



El Camino College

Community & Continuing Education



TRAINING FOR TOMORROW IN MIND, BODY AND SKILLS

No hassle. Flexible schedules. Easy registration.

- Extend – or begin – your college education
- Sharpen your skills and Expand your knowledge
- Try out or Retake classes

FALL 2025 SCHEDULE OF CLASSES

WELCOME TO COMMUNITY & CONTINUING EDUCATION!

Community Education is now Community and Continuing Education! We offer low-cost or no-cost noncredit classes, workshops, and events, designed to help you explore your personal interests or fulfill your career goals.

Our mission is to inspire a sense of wonder and imagination for lifelong learning—for all members of our community! We are here to help. If you have a special interest or particular need for a class, please let us know by emailing: commmed@elcamino.edu or texting 424-279-4430.

UPDATES

OFFERING NONCREDIT CLASSES!

In addition to our low-cost Community Education classes, we offer FREE noncredit classes. Stay tuned as we continue to launch more free classes!



Closed weekends and holidays

Monday, September 1, 2025: Labor Day
Friday, September 26, 2025: Native American Day
Tuesday, November 11, 2025: Veterans Day
Thursday, November 27, 2025: Thanksgiving
Thursday, December 25, 2025: Christmas
Thursday, January 1, 2026: New Year's Day



Social Science Building, 101

Mondays - Fridays
9:00am - 4:00pm
310-660-6460
www.eccommunityed.com/
commmed@elcamino.edu

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The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

The El Camino Community College District and the Office of Community & Continuing Education have made every reasonable effort to determine that everything stated in this brochure is accurate. Courses, programs, instructors, class locations, together with other matters contained herein, are subject to change without notice by the administration of the El Camino Community College District and the Office of Community Education for reasons related to student enrollment, level of financial support, instructor availability, or for any other reason, at the discretion of the district and college. The district and the college further reserve the right to add, amend, or repeal any of their rules, regulations, policies and procedures.

HOW TO REGISTER FOR A CLASS



OFFICE

Visit us on campus at Social Science Building, Room 101. Between the Marsee Auditorium and the Campus Theatre at parking lot J.



ONLINE

24 hours a day. Register at our secure website with a Visa, Discover, or MasterCard. Go to www.ECCommunityEd.com.



PHONE/TEXT

Register over the phone:
Call: 310-660-6460 or text: 424-279-4430

✓ CONFIRMATION

An auto-generated confirmation and reminder email will be sent to you.

\$ CLASS WITHDRAWAL

If you request to withdraw from a class and the request is received by the Community Ed office three (3) business days prior to class start date, a credit voucher valid for three(3) years will be granted, less a \$20 processing fee. We provide a voucher in lieu of a refund.

✗ CANCELLATION

If the College cancels a class for any reason, those pre-registered will be notified by phone and email and payment will be refunded. We reserve the right to substitute instructors or reschedule class times if necessary.

✓ KID'S COLLEGE

Students under 18 years of age are required to submit a signed parent/guardian Kid's College Release form prior to child's first class meeting. Please contact our office for the form: 310-660-6460.

FUNDING ASSISTANCE

Course fees are due upon registration. We accept check or credit card (Visa & Mastercard). If you are interested in funding assistance or loan plan options, the following are possible sources:



AMERICA'S JOB CENTER OF CALIFORNIA (AJCC)

One-stop shop for workforce services, providing a range of no-cost employment and training services for employers and job seekers. To view an AJCC near you, visit: www.ajcc.lacounty.gov/ajcc.



CAREER ONE STOP LOCATIONS

You may reach out to your local career center and ask about career-training funding. Find the closest office to you and reach out to them to start the approval process: www.careeronestop.org/LocalHelp/service-locator.aspx



SALLIE MAE SMART OPTION STUDENT LOANS

Call 1-800-472-5543 or visit www.salliemae.com/student-loans for more information and to apply. Important: You must enter school location as: El Camino College - Community Education 001197-98.



