

COMMUNITY EDUCATION & PROGRAMS



SUMMER

JUNE 16–JULY 26



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Aqua
Yogilates**

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Volleyball
Basics**

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Dear Community

Exciting News from Community Education!

We're introducing ACTIVE Network, our new registration system designed to make signing up for classes easier than ever! With ACTIVE Network, you can:

- Browse and register for classes
- Filter classes by campus location, category, or instructor
- Enjoy a streamlined, user-friendly experience

Mark your calendar! Online registration opens May 13 at 9 AM at MarinCommunityEd.com.

- Add classes to your cart
- Enter your contact information
- Create your account in our new system

Need help? We're here for you!

Email

communityed@marin.edu

Visit us in person

Kentfield Campus Welcome Center - 830 College Ave

Indian Valley Campus (Building 9) - 1800 Ignacio Blvd

Office Hours: Mon-Thu 9 AM-4 PM | Fri 9 AM-1 PM

Thank you for learning with us this summer—we can't wait to see you in class.





About

Discover our short-term, not-for-credit courses spanning from personal enrichment to career advancement. Our aim is to provide you with opportunities to develop your interests. We present an extensive selection of enriching classes, engaging events, and opportunities to rent our campus facilities. For a comprehensive list of what we have to offer, we invite you to explore our website.

MarinCommunityEd.com
(415) 485-9305
Communityed@marin.edu

MarinCommunityEd.com



Facebook.com/CommunityProgramsCOM



@CommunityProgramsCOM

Campus Centers

KENTFIELD CAMPUS

Kentfield Campus
Welcome Center
830 College Ave
Kentfield, CA 94904

INDIAN VALLEY CAMPUS

Indian Valley Campus Bldg 9
1800 Ignacio Blvd
Novato, CA 94949

**IN PERSON SUPPORT
AVAILABLE**

Register at MarinCommunityEd.com
For support contact
communityed@marin.edu
or call (415) 485-9305

There are no classes held on the following days

- June 19 Juneteenth Holiday
- July 4 Independence Day

What our symbols mean

AC = Academic Center

FA = Fine Arts Center

IVC = Indian Valley Campus

IVOFG = Indian Valley Organic Farm and Garden

KTD = Kentfield Campus

MAFC = Miwok Aquatic and Fitness Center

OFF = Off Campus

PA = Performing Arts

PE = Physical Education Center

PV = Portable Village

SMN = Science Math Nursing

SS = Student Services Center

VS = Village Square

Refund policy

If you would like to cancel a class registration and receive a refund, make sure to review our cancellation policies at MarinCommunityEd.com and log in to your account to cancel your registration at least three (3) days before the class begins.

Class formats

Remote: Courses are offered online on Zoom. Participants are responsible for having the required software and devices.

In-person: Courses are scheduled in person.

Parking information

- Vehicles parked in student parking lots require a valid parking permit.
- Student semester parking permits are now virtual and associated with your vehicle license plate.
- For parking information and instructions for ordering a Community Education student parking permit, visit <https://police.marin.edu/virtual-parking-permits>.
- Permits can be purchased at marin.thepermitstore.com.

Annual Security Report

police.marin.edu/sites/default/files/2024_COM_ASR.pdf

COVID-19

Please refer to www1.Marin.edu/Strong for current information about COVID-19 and check MarinCommunityEd.com for any updates about classes and student services.

Campus maps

Use the QR code to get the latest map and location information.



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Registration starts May 13 at 9 AM
Register at MarinCommunityEd.com

Aquatics

Campus aquatic facilities accommodate a variety of needs. Temperatures are kept within a standardized range, and users may wish to wear layers such as a wetsuit in order to maintain their ideal core temperature. Consult your doctor before registering for Aquatics classes. For inquiries about class difficulty, email info@marincommunityed.com to contact staff or leave a message for the instructor. See our refund policy at www.marincommunityed.com.

NEW | Swim Success: Basic Skills

Are you comfortable in the water but have had limited prior swimming instruction? Are you new to swimming or never had a chance to learn proper technique to make swimming easier and more enjoyable? This group class is for beginning-intermediate level adult swimmers who have basic water safety and swimming skills, but are looking to improve stroke technique, increase endurance and gain confidence in the water. In this fun class, taught in a warm shallow pool, you will learn the skills to become a stronger, more confident swimmer in a fun group environment. The class will focus on breathing, body position and stroke technique for freestyle, backstroke, and breaststroke.

ID #25140 | Cruse | IVC | MAFC Pool
6 Mon & 6 Wed 5-6pm | June 16-July 23
\$159

Sunset Aqua Yogilates

Enjoy a non-impact, full-body workout in the water. Yoga poses and Pilates exercises are performed in the water where your body becomes weightless, giving you a new kind of workout challenge. While Aqua Yogilates has a low impact on your joints, it has a high impact on your cardiovascular system. Gain core strength, stability, flexibility, and mental control.

ID #25134 | Lyonnet | IVC | MAFC Pool
6 Tues 7:30-8:20pm | June 17-July 22
\$111

Art

For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

Introduction to Fashion Design

If you are interested in fashion design, fashion accessories or home decor, this is a great starting point for you. Taught by an industry professional, you will learn how to focus your creative energy and create a comprehensive line whether you are a maker or want to work for a large company. No art, drawing or sewing skills are needed but helpful. Each class will cover an aspect of the creative process, referencing the technical skills used to develop a product line. This is a sketching class, not a sewing class. Join us and express yourself!

ID #25218 | Farmer | KTD | AC 238
6 Tuesdays 6-9pm | June 17-July 22
\$214

Exploring Abstract Painting Styles

Abstracts are a world of interpretation. The beauty of abstracts is that every viewer is correct in how they see it. In this class, you'll express yourself by letting the colors, shapes and textures do the talking. Each class focuses on a successful abstract artist, whose style we'll emulate. There will be a presentation and weekly exercises followed by lots of time to paint. Composition, rhythm and knowing when to stop will be covered. We'll also do exercises tapping into our five senses for inspiration. A painting background is not necessary, and all media are welcome.

