

MARTIAL ARTS

Aikido

Ages: 16+ **Cost:** \$63

Instructor: Laura Hooton

Learn Aikido techniques and principles, including blending with an attack and redirecting, safe and effective falling/rolling, weapon techniques (bokken and jo) and body awareness. Uniform needed after first month.

No class 11/23 & 11/25

4524.107	7:15-8:15pm	Tu/Th	9/5-9/30
	10am-12pm	Sa	
4524.108	7:15-8:15pm	Tu/Th	10/3-10/28
	10am-12pm	Sa	
4524.109	7:15-8:15pm	Tu/Th	11/2-11/30
	10am-12pm	Sa	
4524.110	7:15-8:15pm	Tu/Th	12/2-12/21
	10am-12pm	Sa	

One Time Drop-In

Ages: 16+ **Cost:** \$10

4524.111	7:15-8:15pm	Tu/Th	9/5-12/21
	10am-12pm	Sa	

Ju-Jitsu Self Defense

Instructor: Dan Howard

Learn practical, easy, effective Japanese Samurai skills to defend yourself, family and friends from a variety of attack situations. Techniques tailored to your ability.

Ages: 6-13 **Cost:** \$31/\$38*

5514.700	6:30-7:30pm	M	9/11-10/2
5514.701	6:30-7:30pm	M	10/16-11/13*
5514.702	6:30-7:30pm	M	11/20-12/18*

Ages: 14+ **Cost:** \$59/\$73*

5514.703	7:30-9:30pm	M	9/11-10/2
5514.704	7:30-9:30pm	M	10/16-11/13*
5514.705	7:30-9:30pm	M	11/20-12/18*

Quick & Dirty Self Defense

Ages: 8+ **Cost:** \$38

Instructor: Dan Howard

Learn practical techniques and skills to protect yourself and others in dangerous situations. Students will learn techniques and participate in scenarios as preparation.

5564.700	11am-3pm	Sa	9/30
5564.701	11am-3pm	Sa	11/18

Kenpo Karate

Instructor: Camarillo Kenpo Karate Staff

Location: Camarillo Kenpo Karate

Classes are designed to foster development physically and mentally. Fundamentals are taught in a group setting. A karate gi is suggested and can be purchased onsite.

Cubs Ages: 4-5 **Cost:** \$146/\$172*

4334.110	4:30-5pm	W&F	9/1-10/28*
	9-9:30am	Sa	
4334.111	4:30-5pm	W&F	11/1-12/23
	9-9:30am	Sa	

Tigers Ages: 6-9 **Cost:** \$192/\$226*

4334.112	5-6pm	W&F	9/1-10/28*
	9:30-10:30am	Sa	
4334.113	5-6pm	W&F	11/1-12/23
	10:30-11:30am	Sa	

Juniors Ages: 10-15 **Cost:** \$192/\$226*

4334.114	6-7pm	W&F	9/1-10/28*
	9:30-10:30am	Sa	
4334.115	6-7pm	W&F	11/1-12/23
	10:30-11:30am	Sa	

Gymnastics

Instructor: Cartwheel A-Go-Go Staff

Cost: \$33/\$63*

Students will develop strength, coordination, flexibility, and body awareness through the sport of gymnastics. Students will practice tumbling, motor skills, balance beam, vault and single bar. Students should wear athletic attire.

Tot

Ages: 3-5

4424.100	3:30-4:15pm	Tu	9/5-9/26*
4424.101	3:30-4:15pm	Tu	10/3-10/24*
4424.102	3:30-4:15pm	Tu	11/7-11/28*
4424.103	3:30-4:15pm	Tu	12/5-12/12

Beginning

Ages: 6-12

4424.104	4:15-5:15pm	Tu	9/5-9/26*
4424.105	4:15-5:15pm	Tu	10/3-10/24*
4424.106	4:15-5:15pm	Tu	11/7-11/28*
4424.107	4:15-5:15pm	Tu	12/5-12/12

Intermediate

Ages: 6-12

4424.108	5:15-6:15pm	Tu	9/5-9/26*
4424.109	5:15-6:15pm	Tu	10/3-10/24*
4424.110	5:15-6:15pm	Tu	11/7-11/28*
4424.111	5:15-6:15pm	Tu	12/5-12/12

NEW! MINDFUL WORKSHOPS

Instructor: Julie Merrick

Mindful Parents

Ages: 18+ **Cost:** \$33

This workshop will give parents an overview of secular mindfulness and the science of why it's increasingly important today. Participants can try simple activities that can be incorporated immediately with families.

