

COMMUNITY EDUCATION & PROGRAMS



MARIN
COLLEGE OF MARIN

FALL 1 AUG 24 – OCT 11

FALL 2 OCT 19 – DEC 6



**Introduction
to Traditional
Hawaiian Dance**

PAGE 13

**Latin Foundations:
Bachata & Salsa
for Beginners**

PAGE 13

Featured New Classes

- Caring for Family Heirlooms: Museum Standards for the Home
- Deep Improv: Playback Theater in Action
- From Image to Series: Building a Cohesive Photographic Project
- Professional Consulting: Sharing Expertise at Any Career Stage
- The Industrial Revolution: From the Scientific Revolution to World War I
- The Science of a Joyful Life: Cultivating Joy and Connection in the Second Half of Life
- Write That Book! The First Steps

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.

Marin.edu/CommunityEd
(415) 485-9305
communityed@marin.edu

Marin.edu/CommunityEd



Facebook.com/CommunityProgramsCOM



@CommunityProgramsCOM

**Community
Education
Offices**

KENTFIELD CAMPUS
Welcome Center
830 College Avenue
Kentfield, CA 94904

INDIAN VALLEY CAMPUS
Building 9
1800 Ignacio Boulevard
Novato, CA 94949

Classes

Aquatics	5
Art	6
Business/Career Development	9
Computers and Technology	10
Crafts	11
Current Events	12
Dance	13
Drama	13
Farm and Garden	14
Financial Planning	15
Floral	16
Food & Wine	16
Health & Wellness	18
History	18
Languages/Linguistics	20
Marin Adventures	22
Meditation	23
Music	24
Personal Enrichment	25
Photography	27
Physical Education	28
Writing	33
Yoga	34

Registration starts on Tuesday, July 28 at 9 AM
Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)

Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)
For support: communityed@marin.edu
or call (415) 485-9305

Holidays

There are no classes held on the following days

- September 7 Labor Day
- November 11 Veterans Day
- November 26-29 Thanksgiving Day Holiday

Class schedules and updates

Please see online class listings for the most up-to-date schedule and location information. In instances where there is a change to a class schedule, students are notified of the change by email.

What our symbols mean

IVC = Indian Valley Campus

KTD = Kentfield Campus

✱ = ESCOM-Endorsed Class: A class especially recommended by ESCOM (p. 36) as meeting the needs and interests of older adults, while remaining open to learners of all ages.

Refund policy

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

Waitlist policy

If a class is full, the message "Waitlist Only" will display. Add the class to your cart, and check out as you would when registering for a class. No payment is due. Please note, waitlisted students aren't enrolled and can't attend class until registered. If a space opens up, we'll email you with an invitation to register and pay within a 12-hour window before offering the space to the next person.

Class formats

In-person: Courses are scheduled in person.

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

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 on 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

https://police.marin.edu/sites/default/files/2025_COM_ASR_FINAL.pdf

Campus maps

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



Aquatics

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

Fitness Swim for All

This is a coached group class that focuses on technique, fitness, and fun. Participants will improve their stroke technique while avoiding injury and developing endurance in the water. Workouts will be tailored to meet the goals of both individuals and the group. Participants will have the opportunity to learn new strokes, flip turns, and other techniques to make swimming easier and more enjoyable. Please note that participants must be able to swim 25 yards and may be required to share lanes.

ID #26749 • Shari Cruse
IVC • Miwok Center Pool
6 Mon & 7 Wed 5-6pm • Aug 24-Oct 7
(No class Sep 7)
\$167

ID #26954 • Shari Cruse
IVC • Miwok Center Pool
7 Mon & 6 Wed 5-6pm • Oct 19-Dec 2
(No class Nov 11)
\$167

Aqua Exercise for Older Adults ★

The purpose of this class is to experience healthy exercises in a relaxing medium – the water. This active class strengthens, increases flexibility, and promotes a peaceful state of mind. Students should be in good cardiovascular health, with the ability to walk in the water.

ID #26714 • Rose Murphy
KTD • Diamond PE Center Pool
6 Mon & 7 Wed & 7 Fri 9:40-11am • Aug 24-Oct 9
(No class Sep 7)
\$231

ID #26919 • Rose Murphy
KTD • Diamond PE Center Pool
7 Mon & 6 Wed & 6 Fri 9:40-11am • Oct 19-Dec 4
(No class Nov 11 & 27)
\$224

ID #26715 • Rose Murphy
IVC • Miwok Center Pool
7 Tues & 7 Thurs 2:10-3:30pm • Aug 25-Oct 8
\$162

ID #26920 • Rose Murphy
IVC • Miwok Center Pool
7 Tues & 6 Thurs 2:10-3:30pm • Oct 20-Dec 3
(No class Nov 26)
\$154

★ **ESCOM-Endorsed Class**

Deep Water Aqua Exercise ★

Submerge yourself in the deep end of a pool for a full-body water fitness workout. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. Students will wear a flotation belt for support in the deep water to perform aerobics routines. An aqua exercise belt may be required at a cost of \$25-\$35; belt recommendations will be provided by the instructor.

ID #26716 • Rose Murphy
KTD • Diamond PE Center Pool
6 Mon & 7 Wed & 7 Fri 7:20-8:20am • Aug 24-Oct 9
(No class Sep 7)
\$223

ID #26921 • Rose Murphy
KTD • Diamond PE Center Pool
7 Mon & 6 Wed & 6 Fri 7:20-8:20am • Oct 19-Dec 4
(No class Nov 11 & 27)
\$215

ID #26717 • Rose Murphy
KTD • Diamond PE Center Pool
6 Mon & 7 Wed & 7 Fri 8:30-9:30am • Aug 24-Oct 9
(No class Sep 7)
\$223

ID #26922 • Rose Murphy
KTD • Diamond PE Center Pool
7 Mon & 6 Wed & 6 Fri 8:30-9:30am • Oct 19-Dec 4
(No class Nov 11 & 27)
\$215

ID #26718 • Rose Murphy
IVC • Miwok Center Pool
7 Tues & 7 Thurs 12pm-1pm • Aug 25-Oct 8
\$175

ID #26923 • Rose Murphy
IVC • Miwok Center Pool
7 Tues & 6 Thurs 12pm-1pm • Oct 20-Dec 3
(No class Nov 26)
\$167

★ **ESCOM-Endorsed Class**

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 #26739 • Consuelo Lyonnet

IVC • Miwok Center Pool

7 Tues 7:40-8:30pm • Aug 25-Oct 6

\$119

Art

Please check registration confirmation email as some classes have a supply list.

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 #26812 • Annie Danberg

KTD • Fine Arts 312

1 Saturday 1:30-4:30pm • Sep 19

\$92

☆ **ESCOM-Endorsed Class**

An Artful Approach to Personal Style

Discover the enjoyment of getting dressed and anticipating the day ahead while choosing an expressive, comfortable outfit. Class will focus on different aspects of appearance, including color, silhouette, personal style, closet

organization, and the best places to shop in person and online. Demonstrations, hands-on activities and group discussion will engage your imagination and help you develop a creative focus for daily self-expression. Practical tools include using catalogs to create a “look book” with a collage of beauty imagery.

The recommended text is “Growing More Beautiful: An Artful Approach to Personal Style.” For more information about supplies, please visit <https://www.growingmorebeautiful.com/events>.

ID #26004 • Jennifer Robin

KTD • Science Math Nursing 227

1 Saturday 10:10am-3pm • Nov 7

\$103

Travel Watercolor Using Your Smartphone ☆

Turn your travels into lasting artistic memories with watercolor, ink and a portable sketchbook. Students will learn how to use their smartphone camera to identify focal points, frame compelling subjects and create strong compositions for sketching and painting. Working from their own smartphone photos, students will create watercolor and ink journal pages that capture memories of places, objects and everyday experiences. This class combines journaling and painting techniques, so you can create keepsakes anywhere in the world with supplies small enough to carry in your pocket or backpack.