ID # 25217 | Farmer | KTD | FA 301
5 Fridays 10:10am-1pm | June 20-July 25
(No class July 4)
\$183

Drawing Workshop

Learn to draw in this fun and informative six-week workshop in which you will be introduced to a variety of materials, and practice core drawing skills. This workshop will help you feel comfortable with the materials and give you tools to use for any two-dimensional work you choose. Students are encouraged to keep an ongoing notebook. Additional materials cost between \$150-\$175. A list will be provided by the instructor prior to the first session.

ID #25204 | Yokell | KTD | FA 312
6 Fridays 9:40am-12:30pm | June 20-August 1
(No class July 4)
\$207

Watercolor Basics and Beyond

An all-levels class, however, beginners will receive the very basics. More advanced students are encouraged to work on their own projects, or, if desired, the instructor will provide specific assignments. How to control the paint or let it flow, color mixing, and composition will be covered. Come and paint in a very supportive atmosphere. Materials list can be found online.

ID #25202 | Meade | Zoom Virtual Classroom
5 Fridays 10am-1pm | June 20-July 25
(No class July 4)
\$92

This class is discounted through the Anonymous Fund of the Marin Community Foundation.

ID #25226 | Johnson | KTD | FA 312
5 Saturdays 10:10am-1pm | June 21-July 26
(No class July 5)
\$183

The Flow of Watercolor: The Essence of Travel Sketching

You love traveling, yet you might not have enough time to paint during your trips. The instructor will teach you how to intentionally simplify your watercolor paintings while conveying the essence of your experience. Learn how to make the best use of every brushstroke as you distill what matters most. Paint boldly and loosely with a limited yet alluring color palette. Add to the magic of your experience with abstraction and white space. We will paint on location where walking and parking are easy. All levels welcome. Instructor will provide a full list of field trip locations prior to class.

ID # 25227 | Cohn | KTD | OFF
6 Thursdays 2:40-5:30pm | June 26-July 31
\$217

Figure Painting

This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student's choice while painting the figure. Class time will be devoted to painting but will also include discussions, demonstrations and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos. Please bring your own supplies that you wish to work with to the first class.

ID #25200 | Bencich | KTD | FA 301
6 Saturdays 9:10am-1pm | June 21-July 26
\$301

Watercolor Painting Wet-on-Wet

Free your watercolor painting style with wet-on-wet techniques that enhance visual interest, atmospheric effects and textual elegance. Course includes tips and techniques on color mixing and saturation, composition, brushwork, use of inks, improvisation, intuitive voice and expressivity. Our mantra of presence, process and practice opens us to the beauty and magic that wet-on-wet watercolor painting provides. Abstract, representational and combined approaches are covered. We experiment with degrees of wetness, pigment interaction, rhythm and feeling tone. Beginning and practicing artists are welcome. Bring your playful spirit and fun-loving heart. See www.blurb.com/books/7939639.

ID # 25225 | Duchamp | KTD | FA 312
3 Fridays 1:10-4:00pm | July 11-July 25
\$135

NEW | A Sketchbook Practice

This class explores the functionality of a sketchbook as a portable tool for a drawing practice. Inspired by the sketchbooks of painters, sculptors, architects and potters, we will investigate how they used their sketchbooks to develop ideas, trained their observational skills, deepened their understanding and recorded fleeting impressions, whether at home or flung across a continent. We will alternate between in-class sessions, where drawing exercises will be offered, then meet outside to practice and put them into action. We will work with simple materials: (color) pencils, pens and watercolor/gouache. For more information about the instructor, please visit deepening.net.

ID #25209 | Bala | KTD | FA 301
5 Wednesdays 10:10am-1pm | June 18-July 23
(No class July 9)
\$180

Painting with the Masters

This course will help you appreciate some of your favorite "master" painters; study and copy paintings from different time periods; and match some original elements but learn to make them your own. Our studies will include classic and contemporary artists from different eras. We will follow in the well-established tradition of learning

to appreciate and reproduce some of the things that make paintings great.

ID # 25214 | Tsark | IVC | BLDG 3 205
6 Tuesdays 9:40am-1:30pm | June 24-July 29
\$290

Everyone Can Paint: Painting Studio

Join an experienced Community Education art instructor and a supportive painting community! This class is open to all skill levels and students may work in any media. Students will work with instructor on independent projects. This lab style course will include weekly exercises, as well as individual support—and plenty of time to paint! Instructor will contact students to advise on recommended supplies prior to the start of class. New students should bring materials they have available on the first day, and the instructor will then discuss any particulars as needed.

ID #25215 | Tsark | IVC | BLDG 3 205
6 Wednesdays 9:40am-3:30pm | June 25-July 30
\$375

Create Loose and Lively Cityscapes and Landscapes in Charcoal, Ink and Paint

This course will help you learn to paint and draw loose and lively landscapes and cityscapes. They can be expressive, realistic, whimsical. We will focus on the expression and gesture and capture the unique quality of buildings and treescapes, skylines and valleys. They are the perfect subjects to learn to paint and have been painted throughout the ages. Examine cities and landscapes in classic art, study how they are portrayed, compare and contrast various artists, and create our own versions. We will then study and paint our own interpretations from photos.

ID #25216 | Tsark | IVC | BLDG 3 205
6 Thursdays 9:40am-1:30pm | June 26 - July 31
\$290

Mixed-Media Journaling Workshop: Self-Discovery Through Creative Play

This mixed-media workshop is for anyone who wishes to discover a window into their inner life and free their creativity. Come and learn the basics of mixed-media journaling and play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment. No art or writing experience required! Please bring a blank sketchbook and assorted

materials to class. Details for suggested supplies at <https://marinarttherapy.com/com-journaling-supplies>.

ID # 25220 | Danberg | KTD | FA 312
1 Saturday 1:30-4:30pm | July 19
\$92

Business/Career Development

Unleash the Leader in You!

Embark on a transformative journey with this dynamic course designed to unleash your innate potential for leadership and influence. Delve into the profound understanding that true leadership transcends individual personalities, focusing on nurturing greatness within both people and organizational practices. Discover the power of fostering an environment that develops critical thinking and empowers individuals to become future leaders. Whether in the realm of business or personal, these empowering concepts promise to revolutionize your approach to leadership and life.

