

LAKE TAHOE COMMUNITY COLLEGE

# CONNECT

COMMUNITY EDUCATION

WINTER 2025



Register online:  
[ltccconnect.com](https://ltccconnect.com)



# CONNECT WINTER 2025 • TABLE OF CONTENTS

## CREATIVE ARTS:

Holiday Needle Felted Baubles  
Ukulele

## KIDS:

The Bridge Language Academy  
Intro to Volleyball for Kids (4th-5th grades)  
Volleyball for Teens (6th-12th grades)

## HEALTH/FITNESS/WELLNESS:

CONNECT Zoom Fit  
CONNECT Spin & Strength  
CONNECT Noontime Fitness  
How to Lower Your Blood Pressure  
Futsal Adult League  
Futsal Ladies Pick Up  
Futsal Coed Pick Up  
Volleyball Meet-up

## LIFE ENHANCEMENT:

Backcountry Adventures for Women  
Mindfulness in the New Year  
New Moon Ladies Star-Guided Excursion  
LTCC Nordic Center  
Restorative Yoga



# 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](http://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](http://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
<b>6AM</b> TOTAL BODY CONDITIONING	<b>7AM</b> SPIN & STRENGTH	<b>6AM</b> BODY PUMP	<b>7AM</b> SPIN, STRENGTH & NUTRITION	<b>6AM</b> 20/20/20 CARDIO- STRENGTH- ABS
<b>7:30AM</b> MOVEMENT & MODIFICATION		<b>7:30AM</b> MOVEMENT & MODIFICATION		
<b>12PM</b> SPIN (IN PERSON)		<b>12PM</b> YOGA (HYBRID)	<b>12PM</b> BARRE / DANCE CARDIO *ALTERNATING* (HYBRID)	<b>SATURDAY</b>  <b>8AM</b> SPIN 30/30

## STAYING HEALTHY HAS NEVER BEEN EASIER

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

### REGISTER TODAY

 [ltccconnect.com](https://ltccconnect.com)

 530.541.4660 ext 717

**LTCC**





## 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

## ABOUT THE ANNUAL PLAN

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



## 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](https://ltccconnect.com)

 530.541.4660 ext 717



# 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](https://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**



**GREAT  
VALUE!  
HIGH LEVEL  
COACHING  
AT \$10/HR!**

## **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 28

(NO CLINIC APRIL 7 OR MAY 26)

**TIME:** 4:30 - 6PM

**LOCATION:** LTCC GYM, PE BUILDING

**FACILITATOR:** LEAH KNIGHT

**FEE:** \$395

## **INTRO TO VOLLEBALL FOR KIDS!**

**COED / 4TH-5TH GRADES**

A fun, beginner-friendly 12-week 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

**FEE:** \$250

**COME TRAIN WITH LEAH KNIGHT,  
EXPERIENCED CLUB COACH AND FORMER D1  
COLLEGIATE PLAYER!**

**REGISTER TODAY!**

**WWW.LTCCCONNECT.COM / 530-541-4660 X771**

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# 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

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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](http://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](http://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.

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**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

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