ID #26819 • Eva Mautner

KTD • Physical Education 91

7 Tuesdays 3:10-6pm • Aug 25-Oct 6

\$231

☆ **ESCOM-Endorsed Class**

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 #26800 • Marty Meade

Online Class

**6 Fridays 10am-1pm • Aug 28-Oct 2
\$207**

ID #26000 • Marty Meade

Online Class

**5 Fridays 10am-1pm • Oct 30-Dec 4
(No class Nov 27)
\$183**

ID #26821 • Nancy Johnson

KTD • Fine Arts 312

**7 Saturdays 10:10am-1pm • Aug 29-Oct 10
\$231**

ID #26016 • Nancy Johnson

KTD • Fine Arts 312

**6 Saturdays 10:10am-1pm • Oct 24-Dec 5
(No class Nov 28)
\$207**

★ **ESCOM-Endorsed Class**

The Flow of Watercolor: Color Expression of Matisse and Nolde ★

Learn how to employ various color schemes to make striking paintings in the manner of Henri Matisse and Emil Nolde. Many subjects will be offered with color as the main focus. Are you usually a value or color painter? If you paint mostly with values, then you show how natural or dramatic light pervades a painting. In this class, you will focus on becoming a colorist. Instead of contrasting with the full range of values, you will combine specific types of colors to bring us either toward or away from the center of interest in your paintings. All levels welcome.

ID #26818 • Julie Cohn

KTD • Physical Education 91

**6 Thursdays 2:40-5:30pm • Sep 10-Oct 15
\$217**

★ **ESCOM-Endorsed Class**

The Flow of Watercolor: Subtle Color Schemes ★

You may have some experience with color and yet you might be yearning for unique and creative ways to use typical color schemes. Learn how to add tints, tones and shades to complementary,

analogous and triad color schemes. With your new color mixing skills, make striking, elegant and/or understated paintings. Enjoy painting a variety of subjects while learning about color schemes of 20th century masters. All levels welcome.

ID #26014 • Julie Cohn

KTD • Fine Arts 312

**6 Mondays 10:10am-1pm • Oct 26-Nov 30
\$217**

★ **ESCOM-Endorsed Class**

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 #26801 • Larry Bencich

KTD • Fine Arts 301

**7 Saturdays 9:10am-1pm • Aug 29-Oct 10
\$335**

ID #26001 • Larry Bencich

KTD • Fine Arts 301

**6 Saturdays 9:10am-1pm • Oct 24-Dec 5
(No class Nov 28)
\$303**

The Language of Drawing

No doubt you have looked at great drawings through art history and felt the tug of their beauty, regardless of the "what" of the picture. We have a sense that we are responding to the "how"—the tapestry of marks that magically coalesce into a whole. This class explores the expressive potential of a mark, with special emphasis on line. Training will focus on close observation, in a nonlinear approach to technique development. Advanced students will be challenged to transcribe the close observation with varied and expressive mark-making. Master drawings will be our inspiration, as we cultivate a nuanced sensitivity.

ID #26820 • Deepa Bala

KTD • Fine Arts 214

**7 Fridays 2:10-5pm • Aug 28-Oct 9
\$238**

Keeping a Museum Notebook

Lengthen your engagement with works of art before, during and after a museum visit by keeping a visual diary that is enriching and artistically inspiring! A few simple drawing approaches will be offered along with suggestions on how to set up and work in a dedicated notebook. We'll identify works of interest, study them by drawing, research themes and record impressions, using creative prompts. This class includes a field trip to the DeYoung Museum in San Francisco on November 6. Museum admission is free.

ID #26015 • Deepa Bala

KTD • Fine Arts 301

4 Fridays 2:10-5pm • Oct 23-Nov 13
\$165

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 #26836 • Tami Tsark

IVC • Building 3 205

6 Wednesdays 9:20am-3:10pm • Aug 26-Oct 7
(No class Sep 9)
\$375

ID #26031 • Tami Tsark

IVC • Building 3 205

6 Wednesdays 9:20am-3:10pm • Oct 21-Dec 2
(No class Nov 11)
\$375

Painting With the Masters: Loose Florals and Botanicals

This class will focus on the study of master paintings with florals and botanicals as a subject. It 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 #26837 • Tami Tsark

IVC • Building 3 205

6 Thursdays 9:25am-2:45pm • Aug 27-Oct 8
(No class Sep 10)
\$344

Loose and Lively Portraits Workshop

This two-day workshop teaches how to create loose, expressive painted portraits. On day one, we'll study facial features, explore key concepts through lecture and demonstration, and begin developing a portrait. Day two emphasizes hands-on practice, refining more fully realized portraits. Exercises may focus on individual facial elements to build confidence and skill. Participants will leave with a stronger understanding of structure, technique and expressive portrait painting. This class welcomes new students and provides an in-depth exploration of a loose and lively style for students who have participated in previous classes with the instructor. Artists may draw or paint either day.

ID #26838 • Tami Tsark

IVC • Building 3 209

2 Saturdays 9:25am-3:15pm • Aug 29-Sep 12
(No class Sep 5)
\$173

Loose and Lively Portraits

Learn the rules of features and proportion, so you can break them! This course will help you understand the basic construction of the face. Learn how portraiture can be so much more than rendering a face. Practice key elements and features in order to render expressive portraits. We will also examine portraits and features from famous and classic art masters and discuss key differentiators. Returning students will work with the instructor to receive modified instruction and projects for continued exploration. Artists may draw or paint.

ID #26032 • Tami Tsark

IVC • Building 3 205

5 Thursdays 9:25am-2:45pm • Oct 22-Dec 3

(No class Nov 12, 26)

\$292

Loose and Lively Cityscape and Landscapes Workshop

This two-day workshop focuses on creating loose, energetic cityscapes and landscapes. Learn to observe and compose elements in relation to one another while approaching perspective in a more intuitive, less rigid way. The first day emphasizes drawing fundamentals through guided exercises to build confidence and visual understanding. On the second day, students apply these skills in more developed works using drawing or painting techniques, capturing scenes with movement, balance and personal expression. This class welcomes new students and provides an engaging, in-depth exploration of a loose painting style for students who have participated in previous classes with the instructor.

ID #26033 • Tami Tsark

IVC • Building 3 209

2 Saturdays 9:25am-3:15pm • Nov 7-21

(No class Nov 14)

\$173

Business/Career Development

Professional Consulting: Sharing Expertise at Any Career Stage • NEW

This class helps professionals transform experience into purposeful consulting, whether paid or pro bono. Participants identify a clear consulting niche, define their value proposition, and develop simple service offerings with practical pricing strategies. Guidance is provided on positioning expertise, creating proposals, conducting discovery conversations, and building a professional presence through tools such as LinkedIn or simple websites. Participants also learn essential business mechanics including contracts, invoicing, insurance, and taxes. Develop a clear consulting launch plan and practical strategies for building client relationships and securing your first opportunities.

ID #26924 • Richard Jensen

KTD • Academic Center 238

6 Wednesdays 1:10-2:45pm • Oct 21-Dec 2

(No class Nov 11)

\$151

How to Ask for Money: Fundraising 101

Most people are afraid to ask for money, even when these gifts are for a cause they care about deeply. "I'll do anything but ask for money!" is something nonprofits hear a lot from board members and others who volunteer for social change. This workshop removes the mystique around fear of fundraising. We'll get to the heart of why we are afraid to ask for money, and reframe to create ease—and joy—in donor conversations. In addition, you'll learn fundraising best practices to identify, cultivate, solicit, and steward potential contributors across a broad range of nonprofit issue areas.