ID #25128 | Ard | KTD | AC 238
4 Thursdays 6:10-8pm | June 26-July 24
(No class July 3)
\$127

Computers and Technology

NEW | ChatGPT

Unlock the Power of ChatGPT! Dive into this exciting online course designed for students with basic computer and internet skills. Explore how ChatGPT tools enhance your personal and professional life. Learn prompt engineering to retrieve information, create content and analyze data, and master ChatGPT communication via text, voice and document uploads. Gain understanding of AI vocabulary, ethical and copyright considerations, and create text, image, data, and voice content, too. Prior enrollment in Generative AI is suggested, but all are welcome.

ID #25238 | Salazar | Zoom Virtual Classroom
4 Mondays 6-7:30pm | June 23-July 14
\$111

Generative AI

This online course is geared towards students with at least the minimum knowledge of using computers and internet search browsers. We will cover practical generative AI tools which students can use in their personal or professional lives. We will explore several generative AIs including OpenAI Chat GPT, Google Gemini and Microsoft Copilot.

ID #25223 | Salazar | Zoom Virtual Classroom
5 Thursdays 6-7:30pm | June 26-July 24
\$127

Crafts

For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

Quiltmaking: Freeform and Improv Quilting

This course teaches the fundamentals of quilt making, including fabric and color selections, and encourages the use of repurposed fabric, hand quilting and the finishing of the quilt. The theme "free form and improv" is based on the Log Cabin and Triangle block variations created in the style of the Gee Bend quilters. Students will create a small quilt, runner or hanging. Ongoing development of techniques and creative design are supported for different skill levels. Students will receive a list of materials needed for the class in advance of the class.

ID #25201 | Bruvry | KTD | FA 312
6 Fridays 6:10-9pm | June 20-Aug 1
(No class July 4)
\$207

Jewelry and Metalsmithing: Beginners/Beginners Plus

The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools and finishing techniques. The number of projects will be at the discretion of the instructor. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20; early enrollment is advised.

ID #25233 | Moore | KTD | FA 123
6 Tuesdays 6:10-9pm | June 17-July 22
\$239

Jewelry and Metalsmithing: Intermediate/Advanced

This course is for students who have soldering experience. Each session consists of one project that can be completed in the allotted time, with weekly attendance. Projects/techniques are chosen at the discretion of the instructor. Materials are supplied. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20, and early enrollment is advised. Please note that there is a 1-hour lunch break from 12-1pm.

ID #25234 | Moore | KTD | FA 123
6 Wednesdays 9:10am-4pm | June 18-July 23
\$386

Introduction to Upholstery: Hands-On Skills and Techniques

This upholstery course offers a practical introduction to the trade fundamentals, focusing on safety protocols, essential tools, fabric selection and project execution. Over six weeks, students will engage in a comprehensive learning experience, selecting and completing an upholstery project. Key skills such as furniture disassembly, frame repair and fabric application techniques will be taught, along with sewing instruction to create a personalized pillow. By the end of the course, students will have completed their project and earned a certificate of completion. Class size is limited to 8. Early enrollment advised.

ID #25208 | Wolf | OFF | Make It Home**
7 Fridays 9:30-12:30pm | June 20-July 25
(No class July 4)
\$329

****5800 Northgate Drive, San Rafael**

Woodworking Hand Tools: Dovetailed Shadow Box

In this class, you will learn the beautiful, age-old art of dovetailing by hand. By using a variety of hand tools including combination squares, marking gauges, Japanese pull saws, chisels and hand planes, you will lay out and make a dovetailed shadow box. The focus is to continue to develop precision and skill with common woodworking hand tools. This class provides you with the abilities, knowledge and skills which you will be able to apply to a variety of other projects in the

future. All materials are provided. Class size is limited to 8. Early enrollment is advised.

ID #25224 | Rataiczky | OFF | Make It Home
5 Fridays 1-4pm | June 20-July 25
(No class July 4)
\$309**

****5800 Northgate Drive, San Rafael**

Resin Charms Workshop

In this interactive, three-hour workshop, you'll learn how to make resin charms. These unique gifts and keepsakes are little metal frames that can be filled with glitter, tiny gems, paper ephemera, coins and flowers—anything small and special to you. There will be plenty of supplies to make charms. You can also bring some meaningful little trinkets to add to your charms, like a beloved earring that has lost its mate, a loved one's photo, petals, tiny flowers or a snippet of a ticket stub. Expect to create three to five charms.

**ID #25205 | Starr | KTD | SMN 217
1 Saturday 1:10-4pm | June 21
\$92**

Current Events

Exploring Current Events

Explore some of the most compelling questions of our time in this seminar-style course. We'll tackle topics like, is the universe conscious? What would be the effects of AI on society and the economy? What are the pros and cons of our reliance on the nuclear family? Together, we'll also examine possible solutions for homelessness, the cost of constant surveillance, and how literature and popular culture shape—and are shaped by—our societal concepts. Each class is driven by student input and curated readings to dive deep into these thought-provoking issues, encouraging open-minded dialogue and fresh perspectives.

**ID #25213 | Frishman | KTD | VS 11
5 Thursdays 6:10-7:40pm | June 26-July 24
\$127**

Electric and Hybrid Vehicles in 2025

"Who Killed the Electric Car" is a well-acclaimed 2006 documentary. Will there be a sequel in 2025, or can you count on electric vehicles being around despite the current political climate? This workshop helps sort it out. More than 40 percent of new cars sold in Marin are electric. Should

you consider getting one or a hybrid vehicle instead? If you are in the market for a new vehicle or interested in the political debate, this class will help you sort out the issues. A panel of owners will provide their advice and experience.

**ID # 25230 | Gould | KTD | VS 1
1 Friday 12:10-4pm | July 11
\$48**

This class is discounted through the Anonymous Fund of the Marin Community Foundation.

Dance

Traditional Hawaiian Dance Certification Workshop

This is a workshop course for students who have completed Traditional Hawaiian Dance instruction at Level I. Students will review and refine classical Level I choreography and appropriately apply key elements of cultural protocol in preparation for their uniki (culminating hula presentation). Those who successfully complete the workshop have the option of applying to Ethnic Arts Institute International for Certification in International Dance Studies a globally recognized credential awarded by UNESCO International Dance Council.

