breathtaking Hope Valley. 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.

Date: Tuesday, February 25

Time: 5-7:30pm

Location: Pickett's Junction / Hope Valley

Facilitator: Tasha Thomas

Fee: \$55

Register online:
ltccconnect.com

NORDIC CENTER

Located on the beautiful LTCC campus, 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 <https://ltccnordiccenter.weebly.com/>. The Nordic Ski Center offers season and day use passes for the 2025 season. Season passes offer access to the groomed trail system from dawn to dusk, 7 days/week.

Pass revenues 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 also be available through CONNECT Community Education.

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

Dates: Start date is TBD depending on snowfall - check the CONNECT website for updates

Time: Dawn to Dusk daily

Location: LTCC Campus - Nordic Track

Facilitator: Rosie and Brett Hackett

Fees: Single Day - \$5

Individual Season Pass - \$40

Couples Season Pass - \$60

Family Season Pass - \$80

Student Pass - \$10

Register online:
ltccconnect.com



RESTORATIVE YOGA FOR ANXIETY AND DEPRESSION RELEASE

Sensory-Enhanced Yoga® for Self-Regulation and Trauma Healing is an evidence-based approach to balancing PTSD and complex PTSD, anxiety disorders, combat/military/first responder stress, or other unresolved traumas. Movement is gentle, accessible and adapted to your needs for maximum stress-reduction. This approach blends deep rest, theory and research findings from neuroscience, trauma psychology, occupational therapy, peer support and Yoga philosophy. Open to both beginners and more experienced Yoga practitioners.

Dates: 7 week session, 10/09/24-11/20/24

Time: 6-7:30pm Wednesday evenings

Location: LTCC Campus- Physical Education Building, Dance Studio

Facilitator: Brooke West, B.Sc., C-IAYT, ERYT

Fee: \$125

Register online:
ltccconnect.com

RESTORATIVE YOGA

for anxiety and depression release



REGISTER TODAY!
www.ltccconnect.com
530-541-4660 x717

Sensory-Enhanced Yoga® for Self-Regulation and Trauma Healing is an evidence-based approach to PTSD, anxiety disorders, first responder stress, or other unresolved traumas. Movement is gentle, accessible and adapted to your needs for stress-reduction.

Benefits of this Class:

- Manage stress
- Develop emotional resilience
- Rise to challenges
- Decrease over-reactivity
- Improve sleep quality
- Learn to become present
- Enhance self-worth

Dates: 8-week session

February 5 – March 26, 2025

Time: Wednesdays,
6:00pm–7:30pm

Location: LTCC Dance Studio

Facilitator: Brooke West,
B.Sc., C-IAYT, ERYT

Fee: \$145