ID #26728 • Melanie Hamburger

Online Class

2 Wednesdays 6:10-8pm • Oct 14 & 21

\$48

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

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 #26940 • Brian Ard

KTD • Academic Center 101

3 Tuesdays 6:15-8:15pm • Sep 15-29

\$111

Computers and Technology

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 ChatGPT, Google Gemini, Microsoft Copilot, Meta AI and Anthropic Claude.

ID #26825 • Glen Salazar

Online Class

6 Wednesdays 6-7:45pm • Sep 2-Oct 7

\$151

ID #26017 • Glen Salazar

Online Class

5 Wednesdays 6-7:45pm • Oct 21-Nov 25

(No class Nov 11)

\$135

ChatGPT

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

ID #26826 • Glen Salazar

Online Class

6 Thursdays 6-7:45pm • Aug 27-Oct 8

(No class Sep 10)

\$151

Google Gemini

Amplify your AI skills in this online course focused on Google Gemini tools. Ideal for those with basic computer and internet skills, this class builds on concepts from the Generative AI course. Learn to craft effective prompts to retrieve information, generate content and analyze data. You'll explore generative AI vocabulary, ethical and copyright considerations, and evaluate real-world uses of Gemini. Through hands-on projects, discover how to create personal or professional content and improve your workflow using Gemini's powerful capabilities. Prior enrollment in Generative AI is suggested, but all are welcome.

ID #26018 • Glen Salazar

Online Class

5 Thursdays 6-7:45pm • Oct 22-Nov 19

\$135

Crafts

Please check registration confirmation email as some classes have a supply list.

Caring for Family Heirlooms: Museum Standards for the Home • NEW

Learn how to protect treasured family items so they last for generations. This class adapts museum-quality preservation standards for family heirlooms and collectibles like photographs, books, textiles, china, jewelry and more. Learn realistic, affordable steps for home and small-collection settings. Discover what causes damage, how to safely handle delicate objects, and how to choose proper storage and display materials. Participants will leave with a practical action plan to help safeguard treasured heirlooms for future generations. Class includes a 30-minute break for lunch.

**ID #26019 • Michelle Sarjeant
IVC • Building 7 101
1 Saturday 10am-2pm • Oct 24
\$95**

Convert a Paperback to Hardback Book

Give cherished paperback books a second life. In this interactive, one-day workshop, you'll convert a paperback book into a beautifully handbound, hardcover edition. Bring a well-loved (even dog-eared) paperback to class and leave with a custom handbound version. No previous bookbinding experience required. Class includes a 30-minute break for lunch. All paperbacks welcome!

**ID #26827 • Michelle Sarjeant
IVC • Building 7 101
1 Saturday 9am-3pm • Aug 29
\$166**

Woodworking Hand Tools: Japanese Joinery or the Art of Dovetails

This class lays a foundation for technical and practical skills to comfortably use a variety of hand tools including combination squares, marking gauges, Japanese pull saws and chisels. The focus is to develop precision with common

hand tools to achieve success with a variety of different joinery. Students will use these techniques to make either a Japanese joinery puzzle, a dovetail tray or an open slot mortise for a picture frame. This class also provides you with hand tool skills and knowledge which you'll be able to use in everyday scenarios. All material provided. Class size is 8. Early enrollment advised.

**ID #26811 • Pierina dell'Avo/Robert Charbonneau
Off Campus • Make It Home**
6 Fridays 9:30am-12:30pm • Sep 4-Oct 9
\$372**

**ID #26006 • Pierina dell'Avo/Robert Charbonneau
Off Campus • Make It Home**
6 Fridays 9:30am-12:30pm • Oct 23-Dec 4
(No class Nov 27)
\$372**

**** 15 Pamaron Way, Novato**

Quiltmaking

This course teaches the fundamentals of quiltmaking, including fabric selection, making blocks, assembly, quilting and finishing. The theme this session will be stars, in honor of the 250th Anniversary of the USA. Students will create a small quilt, runner or wall hanging. Ongoing development of techniques and creative designs are supported for different skill levels. Students will receive a list of materials needed for the class upon registration.

**ID #26822 • Patty Bruvry
KTD • Fine Arts 312
6 Mondays 6:10-9pm • Aug 24-Oct 5
(No class Sep 7)
\$207**

Introduction to Leather Craft

Curious about leather craft? In this hands-on introductory class, you'll learn the foundational techniques of traditional leather work – cutting, stitching, finishing, and more – while creating your own handmade notebook cover. The finished piece is designed to hold a refillable 3.5"x

5.5" notebook, giving you a practical and beautiful item to take home. The class includes an overview of different types of leather, essential tools, and material sourcing – everything you need to get started. For more information about the instructor, please visit leatherartcenter.com.

ID #26824 • Zinaida Zya
IVC • Building 7 101
Saturday-Sunday 1-4pm • Oct 10-11
\$146

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 #26813 • Jen Moore
KTD • Fine Arts 123
7 Wednesdays 6:10-9pm • Aug 26-Oct 7
\$263

ID #26009 • Jen Moore
KTD • Fine Arts 123
6 Wednesdays 6:10-9pm • Oct 21-Dec 2
(No class Nov 11)
\$239

Jewelry and Metalsmithing: Intermediate/Advanced

This course is for students who have jewelry 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 one-hour lunch break from 12-1pm.

ID #26814 • Jen Moore
KTD • Fine Arts 123
7 Wednesdays 10:10am-4pm • Aug 26-Oct 7
\$378

ID #26010 • Jen Moore
KTD • Fine Arts 123
6 Wednesdays 10:10am-4pm • Oct 21-Dec 2
(No class Nov 11)
\$338

Current Events

Exploring Current Events

Explore some of the most compelling questions of our time in this seminar-style course. We'll tackle topics, such as: How will AI impact society and the economy? How does social media benefit and harm us? What are pros and cons of the nuclear family? Are we experiencing a cultural and political transition? Has civility changed in our conversations? Together, we'll also examine possible solutions for homelessness, the cost of constant surveillance and how popular culture shapes – and is shaped by – our societal concepts. Each class is driven by student input, encouraging open-minded dialogue and fresh perspectives.

ID #26815 • Alan Frishman
KTD • Center for Student Success 143
7 Thursdays 6:15-7:45pm • Aug 27-Oct 8
\$76

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Dance

Introduction to Traditional Hawaiian Dance

Now you too can learn Hula: the traditional dance of Hawai'i. We will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of what is now the 50th state.

ID #26918 • Lisa Saunders • KTD
7 Tuesdays • Aug 25-Oct 6
Lecture 5:45-6:30 • Physical Education 92
Practice 6:40-7:30 • Physical Education 60
\$81

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Traditional Hawaiian Dance Level 1

This course is a continuation study in classic choreography of two styles of Hawaiian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will explore pre-missionary era history, culture, and social protocols in relationship to the Hula. The Fall 2 session culminates in a recital on Tuesday, December 8, to celebrate all learners' achievements, including those receiving certificates from the UNESCO Council of International Dance (CID), and to share with friends, family, and the COM community. To enroll, students should complete Introduction to Hawaiian Dance or consult with instructor.

ID #26708 • Lisa Saunders • KTD
7 Thursdays • Aug 27-Oct 8
Lecture 5:45-6:30 • Physical Education 92
Practice 6:40-7:30 • Physical Education 60
\$162

ID #26911 • Lisa Saunders • KTD
7 Tues & 6 Thurs • Oct 20-Dec 3
Recital • Tuesday Dec 8
Lecture 5:45-6:30 • Physical Education 92
Practice 6:40-7:30 • Physical Education 60
(No class Nov 26)
\$267

Latin Foundations: Bachata & Salsa for Beginners • NEW

This beginner-friendly course introduces the foundations of bachata and salsa in a relaxed, encouraging environment. You'll learn essential footwork, rhythm, partner connection, and musicality; no experience or partner required. Designed to build confidence from the ground up, these lessons focus on clarity, comfort, and having fun while learning how to move naturally to Latin music. Perfect for absolute beginners or dancers looking to solidify their basics. Class is limited to 12 students.