ART & HOBBIES

CRAFTS

SOAP MAKING

ON-CAMPUS

#112371: You will learn how to make beautiful, aromatic glycerin soaps as well as unique cleansing gels and luxurious bubble bath soap.

Tuition: \$79

Materials Cost: \$25

54064 9/13 Sa 3:00-6:00PM Q. Abdul CHEM 103

BATH PRODUCTS: SHAMPOO, SHOWER GEL & BUBBLE BATH

ON-CAMPUS

#119697: In this fun, hands-on class, students will discover simple techniques for making one-of-a-kind bath products (shampoo, shower gel, bubble bath, bath salt & exfoliate).

Tuition: \$79

Materials Cost: \$35

54066 10/19 Su 10:00AM-1:00PM Q. Abdul CHEM 103

SOAP MAKING - COLD PROCESS METHOD

ON-CAMPUS

#119718: This class will explain to you A to Z cold process soap making so that you can create beautiful handmade soaps.

Tuition: \$79

Materials Cost: \$35

54067 10/19 Su 3:00-6:00PM Q. Abdul CHEM 103

FIZZY BATH BOMBS

ON-CAMPUS

#119723: Let your imagination go wild while experimenting with different oils, colors, flowers, and even glitter, for tons of fizzy fun.

Tuition: \$79

Materials Cost: \$25

54069 11/16 Su 3:00-6:00PM Q. Abdul CHEM 103

BODY BUTTER

ON-CAMPUS

#119724: In this hands-on workshop, you will learn how to make your own luxurious body butter lotions, with your choice of scent or therapeutic ingredients.

Tuition: \$79

Materials Cost: \$35

54068 11/16 Su 10:00AM-1:00PM Q. Abdul CHEM 103

CANDLE MAKING

ON-CAMPUS

#119681: In this dynamic workshop, you'll learn how to create unique candles to enjoy and share for far less than what they cost in stores. By the end of this class, you will create several candles and learn skills enabling you to continue making more at home.

Tuition: \$79

Materials Cost: \$25

54065 9/13 Sa 10:00AM-1:00PM Q. Abdul CHEM 103



ADULT CAREER PATHWAYS

Free adult education courses and programs to support your career and professional development! Contact us at 310-660-640 with questions and registration assistance.



ALLIED HEALTH

ALH 501: Medical Transcription

This noncredit course provides instruction in medical transcribing to prepare students for successful employment in a medical office, hospital, related health occupations, or for starting an in-home transcribing business.

ALH 502: Sterile Processing

This noncredit course prepares students to become safe and competent Sterile Processing Technicians (SPT) in a variety of healthcare facilities. The course prepares students for the Sterilization Processing and Distribution Technician Certification Exam for becoming a Central Sterilization Processing and Distribution Technician.



BUSINESS

BUS 528: Think Like an Entrepreneur

Learn to identify marketing needs, develop business ideas, and evaluate their feasibility in a competitive marketplace.



FASHION

FASH 501: Brand Cypher: Personal & Product Branding

Learn how to create and implement an original brand plan.



GED/HISET TEST PREP

Increase your job opportunities and earning potential with our GED and HiSET Exam Preparation Program: classes to help you get ready for high school equivalency exams. Registration is open now. Contact us at 310-660-6460 for questions and registration assistance.

Social Studies: Mon 6:00-8:00PM

Mathematics: Tue 6:00-8:00PM

Science: Wed 6:00-8:00PM

Language Arts: Thurs 6:00-8:00PM



ENGLISH AS A SECOND LANGUAGE

Our noncredit ESL courses are free to all students, which include a variety of levels that integrate listening, speaking, reading and writing.