**ID #25141 | Saunders | KTD
4 Thursdays | June 26-July 24
(No class July 3)
Lecture 5:45-6:30 | PE 61
Practice 6:30-7:30 | PE 60
\$119**

Financial Planning

Understanding Reverse Mortgages

You've probably heard about them and seen the TV ads but are not sure how reverse mortgages really work. If you are a homeowner, age 62+ who would like to utilize a portion of your home equity to financially secure your retirement years come learn how you can maximize the benefits of turning equity into cash. We'll discuss how these FHA-government insured loans have helped millions of seniors secure

their financial longevity, the pros and cons, eligibility, options for receiving your money, and everything else you need to know to secure your retirement.

ID #25105 | Schwartz | BLDG 27 118
1 Thursday 12:30-3:30pm | July 17
\$87

Food and Wine

Food & Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs.

NEW | Spring Rolls, Egg Rolls and Wontons, Oh My!

Unravel the secrets of Asian cooking and diversify your culinary skillset with Chef Sarah. In this Vietnamese fusion class, you'll learn the art of wrapping spring rolls with vermicelli rice noodles, fresh herbs, shrimp or tofu in delicate rice paper. Discover the secrets to frying eggrolls to crispy, crunchy perfection, as well as how to make the most flavorful, delicious wontons. Students will share a family-style meal at the end. You may also bring your own to-go containers to bring home extras to share. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #25237 | Hellman | IVC | BLDG 28A 101
1 Saturday 10am-1pm | July 19
\$163

NEW | Intuitive Cooking: Chill Out! No-Cook and Low-Cook Meals for Hot Days

Summer in Marin can get H-O-T! The last thing anyone wants to do is make the house hotter by turning on the stove or the oven. This class concentrates on no- and low-cook methods so you can still have an incredible homemade meal without the heat and stress of turning on your appliances. Based on intuitive cooking, you'll dive into how to combine flavors and get more from what you are using. Students share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #25236 | Allen | IVC | BLDG 28A 101
1 Saturday 11am-2pm | June 28
\$163

Intuitive Cooking: Mastering the Art of Cooking Without a Recipe

The term "breaking bread" is as old as we are, yet not many know how to make a meal from scratch. Intuitive cooking teaches you how to create incredible dishes with intuition and without recipes. We will discuss pantry and freezer staples, and what you need to create quick, delicious weeknight meals, focusing on timing and technique for minimum stress and maximum flavor. Gain invaluable tips to make cooking easier and more joyful. Students share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #25235 | Allen | IVC | BLDG 28A 101
1 Saturday 10am-2pm | June 21
\$188

Exquisite Thai Cuisine: Pad Thai

Join Chef Anchalee for a hands-on Thai cooking class. You'll master the art of making Pad Thai, Tom Kha Gai Soup and the beloved dessert, Mango Sticky Rice. Participants will learn traditional techniques and enjoy a family-style meal at the end of class. Ingredients may contain common allergens; food will be prepared using shared equipment.

ID #25207 | Walsh | IVC | BLDG 28A 101
1 Saturday 10am-1pm | July 26
\$163

Wild About Crepes

Explore the world of sweet and savory crepes in this hands-on cooking class. Students will learn recipes for a variety of dishes and enjoy them together at the end of class. Recipes include Bacon and Egg Crepes, Roasted Chicken and Spinach Crepes, Mushroom Crepes with Poblano Chile Sauce, Italian Manicotti Crepes and Dessert Crepes with Vanilla Pastry Cream and Fruit Sauce. Please note that the ingredients in this class may contain common food allergens such as milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and/or soybeans, and food is prepared on shared equipment.

ID #25206 | Lavagetto | IVC | BLDG 28A 101
1 Saturday 10am-2pm | July 12
\$188

History

Ancient Near East

In ancient near eastern studies, Egypt and Mesopotamia get all the press, and rightly deserved, however these societies had equally fascinating neighbors who often get overlooked. Anatolia, the Persian plateau, and the Caucasus gave rise to many cultures. These societies smelted bronze and eventually iron too, the greatest commodity in the ancient near eastern world. Join us weekly to learn about modern discoveries in the Caucasus republics of Georgia and Armenia, the ancient Assyrian civilization, the ancestors of the Persians, and the invasions of Alexander the Great!

ID #25121 | Hajinian-Corbal | KTD | AC 105
6 Tuesdays 1:10-3pm | June 17-July 22
\$159

Contagion: 17th to 20th Century Responses to Epidemic, Bubonic Plague and Smallpox

This course focuses on three examples of contagious disease outbreaks and the varied responses to each, affording a historical analysis that highlights the significance of the context of place and time: the London plague of 1665, the Boston smallpox epidemic of 1721 and the San Francisco plague of 1900-1907. In each of these cases, political and financial vested interests, cultural and economic diversity of impacted populations, and misgivings regarding scientific and medical approaches shaped the response to and outcome of the spread of contagion. Participants will explore how these factors illuminate the constancy of human nature in the midst of crisis.

ID #25108 | Gutgsell | KTD | AC 101
4 Thursdays 2:10-3:40pm | June 26-July 24
\$127

Languages

Program Timeline

LEVEL	DESCRIPTION
A1	Uses basic expressions and simple interactions
A2	Communicates on familiar topics in simple exchanges
B1	Understands main points and handles basic topics
B2	Understands complex ideas and writes clearly
C1	Expresses ideas fluently and writes well-organized text
C2	Understands everything and expresses ideas precisely

Beginning Conversational Mandarin Chinese (Level A1)

This course is designed for beginners to learn basic Mandarin Chinese pronunciation and sentence structure. We will learn vocabulary, phrases, Chinese idioms and practical conversation as well as some poems and fun tongue-twisters practice.

