

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 6 students.
Minimum age 15.**

Beginning:

670301 Mon 12:30-1:30pm 08/09/21-10/11/21

No Class 9/6

670302* Mon 12:30-1:30pm 10/18/21-12/13/21

No Class 11/22

670303 Tue 8:00-9:00pm 08/10/21-10/05/21

670304 Tue 8:00-9:00pm 10/12/21-12/14/21

No Class 11/23

Continuing:

670310 Mon 8:00-9:00pm 08/09/21-10/11/21

No Class 9/6

670311* Mon 8:00-9:00pm 10/18/21-12/13/21

No Class 11/22

670312 Tue 12:30-1:30pm 08/10/21-10/05/21

670313 Tue 12:30-1:30pm 10/12/21-12/14/21

No Class 11/23

9 wks Rowland Heights School of Music Fresnoza \$198

***8 wk session \$176**

Material Fee: \$28 cash payable to the instructor for the instruction book and instrument maintenance fee at the first class meeting. 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. She was a Professional Expert in the RUSD teaching music as part of the M.I.N.D. (Music Intelligence Neural Development) program at Ybarra Academy and Northam Elementary School. She has also been providing piano classes in partnership with the Recreation Department of Rowland Adult and Community Education for the past 20 years.

Explore Over \$100 in Digital Coupon Savings.

NEW

SAVE MONEY WITH EXTREME COUPONING

Learn how to save money every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you:

- * Where to find all different types of coupons, even for high ticket items.
- * How to find the best coupon apps and websites.
- * How to match coupons with sales for maximum savings.

This workshop is taught by someone who has used many couponing secrets to save thousands. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

670601	Thu	4:00-5:00pm	10/21/21
1 day	Online Via Zoom	Krusemark	\$25

LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com).

HEARTSAVER FIRST AID

Heartsaver first aid is a classroom course that is designed to meet OSHA regulations. The course teaches basic first aid skills such as:

- Stopping bleeding that can be seen
- Helping someone with a possible broken bone or sprain
- Making sure the scene is safe

Minimum 6 students, maximum 14. Minimum age 10.

670201	Sat	10:00am-3:00pm	08/28/21
670202	Sat	10:00am-3:00pm	09/18/21
1 day	AEC1	103	Thompson \$59



HEARTSAVER FIRST AID/CPR/AED

Comprehensive safety training for the workplace.

This course teaches:

- First Aid basics
- Medical emergencies
- Adult/child CPR with mask
- Adult/child choking
- Adult/child AED use

This course also satisfies the Teacher Credential and school district requirements for Adult, Child, and Infant CPR/AED & First Aid certifications.

Minimum 6 students, maximum 14. Minimum age 10.

670210	Sat	10:00am-3:00pm	08/28/21
670211	Sat	10:00am-3:00pm	09/18/21
1 day	AEC1	103	Thompson \$79



HEARTSAVER CPR/AED

The Heartsaver CPR Course teaches CPR and relief of choking in adults and children and infant CPR and relief of choking, use of barrier devices for all ages and the use of Automated External Defibrillator.

For those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This would include teachers, fitness trainers, coaches, and daycare providers.

This course also satisfies the Teacher Credential and school district requirements for Adult, Child, and Infant CPR/AED certifications. Minimum 6 students, maximum 14. Minimum age 10.

670220	Sat	10:00am-3:00pm	08/28/21
670221	Sat	10:00am-3:00pm	09/18/21
1 day	AEC1	103	Thompson \$59



HEARTSAVER PEDIATRIC FIRST AID WITH CPR/AED

The pediatric first aid and CPR/AED certification course teaches the following:

- Adult, Child, and Infant CPR and the use of the Automated External Defibrillator (AED)
- Conscious and Unconscious Choking for victims of all ages
- Automated External Defibrillator (AED) use and special considerations
- Immediate Basic Pediatric First Aid Care (with an emphasis on most common pediatric emergencies)
- Pediatric Asthma, Inhaled Medications, and Anaphylaxis

This course also has the option for new parents and does not require a certification card. There is a supplement that goes over the 10 most important things to home diagnose your children.

Minimum 6 students, maximum 14. Minimum age 10.

670230	Sat	10:00am-3:00pm	08/28/21
670231	Sat	10:00am-3:00pm	09/18/21
1 day	AEC1	103	Thompson \$79



Kevin Thompson is a faculty instructor for the American Heart Association as well as the Head Instructor for Always Safe and Healthy.

The Information printed in this Schedule of Classes regarding classes, location, and teachers is as up-to-date as possible at time of printing.