ID #26719 • Simone Kramer
KTD • Physical Education 22
6 Thursdays 6:30-7:30pm • Aug 27-Oct 8
(No class Sep 10)
\$111

ID #26925 • Simone Kramer
KTD • Physical Education 22
6 Thursdays 6:30-7:30pm • Oct 22-Dec 3
(No class Nov 26)
\$111

Drama

Deep Improv: Playback Theater in Action • NEW

Discover your amazing Improv talent. In this course, you'll tap into your natural creativity and empathy as you learn to bring personal stories to life in spontaneous theatrical vignettes. Playback Theater is a powerful and unique form of improvisational theater where real-life stories take center stage. Participants will share and explore, using movement, metaphor and spoken word. Develop your improv skills, deepen your listening skills, and build connections! No prior theater experience needed. Just come and play!

ID #26026 • Benny Buettner
KTD • Physical Education 22
6 Tuesdays 6:30-8:30pm • Oct 20-Nov 24
\$81

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Farm and Garden

Wood-Fired Pizza Making on the Farm

Enjoy a hands-on farm-to-table experience! We'll begin by harvesting fresh, seasonal ingredients right from the field. Participants will build their own pizzas by harvesting farm-fresh produce and cooking it on-site in a wood-fired pizza oven. Gather, cook and share a delicious meal while discovering the simple joys of outdoor, rustic cooking in a beautiful farm setting. Please note, ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #26832 • Farm Staff
IVC • Organic Farm and Garden
1 Saturday 9am-12pm • Sep 12
\$87

U-Pick Your Own Vegetables

Come harvest your own organic produce from the Indian Valley Organic Farm and Garden! Farm staff will lead you through harvesting fall produce. You'll also experience a farm tour and discuss crop maintenance. Before taking your harvest home, you'll visit our organic farm stand to check out the rest of Indian Valley Organic Farm's produce offerings!

ID #26027 • Farm Staff
IVC • Organic Farm and Garden
1 Saturday 9am-12pm • Oct 24
\$87

Olive Oil Harvest

Participate in the farm's annual olive harvest! We will harvest olives from our Tuscan Blend of six Italian varieties of organically grown olives, which will be milled into extra virgin oil! Participants will have the opportunity to taste our unique and delicious olive oil. Please note that participants will be on the steep slopes of the olive orchard during the harvest and there may be a diversity of wildlife throughout the farm area.

ID #26028 • Farm Staff
IVC • Organic Farm and Garden
1 Wednesday 9am-12pm • Nov 4
\$87

The Watershed Approach to Landscaping Series

A series of classes based on the Watershed Approach to Landscaping philosophy with the purpose of engaging the public in current thinking on conservation practices and assisting home gardeners in the step-by-step process of creating their own beautiful, environmentally sensitive, waterwise landscapes. The Watershed Approach to Landscaping booklet, published by the Marin Municipal Water District, is provided to students at no additional cost. This series includes the six workshops listed below. Each workshop is \$87, or take all six classes for \$372 (and save \$150)!

Design Inspiration: Gardening with a Sense of Place

Learn about the environmental qualities that make Marin such a special place—the watersheds in which we live and garden, our varied microclimates, our native plant communities and the wildlife they support. We will look at plant specimens and plant types, focusing on the special attributes that allow them to survive in our Mediterranean climate. With this knowledge, you will be able to create a garden that truly reflects a sense of place within your own watershed.

ID #26804 • Charlotte Torgovitsky
IVC • Building 28B 201
1 Saturday 10:10am-12:30pm • Aug 29
\$87

Designing Your Home Landscape: Part 1

Whether you envision your garden to be for entertaining, quiet relaxation or family fun, sustainable landscape design is a collaboration between the needs of the designer and the needs of the earth. Learn the basics of successful landscape design and how to create a site plan and planting plan for your home garden that both reflects your vision and supports our environment.

ID #26805 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Sep 12
\$87

Designing Your Home Landscape: Part 2

Take your garden design skills to the next level of competency! Identify and plan for the environmental factors in your garden that can affect the success of your design. Explore climate zones, hydrozones, microclimates and shade/ sun patterns. Learn the basics of mapping your yard as a sustainable mini watershed system, designed for rainwater capture and dispersal.

**ID #26806 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Sep 19
\$87**

Plan Your Garden for Irrigation Efficiency

A plant's type, location in the landscape and the local climate all play a major role in determining its irrigation needs. Learn to determine how much water your plants need and when they need it. Learn the basic components of an irrigation system, which types are best for your garden and how to set an appropriate irrigation schedule.

**ID #26807 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Sep 26
\$87**

Building Healthy Soil in Your Garden

Healthy soil is a living ecosystem that supports all other life on earth. Learn about the basic soil types common in Marin and how they can be improved with easy methods mimicking natural processes. You'll also learn about different styles of home composting, the simple science behind decomposition and how to best maintain a healthy, vigorous garden using only organic, sustainable practices.

**ID #26808 • Charlotte Torgovitsky
IVC • Building 7 101
1 Saturday 10:10am-12:30pm • Oct 3
\$87**

Planning for Marin Gardens

Choosing the right plant for the right place is key to a successful garden. In this class, you will learn about pollinator and butterfly gardens, gardening with deer and wildlife, fire-resistant plants, plant communities appropriate for different garden types and tips on maintaining these gardens. You will learn what resources we have in our area to purchase native and Mediterranean landscape plants and a bit on how to propagate them yourself to begin a home watershed garden.

**ID #26809 • Charlotte Torgovitsky
IVC • Building 28B 201
1 Saturday 10:10am-12:30pm • Oct 10
\$87**

Financial Planning

WISE UP: Financial Education for Women

This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence. By the end of the class, you will have in place a road map to achieve your most important personal financial goals. Each week, students will review basic information that will help to build a foundation in the following areas: money, credit, debt, savings, insurance, investments, and financial security. This course came about as a result of a focus group held by the US Department of Labor with women across the United States.

**ID #26722 • Helen Abe
KTD • Academic Center 105
2 Saturdays 1:30-4:30pm • Oct 3 & 10
\$111**

Fortify Your Finances: Discover, Explore & Understand Reverse Mortgages

Are you looking for ways to increase income and strengthen your finances? Are you a homeowner 62 or older? We will explore the FHA-insured Home Equity Conversion Mortgage, one of the most powerful and misunderstood tools available to older homeowners today. You'll learn how it works, how it could help you turn your home equity into tax-free income, all while continuing to live in the home you love. We'll cover eligibility requirements, payout options, pros and cons, and everything else you'll want to know. Whether you're just curious or actively exploring options, this class will give you clear and unbiased information.

ID #26711 • Maureen Schwartz
Online Class
1 Thursday 10:30am-12pm • Oct 8
\$79

Your Investment Portfolio: Crafting Your Strategy

To have a winning portfolio, you need a clear understanding of today's fundamental investment principles and concepts. In this course, you will learn how to understand asset classes; how to classify assets by type; evaluate asset allocations and diversification; establish time horizons; measure return and performance; and whether, when and how to rebalance. Learn how seasoned investors generate investment returns to grow their wealth over time. Gain a framework of understanding in order to craft an investment strategy for yourself.