ID #25107 | A1 | Yu | KTD | AC 246
2 Tues & 2 Thurs 1-3pm | July 15-24
\$127

Italian Workshop: Everyday Conversations for Elementary and Intermediate Levels (A2-B2)

Boost your fluency and confidence in Italian through engaging real-life conversations! This interactive course is designed for elementary and intermediate students (A2-B2) looking to improve their ability to speak naturally and spontaneously (class is not for beginners). Practice everyday situations such as asking for information, ordering at restaurants, traveling by train, bus, or car, booking accommodations, and shopping. Through role-playing and interactive exercises, you'll develop practical speaking skills while expanding your vocabulary and cultural understanding. Whether preparing for travel or enhancing communication skills, this class will help you speak Italian with ease. Join us this summer and immerse yourself in Italian! Textbook- *Practice Makes Perfect: Italian Conversation* (McGraw-Hill)

ID #25127 | A2-B2 | Beraldi | KTD | AC 239
6 Thurs 2:10-4pm | June 26-July 31
\$159

Literature/ Humanities

Jungian Dream Analysis: Theory and Practice

When Sigmund Freud published his groundbreaking work, *The Interpretation of Dreams*, in 1900, he famously declared that dreams were the "via regia" (royal road) to the unconscious. By this he meant that through consistent dream analysis, a hidden dimension of human psychic reality could be accessed and known, resulting in broader awareness and self-knowledge. The famous Swiss psychiatrist, C. G. Jung also offered practices for plumbing the depths of our dreams. In this course, students will learn about these methods set forth by the founding fathers of Depth Psychology and learn to engage with their dreams using these methods which are aimed at uncovering the often-befuddling symbolic meanings hidden in dream images.

**ID #25109 | Khoie | Zoom Virtual Classroom
6 Tuesdays 9:10-11am | June 17-July 22
\$159**

NEW | Walking with Nietzsche

Friedrich Nietzsche believed that true thought arises in the open air, shaped by movement and nature. He carried notebooks on solitary walks, writing ideas that would later revolutionize philosophy. Though largely unknown in his lifetime, his works gained immense popularity after WWI. Nietzsche lived in an era of rapid globalization, witnessing vast changes in transportation, migration, and economic integration. This course explores his philosophy as he practiced it—outdoors. We will read and discuss his works while hiking, embracing his method of thinking en plein air. By immersing ourselves in nature, we aim to understand both his ideas and their origins.

**ID #25136 | Pines | IVC | BLDG 28B 202
6 Fridays 3:30-5pm | June 27-July 25
\$64**

This class is discounted through the Anonymous Fund of the Marin Community Foundation.

Marin Adventures

Introduction to Backpacking

This course is for people who are considering going on a backpacking trip and want to learn how to have a safe and satisfying backcountry experience. Topics include trip planning, topographic map reading, compass and GPS, trail nutrition and hydration, selecting, efficiently using and maintaining gear such as backpacks, tents, sleeping bags, camping stoves, bearproof storage and water purification systems. We will learn how to deal with dangers such as bad weather, lightning, rattlesnakes, bears, ticks, and hiking at elevation. We will learn the basics of wilderness first aid. We will do many hands-on activities such as putting up tents, packing backpacks, cooking on camp stoves, drawing elevation profiles and bandaging blisters.

**ID #25102 | Gucciardi | KTD | AC 238
6 Wednesdays 6:10-8:30pm | June 18-July 23
\$183**

Fly Fishing 101

Fly fishing 101 is a fast-paced beginning class. 7 sessions cover everything from the basic "how to set up your first rod and reel" to knot tying; an introduction to entomology; and how that affects fly patterns; and, of course, casting lessons. Sessions include field trips for those things that can't be learned in the classroom so set aside a weekend or two! The goal? Learn the skills that allow 10% of anglers to catch 90% of the fish!

**ID #25120 | Dempsey | KTD | AC 237/OFF
4 Wednesdays 7:10-9pm | June 18-July 16
(no class July 9)
1 Saturday 9-11am | June 28*
2 Saturdays 9am-2pm | July 12 & 26*
\$247
* Field Trips**

Meandering in Marin: Natural History and Hiking

If you enjoy getting exercise, socializing with a congenial group and learning about birds, flowers, butterflies and mushrooms, come join the Meanderers. Hikes are four to six miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine.

ID #25122 | Dreskin/Clark | OFF
5 Thursdays 9:45am-1:45pm | June 26-July 24
\$223

Meditation

Mindful Biology Morning

Enjoy a morning learning about your body while meditating within it! Mindful Biology is an embodied spiritual practice that blends life science, mindfulness, self-compassion and gentle movement. Taught by a retired surgeon teaching at College of Marin since 2015, the program is suitable for both beginning and experienced meditators. We explore a different aspect of bodily life each term, and our upcoming topic is "the texture of mind." Sign up for a morning of meditation, and leave with more respect and love for your brain, mind and being!

ID #25221 | Meecham | IVC | BLDG 5 116
1 Saturday 9am-12:30pm | June 28
\$62

Everyday Mindfulness

Life is difficult, especially as we grow older, but mindfulness can help. Using simple practices that fit easily into daily routines, we can enjoy life with less stress and more skill. The Buddhist principles we'll review may sound like common sense, yet they make a huge difference. Using a mix of brief talks, simple practices and group support, this class will help you grow more at ease in daily life. Hours of silent sitting aren't required; just bring curiosity and willingness. Even if you feel skeptical or "can't meditate," Everyday Mindfulness will help you!

ID #25232 | Meecham | KTD | PE 22
4 Mondays 11:10am-12:30pm | June 16-July 7
\$56

This class is discounted through the Anonymous Fund of the Marin Community Foundation.

Music

Chamber Music Workshop

Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. Musicians are assigned music from different periods and styles, and for different instrumental combinations. Participants are expected to be at an advanced or advanced intermediate level on their instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition.

ID #25142 | Pinckney | KTD | PA 72
1 Sunday 8:45am-11pm | June 8
1 Monday 8:45am-5pm | June 9
\$79

The Wonderful World of Ukulele

INTERMEDIATE

Tired of playing the same song, the same way, over and over? This summer Intermediate Ukulele Magic is coming to back to the College of Marin. Tucker Spolter, the founder of Ukulele Jubilee, invites you to join the fun. If you can play F - Dm - Bb and C7 you are an intermediate player. The Wonderful World of Ukulele Song will be available to upload to every student's phone or tablet. In our class you will learn how to: make your right hand strums and arpeggios hum, read tabs, and basic soloing techniques.