NESL-600: Beginning Literacy

NESL-601: Beginning Low

NESL-602: High Beginning skills

NESL-603: Intermediate Low

NESL-604: Intermediate High

NESL-605: Advanced



**EARN A CERTIFICATE IN ESL, GED/HISET TEST PREPARATION,
MEDICAL TRANSCRIPTION, AND STERILE PROCESSING**



BUSINESS & CAREERS

MEDICAL FIELD

CLINICAL MEDICAL ASSISTANT

ON-CAMPUS

Students must be at least 18 years old and have their HS Diploma or equivalent prior to enrolling.

#210138: Training for an exciting and rewarding career as a Clinical Medical Assistant has never been easier.

In today's busy medical practices, Clinical Medical Assistants are vital members of the medical team.

Tuition: \$2,899

53675.....10/11-3/7.....9:00AM-4:30PM.....CHEM 101

MEDICAL BILLING AND CODING

ONLINE ZOOM

The 6-course program prepares you to be a well-rounded Medical Biller and coder and to take the National Health Career Association (NHA) Certified Billing Coding Specialist (CBCS) exam. Classes start Fall 2025.

Register for a free information session online at www.ECCommunityEd.com or call us at 310-660-6460.

53676.....8/16.....Sa.....9:00-10:00AM..Reed-Miles.....Zoom

PHARMACY TECHNICIAN

ONLINE ZOOM

Must be at least 18yrs old with HS diploma or GED and be able to pass drug and background check.

Train to become a licensed pharmacy technician in as little as 7 months! In this 260-hour program, you will learn everything to become a successful pharmacy technician.

Tuition: \$2,599

53671.....9/15-2/23.....MTh.....6:00-9:30PM.....CTS.....Online

53672.....10/11-3/21.....T.....6:00-9:30PM.....CTS.....Online

.....Sa.....9:00AM-12:00PM.....CTS.....Online

VETERINARY ASSISTANT

ONLINE ZOOM

With more than 85 million households owning at least one pet, the veterinary field is a growing field! Veterinary Assistants are valued team members in veterinary practices, clinics, and hospitals. They work with veterinarians and veterinary technicians to provide quality care for healthy, sick, and injured animals. In this program, students will receive hands-on training on the correct handling and care of pets, learn proper examination procedures, and discover how to check for signs of illness and injury. Additional topics covered include anatomy and physiology, medical terminology and acronyms, nutrition, legal, ethical, and professional standards, and maintenance and management of a veterinary practice. This class is entry level and specifically NOT a Veterinary Technician class, which requires a two-year degree program. Textbook purchased separately. Class consists of 75 hours of online live instruction, 25 hours of independent online learning and a 40 hour externship. Students will need access to internet, PC, laptop, or tablet, and access to a printer to participate. Must be 18+ years. Want more information? Click this link to request the recorded information session: <https://bit.ly/4gS3iko>

Tuition: \$1,599

53673.....9/8-12/8.....MW.....6:00-9:00PM.....CTS.....Online

53674.....10/7-1/22.....TTh.....6:00-9:00PM.....CTS.....Online



Declare a Major in Digital Art & Design Technology Today!



Learn more about these new programs in a high growth, high wage fields.

www.elcamino.edu/ad/dart-gpm.php

ADDITIONAL CLASSES

TRUCK DRIVER CLASS A COMMERCIAL LICENSE

ON-CAMPUS

#210193: This program provides a 3-part approach to train you for a California Commercial Learner's Permit (CLP) and prepare you to pass the DMV behind-the-wheel exam to earn your Class A Commercial Driver's License (CDL). Once you obtain your Class A California Commercial Driver's License, you will be eligible for entry-level employment positions in the trucking industry. To enroll, complete application, provide listed items and make payment to our office (see application for full details including funding support options). Visit our website or call our office for details on additional start dates.

