GROUP GOLF LESSONS
Instructor, Mike Burroz, PGA Class A
June 26 – July 31 6 Wednesdays
1:00 – 2:00 PM Los Verdes***
#90-101.17 FEE: $115
June 29 – August 3 6 Saturdays
12:00 – 1:00 PM Los Verdes**
#90-101.18 FEE: $115
June 30 – August 4 6 Sundays
2:30 – 3:30 PM Los Verdes**
#90-101.19 FEE: $115

Los Verdes Golf Course
7000 West Los Verdes Drive, RVP
Please visit our website www.pvpsud.net/adulted for a complete description of each class.

Instructor, Kathy Borgida
Instructor, Ralph Gorodetsky
TAI-CHI
Instructor, Ralph Gorodetsky (No class 7/4)
June 20 – August 15 8 Thursdays
11:00 – 12:00 PM Malaga Cove Rm. 13
#90.101.15 FEE: $96

**NEW CLASS** CHAIR YOGA
Instructor, Kathy Borgida
July 10 – July 31 4 Wednesdays
10:30 – 11:30 AM Rancho del Mar-MPR
#90-101.6 FEE: $48

YOGA FOR BEGINNING & INTERMEDIATE
Instructor, Sun Huang-Yu (No class 7/4)
June 20 – August 15 9 Thursdays
10:30 – 11:45 AM Rancho del Mar-MPR
#90-101.7 FEE: $108
June 21 – August 16 9 Fridays
4:30 – 5:45 PM Rancho del Mar-MPR
#90-101.8 FEE: $108

Nia
Instructor, Sun Huang-Yu
June 18 – August 13 9 Tuesdays Rancho del Mar-MPR
10:30 – 11:45 AM #90-101.3 FEE: $108

PILATES
Instructor, Shannon Eddings (No class 8/6)
June 18 – August 13 8 Tuesdays Rancho del Mar-MPR
9:00 – 10:00 AM #90-101.14 FEE: $96

WALK, TALK, STRETCH & STRENGTHEN
Instructor, Kathy Borgida
June 19 – August 14 9 Wednesdays Rancho del Mar-MPR
8:55 – 10:10 AM #90-101.13 FEE: $108

ZUMBA
Instructor, Nicole Padilla (No class 7/31)
June 19 – August 14 8 Wednesdays
6:00 – 7:00 PM Soleado Elementary
#90-101.16 FEE: $96

MIND, BODY & SPIRIT WORKOUT
Instructor, Jennifer Starr (No class 6/24)
June 17 – August 12 8 Mondays
4:30 – 5:45 PM Rancho del Mar-MPR
#90-101.5 FEE: $96

ALL LEVELS YOGA
Instructor, Jennifer Starr (No class 6/25)
June 18 – August 13 8 Tuesdays Rancho del Mar-MPR
4:30 – 5:45 PM #90-101.4 FEE: $96

FITNESS FUSION FUN
Instructor, Jennifer Starr
June 21 – August 16 9 Fridays Rancho del Mar-MPR
1:30 – 2:30 PM #90-101.2 FEE: $96

YOGA AND MEDITATION FOR BEGINNERS
Instructor, Rito Fuji
July 9 – August 13 6 Tuesdays Rancho del Mar-MPR
7:00 – 8:15 PM #90-101.1 FEE: $72

YOGA PLUS
Instructor, Kathy Borgida
June 17 – August 12 9 Mondays Rancho del Mar-MPR
9:00 – 10:30 AM #90-101.9 FEE: $108

YOGA FOR BEGINNERS
Instructor, Kathy Borgida
June 17 – August 12 9 Mondays Rancho del Mar-MPR
10:35 – 11:50 AM #90-101.11 FEE: $108

REIKI ENERGY HEALING-BALANCE YOUR ENERGY-
BALANCE YOUR LIFE
Instructor, Margaret Sanders
June 18 1 Tuesday Malaga Cove Rm. 13
9:00 – 11:30 AM #90-101.20 FEE: $25

BEGINNING MA JONG
Instructor, Jenny Hsieh.
June 25 – July 30 6 Tuesdays Malaga Cove Rm. 13
9:30 – 10:20 AM #90-0-3 FEE: $72