ID #26932 • Janet Campbell
KTD • Academic Center 248
4 Thursdays 6:30pm-8pm • Oct 22-Nov 12
\$111

ADUs: Build a Rental Unit

Explore the creation of an accessory dwelling unit (ADU) or junior ADU on your property. The class will cover the steps involved in creating an ADU, configuration options, zoning and permitting, prefab versus stick-built units, unpermitted ADUs, traditional and innovative financing

methods, an introduction to some of the new ADU firms that are standing by to help and more.

ID #26939 • Lindsay Moon
Online Class
5 Wednesdays 6:30-8pm • Sep 2-30
\$64

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Floral

The Daily Vase

Aside from special occasions, it's nice to have simple flowers for every day—small little compositions for many rooms. A simple composition is as rewarding and challenging as a complex one. Many household items make fun containers. We'll make a number of 3-5 stem arrangements in several small containers. Students must bring containers and sturdy pruners. Instructor will give ideas for containers and provide the flowers.

ID #26008 • Maryann Nardo
KTD • Fine Arts 312
1 Saturday 2:10-5pm • Oct 17
\$165

Food and Wine

Food and Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs. Please note ingredients may contain common food allergens, and food is prepared on shared equipment. Registration for hands-on cooking classes closes three days in advance of class.

Japanese Food Experience: Teriyaki Chicken, Gyoza and Sushi • NEW

Master the art of Japanese-inspired cooking in this fun, hands-on class with Chef Sarah. Create caramelized teriyaki chicken skewers glazed in a rich sweet soy sauce; crispy-bottom pork gyoza with a juicy, savory filling; and crab sushi rolls with creamy avocado and crisp cucumber. Learn professional techniques including glazing teriyaki, folding gyoza and rolling sushi. You'll enjoy your dishes in class, and take home your creations. Build culinary skills and learn recipes to recreate in your own kitchen. All skill levels welcome.

ID #26029 • Sarah Hellman
IVC • Building 28A 101
1 Sunday 2-5pm • Oct 25
\$175

Spring Rolls, Egg Rolls and Wontons, Oh My!

Gain confidence in wrapping, rolling and frying techniques with Chef Sarah! In this hands-on Vietnamese fusion class, you'll learn insider tips and tricks for cooking Asian-inspired dishes in your kitchen. Create fresh Vietnamese spring rolls filled with noodles, vibrant herbs, shrimp or tofu. Learn the art of frying crispy egg rolls to crunchy, golden perfection. Fold and shape handmade wontons bursting with flavor. You'll enjoy your dishes in class, and then have extras to take home. All culinary skill levels welcome.

ID #26833 • Sarah Hellman
IVC • Building 28A 101
1 Sunday 2-5pm • Sep 27
\$175

Intuitive Cooking Foundational Basics

If you never learned how to cook, this series of three classes fills in the gaps so you can cook with ease and without relying on recipes. In the first class, you'll learn knife skills by preparing a variety of vegetables. The second class covers how to handle proteins, along with cooking methods like roasting, sauteing, searing and poaching. Bring your new skills together in the final class by creating complete meals without relying on recipes. You'll evaluate flavor balance

by tasting and adjusting seasoning with salt, acid, fat and aromatics. You'll also apply intuitive decision-making to build balanced meals.

ID #26834 • Peshia Allen
IVC • Building 28A 101
3 Sundays 10am-2pm • Sep 6-20
\$500

Intuitive Cooking: Soup Season Made Simple

Ditch the recipes and build flavor from the ground up using seasonal ingredients and pantry staples in this intuitive cooking class. Learn how to layer flavor, adjust as you go and trust your intuition to create delicious soups and stews, and leave with the confidence to riff on what you've got. No more canned soup, takeout or flavorless bowls! Perfect for home cooks who want to feel less overwhelmed and more empowered in the kitchen. Students share a family-style meal at the end of class.

ID #26835 • Peshia Allen
IVC • Building 28A 101
1 Sunday 10am-2pm • Oct 11
\$205

Intuitive Cooking: The Protein-Rich Vegetarian Kitchen, Flavorful Cooking Without Substitutes

Discover how satisfying vegetarian cooking can be when you know how to bring protein to the center of the plate. In this hands-on class, you'll explore beans, lentils, eggs, dairy, nuts and grains while learning an intuitive approach to cooking without recipes. Learn simple ways to turn these ingredients into flavorful meals without meat or substitutes. By the end, you will feel more confident in the kitchen and inspired by how joyful and nourishing protein-rich vegetarian cooking can be. Students share a family-style meal at the end of class.

ID #26030 • Peshia Allen
IVC • Building 28A 101
1 Sunday 10am-2pm • Nov 8
\$205

Health & Wellness

Classes are for general educational purposes and do not provide medical advice, diagnosis, or treatment. Instructors are not medical professionals. Please consult your healthcare provider before making changes to your health routine or using any remedies discussed in class.

The Science of a Joyful Life: Cultivating Joy and Connection in the Second Half of Life • NEW

Based on the groundbreaking work of Dr. Kerry Burnight, *Joyspan: The Art and Science of Thriving in Life's Second Half*, this class offers an opportunity for participants to shift the aging narrative from fear-based to purposeful, joyful living. This course uses gerontology, psychology, and neuroscience to introduce the critical concept of "Joyspan" – the total amount of joy, meaning, and deep connection in one's life. This program provides practical, science-backed tools to build resilience, cultivate contentment, and strengthen internal, emotional fitness. We invite you to join us in a relaxed and fun atmosphere to step into growth, adaptation, and meaningful engagement.

ID #26721 • Kristen Lebacqz
KTD • Physical Education 92
6 Wednesdays 10-11:30am • Aug 26-Oct 7
(No class Sep 30)
\$68

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Homeopathy Made Simple and Easy

Learn a foundational understanding of homeopathy – its principles, history, and healing potential. Participants will explore the concept of "like cures like" and the importance of individualized treatment. Students will learn that homeopathy can be a vital tool in their wellness toolbox – working either alone or alongside other options like herbs, conventional medicine, acupuncture and other alternative approaches to health. Emphasis is on practical application and self-care. Students will gain the confidence to use basic remedies in daily life. The course blends traditional instruction with case studies and self-care practices, making it ideal for beginners and natural health enthusiasts.

ID #26741 • Alisa Armstrong
KTD • Center for Student Success 100
7 Thursdays 6-7:15pm • Aug 27-Oct 8
\$135

History

Knowledge for All in a 17th Century English Context: Gresham College and Chetham's Library

Seventeenth-century England was a time of change that witnessed a proliferation of religious sects following the 16th-century English Reformation, the bloodshed of civil war, the political confusion of the interregnum period, and the optimism and uncertainty of the Restoration of the Stuart monarchy. Analyze the contribution of these events to the socio-political English context as evidenced by the enactment and reissuance of restrictive legislation. For example, the Clarendon Code (1661-1665), which limited matriculation at, and knowledge acquisition from the English universities, Oxford and Cambridge, that incentivized the establishment or progression of Gresham College and Chetham's Library.

ID #26702 • Nancy Gutgsell
KTD • Academic Center 102
5 Thursdays 2:10-3:30pm • Aug 27-Sep 24
\$127

Knowledge for All in a 19th Century English Context: Scientific Associations, Institutions & Societies • NEW

Nineteenth-century England witnessed developments in science comparable to those during the seventeenth-century Scientific Revolution and is often referred to as the Second Scientific Revolution. Advances in inductive experimentation led to the production of practical knowledge, the flourishing of scientific disciplines, and the emergence of the professional scientist. A proliferation of scientific societies and institutions disseminated these advances to scientists, the British government, and the broader English society. Thus, science, as never before, sought the support of an informed British society, women as well as men, and so were key sources of knowledge for all in a nineteenth-century English context.

ID #26902 • Nancy Gutsell
KTD • Academic Center 102
5 Thursdays 2:10-3:30pm • Oct 22-Nov 19
\$127

Castles, Churches, and Caravanseris!

