

ROWLAND ADULT & COMMUNITY EDUCATION

GENERAL INTERST



ANTI-AGING SKIN CARE

This course has two parts: Level I and Level II, which can be taken in any order. Combined, the two courses create a complete understanding and practice of skin care and age prevention using professional methods. Upon completion of both courses, students can become their own esthetician. A course completion certificate will be issued for each course.

ANTI-AGING SKIN CARE LEVEL I

This class includes: professional massage techniques, exfoliation for pore reducing, fine line erasing, blemish preventing, and brown spot lightening. Relaxation face yoga for stress caused wrinkles smoothing versus Botox. How to take care of skin on a daily and weekly basis. Aging Prevention: how to make skin glow and avoid aging. Bring your free standing magnifying mirror, headband and towel.

Minimum 5 students, maximum 17.

260501	Thu	6:30-7:30 p.m.	06/08/17-06/29/17
4 wks	AEC1	106	Lonyai \$59

Material Fee: \$17 cash payable to instructor in cash at first class meeting for items associated with the skin care program.

CLASSIC & GLAMOUR MAKE-UP

Bring out your beauty with the magic of make-up! This course has two parts: Level I and Level II. Completing both courses will provide students with the skills to understand colors, applications, characteristics, and how to enhance their own beauty. It is NOT required but recommended to take Level I prior to taking Level II. Please bring a hands free regular mirror, headband, brush set, eyelash curler, and towel. A course completion certificate will be issued for each course.

CLASSIC & GLAMOUR MAKE-UP LEVEL I

Level I will focus on colors, application technique and different styles of make-up for different occasions. Upon course completion, students will be able to choose their colors and have the ability to design accent classic and glamour make-up for natural career and holiday look.

Minimum 5 students, maximum 17.

260510	Thu	7:35-8:35 p.m.	06/08/17-06/29/17
4 wks	AEC1	106	Lonyai \$59

Material Fee: \$17 cash payable to the instructor at first class meeting for items associated with the application of make-up.

Dora Lonyai is a European and Californian credentialed teacher who is a privately trained cosmetologist and make-up artist. She keeps herself abreast of the latest developments in skin care and art of make-up.

BEGINNING PIANO CLASS FOR ADULTS & SENIORS

A fun class to discover the many possibilities of music through playing an instrument in stimulating the brain and enhancing personality and well-being. Students will learn the fundamentals of music and will be able to play simple melodies on the piano or keyboard at the end of the class sessions.

Minimum 4 students, maximum 8 students.

Beginning:

262025	Thu	12:30-1:30 p.m.	06/08/17-07/13/17
262026	Thu	2:30-3:30 p.m.	06/08/17-07/13/17

Continuing:

262030	Thu	11:00 a.m.-12:00 p.m.	06/08/17-07/13/17
262031	Thu	1:30-2:30 p.m.	06/08/17-07/13/17
6 wks	Rowland Hts School of Music	Fresnoza	\$120

Material Fee: \$25 cash payable to the instructor for the instruction book and instrument maintenance fee. You will need your own personal set of headphones with a large prong adapter.

Dr. Yolanda Fresnoza is the Founder and Director of the Rowland Heights School of Music & Arts, developing musical talents since 1989. She holds a doctorate degree in Education and had her music studies major in piano from Centro Escolar University Manila Philippines.

INTRODUCTION TO SCIENCE

This course is a basic to understanding science. Some topics include: velocity, speed, time, motion, and force. Will also touch upon electricity. New ways we acquired energy.

Minimum 7 students, maximum 14.

261005	Sat	10:30-11:30 a.m.	06/10/17-07/08/17
5 wks	AEC1	104	Cao \$68

Material Fee: \$25 cash payable to instructor first day of class for handouts.

Dan Cao has been teaching for 16 years. He has been a teacher at an independent schools and a substitute for different school districts. He holds a teaching credential for Designated Subjects. He also holds a Master Degree in School Counseling with PPS Credential.

ANTI-AGING SKIN CARE LEVEL II

This class includes professional deep cleaning, blemish removing. Skin rejuvenating with vitamins, minerals, collagen, and deep cleaning. Homemade organic masks for different types of skin. Skin tightening, face lifting, face yoga strengthening, and anti-aging tool kit.

Minimum 5 students, maximum 17.

260506	Thu	5:30-7:15 p.m.	07/06/17-07/13/17
2 wks	AEC1	106	Lonyai \$59

Material Fee: \$17 cash payable to instructor in cash at first class meeting for items associated with the skin care program.

CLASSIC & GLAMOUR MAKE-UP LEVEL II

Level II personalizes students' make-up, emphasizing on focal points and correcting imperfections to make their look ideal. Students will learn to make skin flawless, conceal imperfections, correct appearance of face, nose, eyes, lips, eyebrows, recognizing their characteristics, and masking, contouring, highlighting to make them look ideal.

Minimum 5 students, maximum 17.

260520	Thu	7:15-9:00 p.m.	07/06/17-07/13/17
2 wks	AEC1	106	Lonyai \$59

Material Fee: \$17 cash payable to the instructor at first class meeting for items associated with the application of make-up.

FIRST AID/CPR CLASS



Get your American Red Cross Certification in CPR/First Aid to infant, child and adult. This is a one day course that will provide you with skills necessary to perform CPR and be able to help someone in a cardiac emergency. This course also reviews First Aid to allow participants to respond to real life injuries.

Minimum 8 students, maximum 15.

260901	Sat	8:00 a.m.-3:00 p.m.	06/10/17
260902	Sat	8:00 a.m.-3:00 p.m.	07/08/17
1 day	AEC1	103	Lui \$85

Cash or credit card payment only. First Aid/CPR Cards are included with registration fee. Includes \$27 paid to the Red Cross.

Stephanie Lui is an American Red Cross Lifeguard Instructor certified to teach CPR, First Aid, AED and Lifeguarding.

BASIC MATH REVIEW

This class will review the basic math skills to make sure students feel confident about using math in their workplace and daily life. Some of the topics include are: Multiple Digits Addition/Subtraction, Division, Decimal, Prime Numbers, and Graphing.

Minimum 7 students, maximum 14.

261313	Sat	9:30-10:30 a.m.	06/10/17-07/08/17
5 wks	AEC1	104	Cao \$100

Material Fee: \$20 cash payable to instructor first day of class for handouts.