INTERMEDIATE MA JONG
Instructor, Jenny Hsieh.
June 25 – July 30 6 Tuesdays Malaga Cove Rm. 13
10:30 – 11:20 AM #90-0-300.6 FEE: $72

DECORATIVE PAINTING WITH APRIL
Instructor, April Numamoto (No class 7/5, 7/19, 8/2)
June 28 – August 9 4 Fridays Malaga Cove Rm. 13
9:30 – NOON #100-121.4 FEE: $68

SILK PAINTING
Instructor, Young Kim (No class 7/5)
June 21 – July 26 5 Fridays Malaga Cove Rm. 15
9:30 – NOON #100-121.5 FEE: $85

WATER SOLUBLE OIL PAINTING
Instructor, April Numamoto (No class 7/15)
July 1 – August 5 5 Mondays Malaga Cove Rm. 13
9:30 – NOON #100-121.6 FEE: $85

MAXIMIZING SOCIAL SECURITY
Instructor, Mr. Penland
July 27 1 Saturday
9:30 – NOON RDM, MPR
#10-119.1 FEE: $18

INTERMEDIATE ENGLISH LANGUAGE (ESL)
June 18 – August 13 9 TUESDAYS (ONLY)
9:00-12:00 PM MC. RM. 14
#03.0301.11.2 FEE: $54

SPANISH BEGINNERS
Instructor, Irma Bartok
June 19 – August 4 9 Wednesdays
12:45 – 1:45 PM RDM-MPR
#10-131.8 FEE: $108

SPANISH BEGINNERS II
Instructor, Irma Bartok
June 19 – August 14 9 Wednesdays
1:50 – 2:50 PM RDM-MPR
#10-131.9 FEE: $108

SPANISH INTERMEDIATE
Instructor, Irma Bartok
June 19 – August 14 9 Wednesdays
2:55 – 3:55 PM RDM-MPR
#10-131.10 FEE: $108

SPANISH ADVANCED
Instructor, Irma Bartok
June 18 – August 13 9 Tuesdays
1:50 – 2:50 PM RDM-MPR
#10-131.11 FEE: $108

SPANISH CONVERSATION
Instructor, Irma Bartok
June 18 – August 13 9 Tuesdays
12:45 – 1:45 PM RDM-MPR
#10-131.12 FEE: $108

More Foreign Language Flip Over
BEGINNING FRENCH
Instructor, Christina Blais
June 19 – August 14
1:00 – 2:30 PM
M.C. RM. 14
#10-131.13
FEE: $162

FRENCH BEGINNING II
Instructor, Christina Blais (No class 7/4)
June 20 – August 15
9:00 – 10:30 AM
M.C. RM. 15
#10-131.14
FEE: $144

FRENCH BEGINNING III
Instructor, Christina Blais
June 19 – August 14
10:30 – 12:30 PM
M.C. RM. 14
#10-131.15
FEE: $216

FRENCH INTERMEDIATE LEVEL I
Instructor, Christina Blais (No class 7/4)
June 20 – August 15
11:00 – 12:30 PM
M.C. RM. 15
#10-131.16
FEE: $216

ITALIAN:INTERMEDIATE
Instructor, Sara Tasnadi
June 19 – July 17
9:15 – 10:15 AM
MC RM. 13
#10-131.1
FEE: $60

ITALIAN:DISCUSSION GROUP
Instructor, Sara Tasnadi
June 19 – July 17
10:30 – 11:30 AM
MC RM. 13
#10-131.1
FEE: $60

SPANISH BEGINNERS
Instructor, Gaby Mishra
June 18 – July 9
1:30 – 2:30 PM
MC RM. 15
#10-131.1
FEE: $72

SPANISH BEGINNING II
Instructor, Gaby Mishra (No class 7/4)
June 20 – July 11
3 Thursdays
1:30 – 2:30 PM
MC RM. 15
#10-131.1
FEE: $54

SPANISH EARLY INTERMEDIATE II
Instructor, Gaby Mishra
June 18 – July 9
4 Tuesdays
1:30 – 3:00 PM
MC RM. 15
#10-131.2
FEE: $72

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