2914.600	7-9pm	M	9/18
2914.601	7-9pm	M	10/16
2914.602	7-9pm	M	11/13

Mindful Teens

Ages: 11+ **Cost:** \$33

Teens will learn mainstream mindfulness in easy and practical ways. Many teenagers have found that these tools help with stress, anxiety, and better focus. Led by a middle school teacher these classes will be interactive and fun!

2934.600	7-8pm	W	9/6-9/13
2934.601	7-8pm	W	10/11-10/18
2934.602	7-8pm	W	11/1-11/8

Mindful Athletes

Ages: 11+ **Cost:** \$33

Want to increase focus and heighten awareness? NBA player Le Bron James does it. NFL quarterback Aaron Rodgers does it. Olympic Gold medalist soccer player Carli Lloyd does it. Learn basic mindfulness and visualization techniques to help you with your sport.

2944.600	7-8pm	Th	9/14-9/21
2944.601	7-8pm	Th	10/12-10/19
2944.602	7-8pm	Th	11/9-11/16

Bridge: 2/1 Bidding System

Ages: 21+ **Cost:** \$64

Instructor: Bob and Linda Gruber

Two experienced instructors will teach the 2/1 Bidding System, a modification of the Standard American System. Six weeks of lecture and structures play. \$15 materials fee due at the first class. Note: Experienced playing Standard American is required.

9624.003	9-11:15am	Tu	9/12-10/17
----------	-----------	----	------------

See More Classes

Page 4:

- CPR & First Aid
- Lifeguarding
- Adult & Private Swim Lessons
- Surfing & Scuba
- Diving



TaeKwonDo Plus

Confidence - Discipline - Success

4 Weeks \$49
Free Uniform

Get Started today!

676 E. Ponderosa Dr. Camarillo, CA
805-987-3306/ tkd-plus.com



CROCHET & KNITTING

Instructor: Kaylin Krawczyk

Beginning Crochet

Ages: 30+ **Cost:** \$50

Learn basic stitches, hook choice, yarn choice, and reading basic patterns. Make a dish cloth, granny square and simple hat.

8034.001 9:30-11:30am W 9/6-9/27

Crochet Towel Pals

Ages: 30+ **Cost:** \$28

Learn to add crochet to the top of kitchen towels. Top your towel with either an owl, fox or penguin. This class is great for all levels. Must know the basics of crochet.

8014.001 9:30am-11:30am M 9/11-9/18

8014.002 11:45am-1:45pm M 11/6-11/13

Crochet Christmas Tree

Ages: 30+ **Cost:** \$40

Learn the art of carrying colors to create a multi-colored designs in a hanging kitchen towel. You must know the basics of crochet.

8034.002 9:30-11:30am W 10/4-10/25

Beginning Knitting

Ages: 30+ **Cost:** \$50

Learn knit, purl, combining stitches, decreasing, needle choice, reading basic patterns and basic tools. Students choose a dishcloth, hot pad and/or headband.

8034.003 11:45am-1:45pm W 9/6-9/27

Circular Knitting

Ages: 30+ **Cost:** \$28

This class covers how to knit in a circle to create seamless beanies and hats Intermediate class. Must know basics of knitting.

8014.003 11:45am-1:45pm M 9/11-9/18

8014.005 9:30-11:30am M 11/6-11/13

Double Knitting

Ages: 30+ **Cost:** \$40

Learn to knit two sides of a hot pad at the same time. Will also learn how to read knitting charts. Intermediate project. Must know basics of knitting.