ID #25115 | Spolter | KTD | PA 75
6 Wednesdays 9:10-10:25am | June 18-July 23
\$135

Introduction to DJ'ing

Whether you're already a DJ or a beginner, this course is perfect for skill development. Learn to download and organize your music, playlist preparation, and mix harmonically. Understand different music formats and effectively manage your music library. If you're considering purchasing your own equipment, we'll discuss setup options.

ID #25106 | Yu | KTD | PV 8
1 Mon & 1 Wed 1-3pm | June 16 & 18
\$95

Piano Classes for Beginner to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment on the Kentfield campus. You will have your own upright piano in the classroom. Students will be required to buy music (\$25). See online class listings for more information, including books.

Section A is for the student with little or no knowledge of the piano.

Section B assumes the student has knowledge of note reading and basic piano skills.

Section C is for the student who can proficiently play and count, hands together, pieces of moderate difficulty.

**A: ID #25129 | Bauman | KTD | PA 188
6 Wednesdays 7:40-9pm | June 18-July 23
\$135**

**B: ID #25130 | Bauman | KTD | PA 188
6 Wednesdays 6:10-7:30pm | June 18-July 23
\$135**

**C: ID #25131 | Bauman | KTD | PA 188
5 Thursdays 6:10-7:30pm | June 26-July 24
\$127**

Twentieth Century Rox: Rock and Soul Music on Film-The First Thirty Years

Twentieth Century Rox (sic) surveys how rock music was seen on film from the 1950s through the 1980s, from early rocksploitation films with cameo appearances by early greats through the Beatles' features, action movies with soul soundtracks, reggae's breakthrough to an international audience with *The Harder They Come*, and the brilliant "mockumentary" *Spinal Tap*. It will also discuss television series featuring rock; movies using rock as an integral part of the soundtrack, such as *Easy Rider*; and the growth of promotional rock films meant to be screened as part of television programs, leading to the birth of MTV.

**ID #25104 | Unterberger |
KTD / Zoom Virtual Classroom | VS 3
7 Tuesdays 7:10-9:30pm | June 17-July 29
\$207**

Personal Enrichment

Dreamwork: An Introduction

Dreaming is for everyone. What might our dreams mean? This class looks at the basics of dreamwork: incubating, remembering, recording, presenting and interpreting. We seek to appreciate dreams for a better understanding of our lives. We will look at good sleeping habits, keep a journal and share dreams in a group. We will also explore Freud and Jung, and how other cultures work with dreams. There will be in-class symbolic exercises, personal presentation and exploration.

**ID #25219 | Gerike | KTD | AC 101
6 Tuesdays 1:10-3pm | June 17-July 22
\$159**

A Course in Miracles

Since its first publication in 1976, over 2 million people have bought the book "A Course in Miracles" and many more have become its students. In this class, we will discuss how we are too readily at the effect of outside circumstances. We will learn how to be more at peace amid the turmoil of our daily lives and the noisy pull of contemporary culture, and how better to appreciate the importance of honest relationships. Although there is a recommended (but not required) text, the primary mode of instruction will be class discussions. No prior familiarity with "A Course in Miracles" is required.

**ID #25212 | Frishman | KTD | VS 11
6 Tuesdays 6:10-7:40pm | June 17-July 22
\$135**

Photography

Using Your Smartphone to Capture the World Around You

With excellent image quality, portability and easy sharing, the smartphone has largely become the camera of choice. While you can get great images with the native camera app, unlocking the best your camera offers sometimes requires additional apps. This class will primarily use the free tools in the Adobe Lightroom app and explore those available on a \$5 monthly subscription. Learn how to take sharp photos, optimize them with tone and color adjustments, and safely back them up to your computer for free. Instructor will email preparation notes before the first class.

ID #25228 | Thaler | KTD | AC 114
3 Tuesdays 7:10-9pm | July 8-July 22
\$111

Up And Rolling With Adobe Lightroom Classic, Develop Module

This class is for those that have either completed the Library module class or for those familiar with Lightroom Classic and want to learn to enhance images with tone and color adjustments. You'll learn a consistent workflow to apply adjustments to your whole image, then how to unlock the power of masks to modify just a portion of your image to bring out the best your image can offer. Discover why Lightroom Classic is the state-of-the-art program used by advanced amateurs and professional photographers. Please bring a laptop with Lightroom Classic installed. Instructor will email preparation notes before the first class.

ID #25229 | Thaler | KTD | AC 114
3 Thursdays 7:10-9pm | July 10-July 24
\$111

Physical Fitness

Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please email info@marincommunityed.com to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com. Please refer to "Aquatics" section for classes in the water.

Essentrics

This class is a low-impact yet dynamic full-body workout of standing, floor and barre exercises. Essentrics is similar to dance, with movements choreographed to music. We stretch, strengthen and rebalance all 650 muscles and decompress joints. It will improve your strength, mobility, balance and posture and give you more energy and freedom of movement as you go through your day! Beneficial for all ages and safe for seniors.

ID #25126 | Lynn | IVC | MAFC 123
6 Mondays 11:15am-12:15pm | June 16-July 21
\$111

ID #25103 | Lynn | IVC | MAFC 123
5 Fridays 9:15-10:15am | June 20-July 25
(No class July 4)
\$103

Feldenkrais for the Active Older Adult

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity. To participate in this class, it is necessary to be able to raise and lower yourself from the floor. Please have a mat and two bath towels for comfort.

ID #25137 | Binnings | KTD | PE 60
6 Wednesdays 12:40-2pm | June 18-July 23
\$135

Iaido: The Art of the Japanese Sword

Discover Iaido, a classical Japanese martial art practiced for over 500 years. Often called a "moving meditation," Iaido cultivates awareness, a calm mind and mental-physical harmony through the use of the Japanese katana sword. Originally designed to

train the samurai to counter surprise attacks from any angle, today, people worldwide, regardless of age or martial arts background, benefit from its techniques. Whether you're a seasoned practitioner or a novice, laido offers an invigorating yet non-combative path to mastering elegant, controlled movement, deep concentration and self-understanding.

ID #25100 | Campbell | KTD | PE 60
6 Wednesdays 6:40-8:30pm | June 18-July 23
\$159

Greatest Dragons: Chi Gong & Adapted Martial Arts

This class combines the gentle, flowing movements of Chi Gong with the strength and focus of martial arts to help improve balance, mobility, and overall strength. Taught in an encouraging and supportive atmosphere, each session is designed to meet students where they are—offering personalized movement adaptations that honor each individual's ability. Whether seated or standing, participants will explore mindful movement, enhance body awareness, and build confidence in their physical abilities. This is a welcoming space for adults of all levels, including those with limited mobility, to move with purpose and feel empowered.