Evidence of art and architecture in the Caucasus Mountain region stretches far back into time. However, the best-preserved sites date back to the Middle Ages. The kingdoms of Armenia and Georgia put great effort into their monastic art and architecture which today serve as a reminder of a once prosperous past. While these ensembles are religious sites, each building is considered an "encyclopedia of medieval art." Join us to learn all about the castles, caravanseris, and churches of Armenia and Georgia!

ID #26720 • Talin Hajinian-Corbel
KTD • Academic Center 248
5 Tuesdays 1:10-3pm • Sep 1-29
\$72

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

History of Romania 🌟

In ancient times the Romanian territory used to be called Dacia. After Roman conquest and later barbarian invasions, from Antiquity to the Middle Ages, Dacia ceased to be a unitary region and its territory was divided into three separate countries, reunited only in the 19th century. For the Ottoman Empire, the Romanian regions represented the entrance gate to Western Europe. Join us in exploring the very special history of Romania, the only country in Eastern Europe of Latin origin.

ID #26912 • Erika Harkins
KTD • Academic Center 103
7 Mondays 2:10-4pm • Oct 19-Nov 30
\$175

🌟 **ESCOM-Endorsed Class**

The Industrial Revolution: From the Scientific Revolution to World War I • NEW 🌟

Humans have so affected the planet since the 1800s that evolutionary scientists have given our era a new name: the Anthropocene. In this class we will explore the origins of the Industrial Revolution and its ramifications in just the last two centuries. We will have a look at Isaac Newton, James Watt, Adam Smith, Thomas Malthus and David Ricardo, and a host of very interesting political and economic figures from the 18th and 19th centuries. And, of course, we will have to look at some new inventions: telegraphs, telephones, trains, automobiles, and planes, to name a few. Students will read from primary sources.

ID #26914 • James Shipman
KTD • Academic Center 248
7 Tuesdays 11am-1pm • Oct 20-Dec 1
\$175

🌟 **ESCOM-Endorsed Class**

Languages/ Linguistics

Please see the full class listings online for any required or recommended texts and additional class details. For help with language level placement, please review the information below or contact communityed@marin.edu.

LANGUAGE LEVELS		
A	Beginner	1-4
B	Beginner Plus/Intermediate	1-4
C	Intermediate/Advanced	1-4

Conversational German

This fun course is for beginners, as well as serving as a refresher course for those who have previously had some exposure to German. In each class words, phrases, sentences, and lively interactive dialogues are introduced, with correct grammar and pronunciation. Students also learn about German culture and are able to recite the short, famous poem "Gefunden" by Johann Wolfgang von Goethe by the conclusion of the course. See online for recommended text.

Level A1 • ID #26710 • Hamid Emami KTD • Academic Center 101
7 Thursdays 6:40-8:30pm • Aug 27-Oct 8
\$88

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Level A2 • ID #26915 • Hamid Emami KTD • Academic Center 101
6 Thursdays 6:40-8:30pm • Oct 22-Dec 3
(No class Nov 26)
\$80

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Conversational Italian B

This beginner plus to intermediate level course helps students build confidence in speaking Italian while strengthening listening comprehension, vocabulary, and grammar. Class time will include guided conversation, interactive activities, and regular podcast listening for comprehension and vocabulary practice. Weekly grammar and listening homework will reinforce class work. Grammar topics include review of the present perfect, with continued study of the imperfect tense and pronouns. See online for required texts.

Level B1 • ID #26750 • Alessandra Beraldi Online Class
7 Fridays 10:10am-12pm • Aug 28-Oct 9
\$175

Level B2 • ID #26955 • Alessandra Beraldi Online Class
7 Fridays 10:10am-12pm • Oct 23-Dec 11
(No class Nov 27)
\$175

Conversational Italian C

This high intermediate to advanced level course is designed for students who want to improve confidence, fluency, and accuracy in spoken Italian. Class time focuses on conversation, listening comprehension, vocabulary development, and interactive speaking activities in a relaxed and engaging environment. Students will complete grammar and listening assignments during the week to reinforce the material covered in class. Podcasts will also be used regularly for listening practice, grammar review, and vocabulary expansion. Grammar topics include review of previously covered tenses, with continued study of the imperative, passato remoto, and passive voice. See online for required texts.

Level C1 • ID #26751 • Alessandra Beraldi Online Class
7 Wednesdays 1:10-3pm • Aug 26-Oct 7
\$175

Level C2 • ID #26956 • Alessandra Beraldi Online Class
7 Wednesdays 1:10-3pm • Oct 21-Dec 9
(No class Nov 11)
\$175

Conversational Spanish

Content is absorbed progressively while practicing interactive personalized dialogues, singing relevant songs, watching related videos, and learning about pertinent current events, history, culture and holidays. Students will receive handouts.

Conversational Spanish A

Spanish A1 is a fun class for novices with no experience or those who want to review the very beginning fundamental elements of the language. The class will cover the alphabet, greetings, introductions, and numbers, and will learn pronunciation.

Level A1 • ID #26744 • Ilona Marshall
KTD • Portable Village 9
6 Thursdays 5:40-7:30pm • Aug 27-Oct 8
(No class Sep 17)
\$159

A fun beginner class, A2 picks up where A1 left off beginning with learning countries, days, months, weather, more numbers, asking the cost of items and telling time. Gender and number of nouns and some differences between the two verbs to be, ser and estar will be practiced in interactive personalized dialogues.

Level A2 • ID #26950 • Ilona Marshall
KTD • Portable Village 9
6 Thursdays 5:40-7:30pm • Oct 29-Dec 10
(No class Nov 26)
\$159

Conversational Spanish B

Spanish B1 is a class for those who have had basic fundamental vocabulary and expressions. Continuing from Spanish A4, the class will begin with reviewing the present tense conjugation of regular -ar verbs, practice sentence structure, and in Episodios 7-8, will learn expressions with the verb tener. Students will learn the verb ir with places to go and will conjugate -er and -ir regular present verbs as well as learn how to express what they are going to do in the near future.

Level B1 • ID #26745 • Ilona Marshall
KTD • Academic Center 237
7 Tuesdays 5:40-7:30pm • Aug 25-Oct 6
\$175

Continuing from B1 (see B1 description), the B2 class will have fun talking about food, invitations, and activities with friends using stem-changing present tense verb conjugations and prepositional pronouns in Episodios 9-10.

Level B2 • ID #26951 • Ilona Marshall
KTD • Academic Center 237
7 Tuesdays 5:40-7:30pm • Oct 27-Dec 8
\$175

Conversational Spanish C

Spanish C1 is a class for those who feel comfortable expressing themselves somewhat in Spanish using present tense. Continuing from Spanish B4, the C1 class will begin by reviewing regular, irregular and stem-changing present tense verbs as well as direct object pronouns, and in Episodio 13, students will talk about vacations, weather, clothing and colors. Present tense reflexive verbs will be learned by talking about daily routines in Episodio 14.

Level C1 • ID #26746 • Ilona Marshall
KTD • Science Math and Nursing 226
6 Wednesdays 5:40-7:30pm • Aug 26-Oct 7
(No class Sep 16)
\$159

C2 is a class for those who feel comfortable expressing themselves mostly in Spanish using present tense. The C2 class picks up where C1 left off (See C1 description), with a review of reflexive verbs and daily routines. In Episodios 15-16-17, students will learn adjectives to express feelings using the verbs sentirse and estar. Regular preterite past tense will be introduced followed by some stem-changing preterite verbs to talk about events and trips in the past, while expanding the use of direct object pronouns, interrogatives and comparisons.