Tuition: \$5,995

536668/4-10/9MTWTh8:00AM-12:00PMSOCS 202
536678/11-10/16MTWTh1:00-5:00PMSOCS 202
536688/18-10/23MTWTh6:00-10:00PMSOCS 202
5405810/13-12/23MTWTh8:00AM-12:00PMSOCS 202
5405910/20-1/6MTWTh1:00-5:00PMSOCS 202
5406010/27-1/13MTWTh6:00-10:00PMSOCS 202

DMV AUTO WHOLESALE DEALER FROM HOME

ONLINE ZOOM

#210153: Learn step-by-step directions on how to obtain an auto dealer license and how to operate a profitable used-car business. By the end of this course, know how to and where to buy vehicles, motorcycles, commercial, off-road and RV's at wholesale prices and sell for a profit. Tips on how to supplement your 9-5 with \$3,000 - \$6,000 income per month on a part-time basis will also be provided. Students will receive a DMV Certificate of Completion at the end of the class.

Tuition: \$89.00

Materials Cost: \$25.00

540799/15,16MT6:00-9:00PMW. WilliamsZoom
5408011/17,18MT6:00-9:00PMW. WilliamsZoom

ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION AND OPERATION

ONLINE ZOOM

#3470002: This course will offer A to Z of EVCS design, installation and operation, including troubleshooting the system.

Tuition: \$199

5407112/1-8MW6:00-10:00PMZoom

SOLAR PV DESIGN, INSTALLATION & TROUBLESHOOTING

ONLINE ZOOM

#3470001: This 6-week course will cover both how solar PV electricity works and how to assess if PV is feasible in a variety of situations.

Tuition: \$299

5407011/3-11/19 MW6:00 PM-10:00 PMZoom

INTRODUCTION TO VOICEOVER

ONLINE ZOOM

#300170: Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Once you have completed your registration/payment, please send an email to commmed@elcamino.edu. You will then be contacted by Voices For All to set up your private Zoom meeting link to meet with your instructor.

Tuition: \$49

WRITE SONGS LIKE A PRO

ON-CAMPUS

#120033: Unlock your inner songwriter and elevate your skills in this dynamic, hands-on course designed for aspiring and experienced songwriters alike. Write Songs Like a Pro will guide you through the entire songwriting process, from crafting powerful lyrics to creating unforgettable melodies. You'll learn professional techniques used by today's top songwriters, explore effective collaboration strategies, and discover how to leverage technology to write and produce songs efficiently. This course also covers the essential business side of music, including copyright, publishing, and streaming, empowering you to protect your work and share it confidently with the world. Whether you're writing for yourself, your band, or aiming for commercial placements, this course will equip you with the tools, knowledge, and inspiration to write songs like a pro.

Tuition: \$99

541009/13-10/4Sa10:00AM-12:00PMSOCS 201



Register For Fall!

Games & Playable Media





www.elcamino.edu/ad/dart-gpm.php

GPM 100 - 3 units - Intro to Game Studies

GPM 110 - 3 units - Intro to Game Design

GPM 150 - 3 units - Coding for Creatives

CODING BOOTCAMPS



Back End Software Developer - 18 Weeks Introduction to Java - Weeks 1-6

- Java
- Algorithms
- OOP
- Design Patterns
- Unit Testing

Relational Databases with MySQL - Weeks 7-12

- SQL
- JDBC
- DDL
- Database Concepts
- DML

Web API Design with Spring Boot - Weeks 13-18

- Spring Boot
- AWS
- JWT
- REST
- JPA

Front End Software Developer - 18 Weeks Introduction to JavaScript - Weeks 1-6

- JavaScript
- Algorithms
- OOP
- Design Patterns
- Unit Testing

Front End Technologies - Weeks 7-12

- HTML
- CSS
- JQuery
- Bootstrap
- AJAX

Web App Design with React - Weeks 13-18

- ReactJS
- JSX
- AWS
- REST
- NPM

Class meets online on a weekday evening. Each student will also participate in a weekly 30 minute, one-on-one session with a mentor. Students start each academic week on Sunday and are required to watch all videos and start working on assignments/projects before their online class meeting. Course consists of 13-18 hours of weekly homework and content, including career service assignments utilizing LinkedIn.