8034.004 11:45am-1:45pm W 10/4-10/25

Loom Knit Pumpkin

Ages: 30+ **Cost:** \$15

Learn the basics of loom knitting by either making a beanie or stuffed pumpkin.

8014.004 10am-12pm M 10/16

Drivers Education

Ages: 14-18 **Cost:** \$43

Instructor: All Good Driving School

Location: Online

This course teaches drivers education for teen's to receive their California Drivers permit. DMV accepted certificates are issued after the successful completion of this course. Behind the wheel training is not included. Contact District Office prior to beginning of the course.

1914.700 Any Any

Etiquette Classes

Instructor: Etiquette of Ventura County

Manners that Matter

Ages: 8-12 **Cost:** \$53

Etiquette taught with fun encouragement, learn the rules of introduction, table manners, appreciation, and conversation tips. Last class is a meal at Marie Calendar's Camarillo with a practice meal to apply what you have learned.

5764.605 10:30-11:30 Sa 10/14-10/28

Your Personal Best

Ages: 12-17 **Cost:** \$53

One day Decorum Workshop for teens, Students learn tips: Appearance, cell phone etiquette, dating and table manners. Refine social-soft-skills to compete and present a personal best.

5764.606 10am-12pm Sa 11/18

Fencing

Ages: 7+ **Cost:** \$115

Instructor: Swords Fencing Studio

This is an all levels class that includes foot work practice, blade work, and open floor fencing. Beginners will be provided an introduction in a safe and fun environment. \$40 equipment fee due the first class. \$25 equipment fee for a 4-Pack and \$6 for a day pass. Equipment Fee waived for fencers bringing their own gear.

No class 10/9.

6114.700 6:30-8pm M 9/11-10/30

6114.701 6:30-8pm M 11/6-12/18

4-Pack Day Pass Cost: \$67

6114.702 6:30-8pm M 9/11-12/18

Single Day Pass Cost: \$20

6114.703 6:30-8pm M 9/11-12/18



TECHNOLOGY

Online Instructor: Freshi Films

Ages: 9-18 **Cost:** \$52/\$92*/\$162**

These online courses are completed from home. Freshi provides software and a 3 month subscription to web based lessons. Learn to create your own music, video game, 3D animations or the fundamentals of web design.

Digital Music Creation & Skills

4214.600 Any Any 9/5-12/21**

Video Game Coding & Design

4214.601 Any Any 9/5-12/21*

3D Animation Skills

4214.602 Any Any 9/5-12/21

Introduction to Web Design

4214.603 Any Any 9/5-12/21

Instructor: Sandbox Computer Staff

\$25 supply fee

Roblox Level 2

Ages: 10-16 **Cost:** \$149

See class descriptions at www.pvrpd.org

6034.001 5:15-6:30pm W 9/6-10/25

3D Printing & CAD Level 1

Ages: 8-14 **Cost:** \$149

See class descriptions at www.pvrpd.org

6034.002 4-5:15pm W 9/6-10/25

Interactive Math: Algebra 1

Ages: 12-18 **Cost:** \$149

See class descriptions at www.pvrpd.org

6044.001 5:15-6:30pm Tu 9/7-10/26

Minecraft Mod-Python Level 2

Ages: 10-16 **Cost:** \$149

See class descriptions at www.pvrpd.org

6044.002 4-5:15pm Tu 9/7-10/26

Interactive Math: Geometry

Ages: 10-16 **Cost:** \$149

See class descriptions at www.pvrpd.org

6034.003 5:15-6:30pm W 11/1-12/20

Minecraft Mod-MCreator Level 1

Ages: 8-14 **Cost:** \$149

See class descriptions at www.pvrpd.org

6034.004 4-5:15pm W 11/1-12/20

iOS Apps GameSalad Level 2

Ages: 10-16 **Cost:** \$149

See class descriptions at www.pvrpd.org

6044.003 5:15-6:30pm Th 11/2-12/21

LEGO Robotics WeDo Level 1

Ages: 8-14 **Cost:** \$149

See class descriptions at www.pvrpd.org

6044.004 4-5:15pm Th 11/2-12/21