ID #25125 | Good | IVC | MAFC 123
6 Wednesdays 9-10am | June 18-July 23
\$111

Women's Self-Defense Through Body-Mind Mastery

This introduction to women's self-defense is fun, yet effective. Some women are afraid to train in a combative art, but in this class, you can do so very safely. Playful sparring is performed slowly and gently, yet it trains accuracy and timing. Learn to sense an imminent attack by recognizing very subtle attack indicators and attack first. Simple, straightforward strategy and tactics cause predators to immediately lose interest in you within the first three seconds of your preemptive attack of their most vulnerable targets. For more detail, visit instructor's website: <https://larryberkelhammer.com/womens-self-defense/>.

ID #25231 | Berkelhammer | KTD | PE 22
6 Tuesdays 1:10-2pm | June 17-July 22
\$111

Joy of Tai Chi

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

BEGINNERS/INTERMEDIATE

ID #25110 | Rolston | KTD | PE 60
6 Mondays 3-4:30pm | June 16-July 21
\$135

INTERMEDIATE/ADVANCED

Students should have familiarity with a 24 movement form of Tai Chi.

ID #25111 | Rolston | KTD | PE 22
6 Wednesdays 10:45am-12:15pm | June 18-July 23
\$135

Wado Ki Kai Karate

Wado Ki Kai means "to learn from all things." Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. This class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility and a powerful sense of awareness are all attributes of this class. Karate attire is optional.

ID #25139 | Baker | KTD | PE 22
6 Mon & 6 Wed 6:30-8pm | June 16-July 23
\$207

Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. This summer we will go through a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. This is a wonderful introduction class to the Wild Goose and a great review for experienced students. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care, strengthening the immune system. Improve your posture, balance, strength and flexibility.

ID #25138 | Govrin | KTD | PE 60
4 Fridays 10:30am-Noon | June 27-July 25
(No class July 4)
\$111

Beach Volleyball Basics

This course introduces students to the fundamentals of beach volleyball, including passing, serving, hitting, and setting. The course focuses on ball control skills and learning how to play doubles volleyball.

ID #25116 | Kimbrough | KTD | Courts
5 Sundays 3-5pm | June 16-July 29
(No class July 6 & 20)
\$143

Joy of Tennis—Beyond Competition

Joy of Tennis eliminates the biggest obstacle to playing your best—competition. Competing before developing the physical and psychological fundamentals makes learning more difficult, inhibits performance, limits potential, undermines self-esteem and confidence, diminishes enjoyment, and makes people way too tense. Come learn the FUNdamentals without competition impeding your progress. You'll love it!

FUN 1- FOR PEOPLE WITH PREVIOUS EXPERIENCE, HAVEN'T TAKEN MANY LESSONS OR HAVEN'T PLAYED FOR YEARS-NO BEGINNERS.

ID #25117 | Zeller | KTD | Tennis Courts
6 Wednesdays 11:40am-1pm | June 18-July 23
\$189

FUN 2- FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.

ID #25118 | Zeller | KTD | Tennis Courts
6 Tues & 5 Thurs 11:10am-1pm | June 17-July 24
(No class June 19)
\$439

FUN COMBO- FUN 1 & FUN 2 LEVELS-NO BEGINNERS.

ID #25119 | Zeller | KTD | Tennis Courts
6 Wednesdays 6:10-8pm | June 18-July 23
\$246

To join FUN 2: New students should consult with instructor Brent Zeller before enrolling, call (415) 717-5446 or email effortlesstennis@comcast.net.

Zumba® Gold with Toning

Zumba® Gold with Toning offers dance fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults, individuals beginning their journeys to a fit and healthy lifestyle, or anyone looking for a low-impact dance fitness program. Movements can be modified for individuals who use a chair. Toning occurs in the latter portion of class with optional use of 1 to 2.5-pound Zumba® Toning Sticks (weighted maracas).

ID #25112 | Scranton | IVC | MAFC 105
6 Mon & 5 Wed 3:40-4:30pm | June 16-July 21
\$151

ID #25113 | Scranton | KTD | PE 60
6 Tues & 4 Thurs 2:10-3pm | June 17-July 22
(No class June 19)
\$143

ID #25114 | Scranton | Zoom Virtual Classroom
6 Tues & 4 Thurs 3:10-4pm | June 17-July 22
(No class June 19)
\$143

Writing

The Poetic Pilgrimage: Poem Making as Spiritual Practice, Summer Intensive

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth telling and the surrender to something beyond ourselves. This one-week, four-session course lives up to its name—intensive! In each three-hour session, we will explore poetic tools and themes with three unique writing prompts. As always, we will welcome the unexpected into our work, and we'll read and write to our hearts' content. All experience levels and styles welcome.

ID #25203 Sereno | KTD | VS 11
Mon-Thu 10:10am-1pm | June 23-26
\$80

This class is discounted through the Anonymous Fund of the Marin Community Foundation.

The Art and Craft of Writing a Modern Children's Book

Today's authors compete with modern technology: movies, smartphones, iPads, podcasts and computers. So now, children's books must be action packed, full of meaning and contain dynamic characters. This class is for writers who have worked on a picture book or chapter book and want to develop it to completion. We will analyze the differences between traditional classic books and modern children's literature. Then we will revise, edit and critique your manuscripts and examine what agents and publishers seek today. We will also explore self-publishing as an alternative to finding an agent and a traditional publisher. Be prepared to be inspired!

ID #25222 | Hockinson | IVC | BLDG 6 100
5 Tuesdays 6:40-8:30pm | June 17-July 15
\$143

Elements of Creative Writing

"There are three rules for writing well. Unfortunately, no one knows what they are."
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you're just beginning or have been at it a while, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres.