Prerequisites: Students must be 18 or over and have a high school diploma or equivalent. Basic computer literacy and the ability to navigate one's own computer is strongly preferred. Students will complete an aptitude test prior to the first class session.

Technical Requirements: Students must have access to a computer with a minimum of 8GB RAM and i5 processor. Class utilizes both Zoom and Slack for meetings and communication. Although not required, students may find a second monitor extremely helpful.

Job Outlook

- Average wage in California is \$64.60 hourly, \$134,370 annually.
- Average wage nationally is \$53.66 hourly, \$111,620 annually.
- Jobs for software developers are expected to grow 25.6% by 2028.

Data provided by the U.S. Bureau of Labor Statistics

ONLINE CODING BOOT CAMPS

BACK END SOFTWARE DEVELOPER BOOT CAMP

ONLINE

#210190: Back End Software Developers are in charge of building applications that do the behind-the-scenes work. This typically involves receiving requests from a Front End application, processing the request, reading and writing to a database, and responding back to requests from other applications.

In this 18-week, Back End Software Development program, students take three courses to learn the skills and technologies necessary to enter the industry as a Back End Software Developer: Introduction to Java, Relational Databases with MySQL, and Web API Design with Spring Boot. Skills and technologies learned include Java 1.8, Algorithms, OOP, Design Patterns, Unit Testing, SQL, DDL, DML, Database Concepts, JDBC, Spring Boot, Spring Data, REST, JPA, JWT, AWS, and more.

Tuition: \$3,995

8/26-1/20.....	T.....	7:00-8:30PM		Promineo Tech		Online
9/25-2/19.....	Th.....	7:00-8:30PM		Promineo Tech		Online
10/29-3/25.....	W.....	7:00-8:30PM		Promineo Tech		Online
11/25-4/14.....	T.....	7:00-8:30PM		Promineo Tech		Online
12/11-4/30.....	Th.....	7:00-8:30PM		Promineo Tech		Online

FRONT END SOFTWARE DEVELOPMENT BOOT CAMP

ONLINE

#210191: Front End Software Developers build the pieces of applications and websites that users see and interact with. This involves creating components that look good and provide functionality when a user interacts with them. It also involves interacting with Back End applications and displaying data in an aesthetically pleasing manner.

In the 18-week, Front End Software Development program, students take three courses to learn the skills and technologies necessary to enter the industry as a Front End Software Developer: Introduction to JavaScript, Front End Technologies, and Web App Design with React. Skills and technologies learned include JavaScript, Algorithms, OOP, Design Patterns, Unit Testing, HTML, CSS, JQuery, Bootstrap, AJAX, React, JSX, REST, NPM, AWS, and more.

Tuition: \$3,995

8/26-1/20.....	T.....	7:00-8:30PM		Promineo Tech		Online
9/25-2/19.....	Th.....	7:00-8:30PM		Promineo Tech		Online
10/29-3/25.....	W.....	7:00-8:30PM		Promineo Tech		Online
11/25-4/14.....	T.....	7:00-8:30PM		Promineo Tech		Online
12/11-4/30.....	Th.....	7:00-8:30PM		Promineo Tech		Online

For More Information & to Register

Call 1-844-362-7942 to speak with an enrollment advisor. Also check out this video for an overview of the program and to meet former coding students:

<https://youtu.be/ppRRAe9Y8CU>



FOSTER & KINSHIP CARE EDUCATION

FREE classes for foster & kinship care resource parents focusing on skills needed for resource parents and relative caregivers to care for children out-of-home care, as well as themselves. All classes are live online via Zoom.