Level C2 • ID #26952 • Ilona Marshall
KTD • Science Math and Nursing 226
6 Wednesdays 5:40-7:30pm • Oct 28-Dec 9
(No class Nov 11)
\$159

Advanced Spanish Workshop

Sharpen your Spanish skills in this interactive, advanced-level workshop designed for advanced learners and speakers. Through engaging discussions, real-world scenarios, and immersive activities, participants will refine grammar, learn and practice using more advanced verb tenses, expand vocabulary, and enhance fluency. Emphasis is placed on conversation, idiomatic expressions, and cultural content. Ideal for those looking to polish their speaking and comprehension for professional, travel, or personal enrichment. Come prepared to speak, participate, and grow your confidence in Spanish communication.

ID #26747 • Ilona Marshall
KTD • Academic Center 237
6 Fridays 3:10-5pm • Aug 28-Oct 9
(No class Sep 18)
\$159

ID #26953 • Ilona Marshall
KTD • Academic Center 237
6 Fridays 3:10-5pm • Oct 30-Dec 11
(No class Nov 27)
\$159

Spanish With Soul: Language, Culture, and Connection Through Latin American Traditions 🌟

Develop cultural understanding through storytelling, tradition, and lived experience. This experiential course invites adult learners of all levels to explore the histories, values, and daily life of Latin American communities. Each session centers on a cultural theme and incorporates storytelling, music, guided dialogue, and reflection. Participants engage with the nuances of Spanish vocabulary across regions as a way to deepen cultural awareness. The course builds cultural confidence and connection in a welcoming, low-pressure environment. The focus is cultural exploration, curiosity, and shared humanity rather than language proficiency or grammar study. No prior study required.

ID #26752 • Maria Sandoval
KTD • Fine Arts 201
7 Thursdays 6:10-7:30pm • Aug 27-Oct 8
\$151

ID #26957 • Maria Sandoval
KTD • Fine Arts 201
5 Thursdays 6:10-7:30pm • Oct 22-Dec 3
(No class Nov 19 & 26)
\$127

★ **ESCOM-Endorsed Class**

Marin Adventures

Fly Fishing 101

Fly fishing 101 is a fast-paced beginning class. Sessions cover everything from the basics of 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! Class is limited to 14 students.

ID #26740 • David Dempsey
KTD • Academic Center 255/Off Campus
4 Wednesdays 7:10-9pm • Sep 2-Oct 7
(No class Sep 9 & 30)
2 Saturdays 9-11am • Sep 12 & 19*
2 Saturdays 9am-2pm • Oct 3 & 17*
\$296

***Field Trips**

Birds of the North Bay 🌟

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of the North Bay Area. The first class meets in the classroom for a slide show and lecture featuring local seasonal birds, to be followed by a birdwatching walk. All other classes meet at field sites. Be sure to bring binoculars to the first day of class. An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation.

ID #26742 • Lisa Hug
IVC • Building 28B 201/Off Campus
1 Tuesday 9:10am-1:10pm • Sep 8
4 Tuesdays 8:30am-12:30pm • Sep 15-Oct 6
\$193

ID #26743 • Lisa Hug
IVC • Building 28B 201/Off Campus
1 Wednesday 9:10am-1:10pm • Sep 9
4 Wednesdays 8:30am-12:30pm • Sep 16-Oct 7
\$193

ID #26948 • Lisa Hug
IVC • Building 28B 201/Off Campus
1 Tuesday 9:10am-1:10pm • Oct 20
4 Tuesdays 8:30am-12:30pm • Oct 27-Nov 17
\$193

ID #26949 • Lisa Hug
IVC • Building 28B 201/Off Campus
1 Wednesday 9:10am-1:10pm • Oct 21
4 Wednesdays 8:30am-12:30pm •
Oct 28-Nov 25
(No class Nov 11)
\$193

★ **ESCOM-Endorsed Class**

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 #26732 • Wendy Dreskin/Natalie Clark
Off Campus
7 Thursdays 9:45am-1:45pm • Aug 27-Oct 8
\$287

ID #26933 • Wendy Dreskin/Natalie Clark
Off Campus
6 Thursdays 9:45am-1:45pm • Oct 22-Dec 3
(No class Nov 26)
\$255

★ **ESCOM-Endorsed Class**

Hiking Marin Trails ★

Explore some of the many scenic open spaces in our county on these moderately strenuous guided hikes. On the trail, we'll discuss natural history and get to know the local flora and fauna. We'll learn a little history about our abundant public lands and touch on current conservation topics. This is not a course for beginning hikers. Participants must be physically fit and capable of sustaining, without undue fatigue, a 30-minute per mile hiking pace. Hikes are typically 5-7 miles on uneven terrain with about 1,200 feet of total elevation gain. The instructor will email the field trip itinerary and a syllabus to enrolled students before the first class. The syllabus is chock full of important information, please read it before the first class.

ID #26731 • Sharon Barnett
Off Campus
6 Saturdays 9:30am-1:30pm • Aug 29-Oct 3
1 Saturday 9:30am-3:30pm • Oct 10
\$303

ID #26934 • Sharon Barnett
Off Campus
5 Saturdays 9:30am-1:30pm •
Oct 24-Nov 21
1 Saturday 9:30am-3:30pm • Dec 5
(No class Nov 28)
\$271

Meditation

Mindful Breath: A Mini-Retreat

Connect more deeply with your body and the tapestry of life! Taught by a physician, this class explores mindfulness of body and breath using a biology-rich approach. You'll plunge into breathing via contemplative practices informed by basic yet profound concepts from anatomy, physiology and ecology. You'll experience your body's deep vitality during meditations inspired by images of human biology and the living earth. This celebration of living will be supported by safe, welcoming group discussions. Arrive with curiosity and leave feeling deeply connected with your body, breath and world!

ID #26830 • Will Meecham
KTD • Center for Student Success 145
1 Saturday 10am-3pm • Oct 3
\$52

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Mindful Muscles & Bones: A Mini-Retreat

Uncover the power of your living, moving body! Taught by a physician, this class explores muscle and bone through biology-informed mindfulness. You'll gain insight into your musculoskeletal system via easily grasped insights from anatomy, cell biology and evolution. Simple movement and contemplative practices will help you feel your body's muscular and skeletal vigor. This celebration of living will be supported by safe, welcoming group discussions. Whatever your age, health, or limitations, you'll connect with profound bodily energies and aliveness. Bring your body to this class and return home feeling more awed, impressed and supported by it.

ID #26023 • Will Meecham
KTD • Center for Student Success 145
1 Saturday 10am-3pm • Dec 5
\$52

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Music

Beginning Guitar Skills 1

BGS 1 is the first class for beginners. This course combines basic music skills: counting rhythms, note recognition, etc., with proper classical guitar technique, song learning (folk, popular and rock styles), pick and fingerpicking styles (Travis pick) as well as basic blues improvisation. Minimum practice time required for improvement is about 20 minutes 5 times per week. A nylon stringed guitar is strongly suggested for this course.

ID #26723 • Pat Bianculli
KTD • Performing Arts 177
7 Tuesdays 6-8:30pm • Aug 25-Oct 6
\$214

ID #26926 • Pat Bianculli
KTD • Performing Arts 177
7 Tuesdays 6-8:30pm • Oct 20-Dec 1
\$214

Acoustic Jam Session

Learn what to do at a jam session: how to lead a song, how to follow other musicians, and basic jam session etiquette. Players of all acoustic instruments are welcome, plus electric bassists. Each student will have chances to lead a song, and it is OK to pass when it is your turn. The emphasis is on simple songs that other players can follow easily, like three-chord songs and 12-bar blues.