ID #25210 | Centolella | Zoom Virtual Classroom
6 Mondays 5:30-8:30pm | June 16-July 21
\$207

Poetry Writing Master Class

"Poetry is language at its most distilled and most potent." Rita Dove

You don't have to be a master poet yourself, but you can get in-depth, encouraging feedback from one and from supportive classmates as well. Just bring your works-in-progress or the optional weekly assignment. Each meeting will begin with the discussion of a notable poem—all supplemented by examinations into poetic forms, the art of revision and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

ID #25211 | Centolella | Zoom Virtual Classroom
6 Wednesdays 2:10-5pm | June 18-July 23
\$207

Yoga

Yin and Restorative Yoga with Sound and Song

This class will provide you with the opportunity to draw inwards as we use meditation, breathwork techniques, long-hold stretches, and effortless restorative poses. The class will be conducted on the ground using props and modifications to help ensure stability and meet you where you are. Class will close with a short sound bath as you absorb the benefits of your practice.

ID #25123 | Wiemer | KTD | PE 22
6 Mondays 1-2:15pm | June 16-July 21
\$64

ID #25124 | Wiemer | IVC | MAFC 105
6 Wednesdays 5-6:15pm | June 18-July 23
\$64

These classes are discounted through the Anonymous Fund of the Marin Community Foundation.

Mat Yogilates

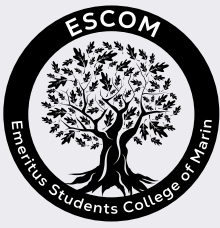
This class combines elements of yoga and Pilates, focusing on core strength, flexibility and mindfulness. This might include traditional yoga poses, Pilates exercises targeting the core muscles, breathing techniques and relaxation exercises. The class is designed to improve posture, balance, and overall body awareness while promoting a sense of relaxation and well-being. Mats are used for comfort and support during the exercises. All levels welcome.

ID #25132 | Lyonnet | IVC | MAFC 105
6 Tuesdays 5:30-6:20pm | June 17-July 22
\$111

Stretch & Flow Yoga

Yoga Stretch & Flow allows you to drop into the essence of your self-awareness through an invitation to soothe your senses and melt away physical and mental tension. A meditative, moderate Vinyasa flow takes you to the present moment through breathing, stretching and active movement. All levels welcome.

ID #25133 | Lyonnet | IVC | MAFC 105
6 Tuesdays 6:30-7:20pm | June 17-July 22
\$111



ESCOM

Emeritus Students
College of Marin



ESCOM is an active adult organization, which supports members by offering lifelong learning and a road to longevity. Explore stimulating clubs, events, programs and activities both on COM campuses and online to enhance your knowledge and experience. ESCOM recently celebrated 50 years and has been cited as a national model. Join us for inspiring learning, social engagement and staying at the forefront of life.

I invite you to join ESCOM to benefit from our clubs, talks and events. It's free to join and you will be included in all our programs. Our members stay involved and active with new horizons, activities and friends.

GARY GONSER
ESCOM President

ESCOM classes in Summer 2025!

ESCOM-designated classes are open to all ages, and are recommended to meet the needs of older adults.

- Ancient Near East
- Electric and Hybrid Vehicles Workshop
- Elements of Creative Writing
- Feldenkrais Awareness Through Movement for Older Adults
- Italian Workshop: Every Day Conversations
- Joy of Tai Chi
- Meandering in Marin: Natural History and Hiking
- Mixed-Media Journaling Workshop
- Poetry Writing Master Class
- Resin Charms Workshop
- The Poetic Pilgrimage: Poem Making as Spiritual Practice
- The Flow of Watercolor
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Wisdom Healing Qigong
- Wonderful World of Ukulele
- Zumba® Gold

Member activities and services (free to all):

- ESCOM Clubs: Group discussions of philosophy, books, plays, history, opera, great courses, travel, chess and more!
- ESCOM Centers: Comfortable spaces on both college campuses with libraries, meeting space and computer access.
- ESCOM Journal: A beautiful, bimonthly publication featuring creative writing, photography and poetry from our members.
- Monthly Spotlight and Computer Literacy Series: Exciting talks, coffees, author presentations and other special events, along with a new series on computer topics offering free in-person lectures in collaboration with the Marin Commission on Aging.

ESCOM Centers

INDIAN VALLEY CAMPUS
1800 Ignacio Blvd.
Bldg 10, Rm. 40
Novato, CA 94949
(415) 457-8811 x8322

KENTFIELD CAMPUS
835 College Avenue
SS 111
Kentfield, CA 94904
(415) 485-9652



Scholarships available

We have two fantastic scholarship opportunities to support our growing community of learners! Applications are now available. Visit the scholarships page on Marincommunityed.com.

- Anonymous Fund (ANF) Scholarship: For older adults (55 and older)
- Lifelong Learning (LLL) Scholarship: Open to adults of all ages



Teach with us

Share your talent and skills with our lifelong learners. Classes cover a broad spectrum of interests and disciplines to provide learning opportunities to our community. Visit the Teach with Us page on MarinCommunityEd.com. We are currently accepting new course proposals in all disciplines, including the following:

- Crochet
- Dance
- French
- Health
- Hiking
- Knitting
- Photography
- Pickleball
- Spanish

COMMUNITY PROGRAMS

Miwok Aquatic and Fitness Center
Indian Valley Campus
JUNE 16–AUGUST 15



Lap Swim

Monday–Friday
11:30am–4pm
(times subject to change)

- Single day pass (\$10) and 10-day pass (\$90).
- Discounts for seniors 55+ and youth under 17.
- Purchase at Miwok Center front desk. Credit card and tap pay accepted.

communityswim@marin.edu
(628) 234-8107



Drop-in Gym

Cardio and weights
Monday–Friday
11:30am–4pm
(times subject to change)

- Single day pass (\$10) and 10-day pass (\$90).
- Discounts for seniors 55+ and youth 15-17.
- Enjoy a swim and workout with a Combined Discount Pass.

communityswim@marin.edu
(628) 234-8107

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835 COLLEGE AVENUE
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Registration starts at 9AM on May 13
Register at MarinCommunityEd.com



New Registration Software

Big News! Community Education is getting a fresh new look. We're launching a **brand new website and registration system** just in time for Summer 2025—making it easier than ever to sign up for classes you love. Mark your calendar: Registration opens **May 13** at MarinCommunityEd.com. See inside cover for details!