#	Date	Day	Time	Class	Location
54084	9/16	T	9:00-11:00AM	How Trauma Impacts Learning	Zoom
54085	9/23-25	TWTh	5:00-9:00PM	Special Care Increment Training	Zoom
54086	9/30	T	10:00AM-2:00PM	Providing Care for Medically Fragile Children	Zoom
54087	10/11-12	Sa,Su	9:00AM-3:00PM	Special Care Increment Training	Zoom
54088	10/14	T	5:00-9:00PM	Human Trafficking/Commercial Sexual Exploitation of Children	Zoom
54089	10/28	Sa	9:00AM-1:00PM	Providing Care for Medically Fragile Children	Zoom
54090	11/4-6	TWTh	10:00AM-2:00PM	Special Care Increment Training	Zoom
54091	11/12	W	10:00AM-2:00PM	Providing Care for Medically Fragile Children	Zoom
54092	11/15	Sa	9:00AM-1:00PM	Understanding Difficult Behavior	Zoom
54093	11/17	M	10:00AM-2:00PM	The Holidays Can Be Tough Self-Care for Caregivers	Zoom
54094	12/2	T	5:00-9:00PM	Dreams Into Degrees Part 1	Zoom
54095	12/9-11	TWTh	10:00AM-2:00PM	Special Care Increment Training	Zoom
54096	12/13	Sa	9:00AM-1:00PM	Dreams Into Degrees Part 2	Zoom

TO REGISTER FOR CLASSES: Online at www.ECCommunityEd.com or call 310-660-6460

TO BECOME A RESOURCE FOSTER/ADOPTIVE PARENT: Call 888-811-1121

TO REGISTER FOR RESOURCE PARENT RFA CLASSES: Call 213-640-3082



California
Community
Colleges

Foster and Kinship Care
Education





PERSONAL ENRICHMENT/YOUNG@HEART

BACK TO WORK 50+

BACK TO WORK 50+ COACHING AND JOB CLUB

ON-CAMPUS

Free workshops for 50+ jobseekers.

This may be the most important job connection you'll ever make. Job hunting is hard, especially now. Do you need help creating and launching a successful job campaign? Attend a free in-person or online BACK TO WORK 50+ workshop to get the skills and support you need in this competitive job market. You can also connect with professional career coaches who can help you put your best foot forward and stand out to employers.

Tuition: Free

Saturdays, August 30-September 20

Mandatory Overview	8/30	9:00-10:00AM	SOCs 204
Coaching Workshops	9/6	9:00AM-12:00PM	LS 134
	9/13	9:00AM-12:00PM	LS 134
	9/20	9:00AM-12:00PM	LS 134

Saturdays, October 11-November 1

Mandatory Overview	10/11	9:00-10:00AM	SOCs 204
Coaching Workshops	10/18	9:00AM-12:00PM	LS 134
	10/25	9:00AM-12:00PM	LS 134
	11/1	9:00AM-12:00PM	LS 134

Saturdays, November 22-December 13

Mandatory Overview	11/22	9:00-10:00AM	SOCs 204
Coaching Workshops	11/29	9:00AM-12:00PM	LS 134
	12/6	9:00AM-12:00PM	LS 134
	12/13	9:00AM-12:00PM	LS 134

REGISTER TODAY

Save your seat now; spots are limited.
Call 855-850-2525 or register online @
aarpfoundation.org/register



El Camino College
Community & Continuing Education

AARP Foundation
BACK TO WORK 50+

WORK FOR YOURSELF@50+

ON-CAMPUS

Have you ever dreamed of being your own boss? Let Work for Yourself@50+ help you get started. Work for Yourself@50+ is a program specifically designed to help people 50 and older learn about what it takes to be successfully self-employed in today's economy. Join us for an interactive workshop where you'll learn to:

- Explore your options • Find your focus
- Make a plan • Watch out for trouble
- Connect with resources in your community

One-day Workshops

9/6, 20 & 10/18, 25Sa 9:00-11:00AMSOCs 204

REGISTER TODAY

Save your seat now; spots are limited.
Call 310-660-6460

COMPUTER SKILLS

PASS 533: FUNDAMENTAL COMPUTER SKILLS

NONCREDIT ON-CAMPUS

Through hands-on instruction and interactive activities, participants will gain confidence in operating a computer, understanding essential computing terminology, and master core tasks such as emailing, navigating the internet and basic word processing.

PASS 534: MICROSOFT OFFICE: BASIC WORD AND EXCEL

NONCREDIT ON-CAMPUS

This noncredit course will provide students with fundamental skills in Microsoft Word and Excel, essential tools in today's digital workplace. In Microsoft Word, students will learn to create documents, format text and adjust layouts. In Microsoft Excel, students will learn how to create spreadsheets, manage data and perform calculations.

LOCAL TOURS

CHOCOLATE LOVE

EXCURSION

Discover some of the southland's finest chocolate candy makers in a relaxed, daylong journey. All the while, you will be able to indulge your own chocolate obsessions and make gift purchases for family and friends. Full Itinerary online & subject to change.

Tuition: \$99

54015 10/18 Sa 9:00AM-4:00PM Parking Lot J
54072 11/15 Sa 9:00AM-4:00PM Parking Lot J
54073 12/13 Sa 9:00AM-4:00PM Parking Lot J

PRESIDENTIAL FEAST

EXCURSION

Join us in a unique journey that explores two venues of southern California's presidential legacy. Full Itinerary online & subject to change.

Tuition: \$99

54074 9/20 Sa 9:00AM-6:00PM Parking Lot J

PHYSICAL FITNESS FUN

PICKLEBALL

ON-CAMPUS

Must Bring Your Own Paddle & Ball: Students must come to class with their own Pickleball paddle and ball (appropriate for outdoor play). Pickleball is one of the fastest growing sports in the country. And here's why: The rules are simple. And while it's easy for beginners to learn, it can quickly develop into a fast-paced, competitive game as players become more skilled.

Tuition: \$79

54081 8/25-10/20 M 6:00-8:00PM Tennis Court
53682 8/26-10/21 T 6:00-8:00PM Tennis Court
54083 10/27-12/8 M 6:00-8:00PM Tennis Court

TAI-CHI

ON-CAMPUS

This course will introduce you to Chinese health exercise which is neither vigorous nor strenuous. It is suitable for all who want to exercise to gain or maintain good health. It will strengthen the muscles and organs, relax the mind and body, improve blood circulation, and increase memory and concentration.

Tuition: \$79

54097 9/13-11/1 Sa 10:00-11:00AM TBD

CHAIR TAI-CHI

ON-CAMPUS

This course will introduce you to Chinese health exercise to help you boost balance and stay fit without standing. Just like the traditional Tai Chi class, this class is suitable for all who want to exercise to gain or maintain good health. It will strengthen the muscles and organs, relax the mind and body, improve blood circulation, and increase memory and concentration.

Tuition: \$79

54098 9/13-11/1 Sa 11:15-12:15PM TBD

TRAINING 4 TOMORROW: PHYSICAL HEALTH & WELLNESS

ON-CAMPUS

Join this dynamic and engaging class designed to promote physical health and wellness for individuals of various fitness levels. The class offers a mix of cardiovascular exercises, strength training, flexibility, and endurance activities, tailored to meet the needs of each participant. You can expect to use a range of equipment, such as dumbbells, resistance bands, mats, and stability balls, to enhance your workouts. The class will also emphasize community and social interaction, providing opportunities for you to connect with others who share similar health goals.

Tuition: \$79

54099 8/27-10/22 W 6:00-8:00PM TBD





El Camino College

Community & Continuing Education

16007 Crenshaw Blvd., Torrance, CA 90506
PHONE: (310) 660-6460 TEXT: (424) 279-4430



Non-profit Org.
U.S. Postage
PAID
Torrance, CA 90506
Permit #478

*****ECRWSSDDM*****

RESIDENTIAL CUSTOMER



El Camino College

REGISTER ONLINE AT: WWW.ECCOMMUNITYED.COM



**ADULT CAREER
PATHWAYS**

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