ID #26937 • Joe Miller
KTD • Academic Center 255
5 Thursdays 6:50-7:50pm • Oct 22-Nov 19
\$103

Music Theory for Guitarists and Ukulele Players

This class will get you past the plateau in your guitar or ukulele playing and make many things easier. Learn what notes are in the most common chords and scales, and which notes can make your music sound bluesy, suspenseful, or mellow. Learn about the circle of fifths as a way to memorize chord progressions, and learn how to transpose music (change key). This is a thinking and pencil-and-paper class, not a hands-on class. Unlike traditional music theory classes, we focus on the fretboard rather than the piano keyboard, and knowledge of standard music notation is not required.

ID #26938 • Joe Miller
KTD • Academic Center 255
5 Thursdays 8-9pm • Oct 22-Nov 19
\$52

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

The Rolling Stones

An in-depth overview of the history of the Rolling Stones, the most popular and influential rock group of all time besides the Beatles. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s, emphasizing their peak achievements in the 1960s and 1970s. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively basic American blues interpretations of their first recordings through the blues-rock, hard rock, glam rock, and other styles they delved into during their prime.

ID #26704 • Richie Unterberger
KTD/Online Class • Portable Village 6
7 Tuesdays 7:10-9:30pm • Aug 25-Oct 6
\$207

Early Elvis: Elvis Presley in the 1950s

In 1956, Elvis Presley became early rock'n'roll's biggest superstar with the #1 hit "Heartbreak Hotel," followed by huge smashes like "Hound Dog," "All Shook Up," and "Jailhouse Rock." This four-session course details his seismic impact on both popular music and youth culture, starting with his rise to stardom with his innovative fusion of country and blues into rockabilly in 1954 and 1955 with Sun Records in Memphis. His peak years with RCA in 1956 and 1957 are also detailed, along with his entry into movie stardom and the conclusion of his most exciting years with his 1958 induction into the Army.

ID #26906 • Richie Unterberger
KTD/Online Class • Portable Village 9
4 Wednesdays 7:10-9:30pm • Oct 21-Nov 18
(No class Nov 11)
\$143

Introduction to DJing

Whether you're already a DJ or a beginner, this course is perfect for skill development. Learn to download and organize your music, prepare your playlist, 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 #26909 • Yuka Yu
KTD • Center for Student Success 149
1 Monday 3-5pm • Nov 9
\$79

Personal Enrichment

Dreamwork: An Introduction

Dreaming is for everyone. We all dream several times a night; what might those dreams mean? This class looks at the basics of dreamwork: incubating, remembering, recording, presenting and interpreting dreams. We seek to appreciate dreams for a better understanding of our lives. We will look at good sleeping habits, incubating dreams, keeping a dream journal and sharing dreams in a group. We will explore different types of dreams, review Freud's and Jung's thoughts on dreams, and look at the way other cultures work with dreams. There will be in-class symbolic exercises and personal presentation and exploration of dreams.

ID #26823 • Christian Gerike
KTD • Academic Center 103
7 Tuesdays 1:10-3pm • Aug 25-Oct 6
\$88

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

Griefwriting

Everyone experiences moments of pain, betrayal or sorrow. Then we suffer the kind of loss that leaves us shaken and unable to imagine we can go on. Griefwriting addresses the symptoms of grief and the natural need to tell the story to help understand what happened. We will research quotes that define our philosophy, situating our story in the context of the human condition, which includes suffering as part of life. Writing and sharing are well-known practices for expressing emotions to release them. Those who have taken the course before are welcome to return to check in and update their story.

ID #26007 • Marianne Rogoff
Online Class
5 Mondays 5:30-7pm • Oct 19-Nov 16
\$64

This class is generously discounted by the Haddie Fund of the Marin Community Foundation.

An Introduction to the Tibetan Book of the Dead

"The Tibetan Book of the Dead" is not only a view of death and the post-death experience; it is also about how to live fully and mindfully so death can be met with less anxiety. It provides an opportunity for immense spiritual growth. This class translates what appear to be hard-to-understand concepts and shows how they're relevant in everyday experience. Emphasis will be on these psychospiritual areas of emotional stress: anger, desire, unawareness of True Self, entitlement, narcissism and envy. We'll examine why it's hard to let go in life, seeking happiness in the wrong places and facing end-of-life issues.

ID #26011 • Alex Thomas
KTD • Academic Center 101
6 Fridays 11:10am-1pm • Oct 23-Dec 4
(No class Nov 27)
\$159

Soul Collage

Soul Collage is an internationally known creative arts process, developing creativity, intuition, and self-understanding. Similar to conscious dreaming, make collage cards of your own intuitive images and understand their power through journaling and reflection. Soul Collage meets you wherever you are in life and offers you healing and guidance for your journey. Easy to do, inexpensive to create, and open to all levels. No art experience is needed, and all materials are provided.

ID #26927 • Laurel Houghton
KTD • Academic Center 249
5 Fridays 1-3:30pm • Oct 30-Dec 4
(No class Nov 27)
\$127

Animal Communication

Learn to connect telepathically with animals through emotions, thoughts and energy, and gain practical tools for ongoing connection. This hands-on course develops your natural intuitive abilities across three sessions. First, practice non-verbal communication with other students' animals to receive validation and build confidence. Second, deepen bonds with your pets through guided exercises and personalized coaching. Third, explore advanced techniques and problem-solving methods. We'll address doubts and blocks while strengthening your skills. Bring photos of your pets and an open heart and mind; animals cannot attend. This course is perfect for pet owners seeking deeper understanding or anyone curious about animal communication.

ID #26005 • Renee Gallegos
IVC • Building 7 101
3 Saturdays 10am-1:30pm • Nov 7-21
\$151

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 #26012 • Alan Frishman
KTD • Center for Student Success 143
7 Tuesdays 6:15-7:45pm • Oct 20-Dec 1
\$151

Photography

Photography: Learn to See

Great photography isn't just about your camera – it's about your eyes. In this hands-on course, you'll train yourself to spot the extraordinary in the everyday, capturing images with intention and confidence. Through weekly assignments, in-class discussions and constructive critiques, you'll learn how to work with light, composition and perspective to create a portfolio of striking, gallery-worthy photographs. All cameras and all levels of photographic experience are welcome – what matters most is how you see the world.

ID #26828 • Allan Ezial
KTD • Center for Student Success 100
6 Wednesdays 7:10-9pm • Aug 26-Sep 30
\$159

From Image to Series: Building a Cohesive Photographic Project • NEW

Move beyond individual images and learn how to build a cohesive photographic series around a clear theme. Students will develop a project from concept through editing and sequencing, resulting in an 8-12 image body of work. Through guided assignments and group critique, participants will strengthen visual consistency and refine their creative direction. This course serves as a natural continuation for students who have taken Learn to See and is open to all photographers with basic shooting and editing experience.

ID #26020 • Allan Ezial
KTD • Center for Student Success 152
7 Tuesdays 7:10-9pm • Oct 20-Dec 1
\$175

Exploring the World With Your Smartphone

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. Please sign up at least one week in advance, as the instructor will email preparation notes before the first class.

ID #26829 • Reid Thaler
KTD • Academic Center 114
4 Tuesdays 7:10-9pm • Sep 1-22
\$137

Up and Rolling With Adobe Lightroom Classic

Learn how photographers complete 95% of their image processing in Lightroom without the need for other image editing programs. Lightroom Classic's Library and Develop modules will increase your efficiency and precision, giving you more time for shooting and less time at the computer. Begin by building a solid foundation and developing a workflow for downloading, organizing and backing up your images. Then, enhance your photos using Lightroom's sophisticated toolset, which brings out expressive adjustments. Please sign up at least one week in advance, as the instructor will email preparation notes before the first class.

ID #26021 • Reid Thaler
KTD • Academic Center 114
4 Mondays, 4 Thursdays 7:10-9pm •
Oct 26-Nov 19
\$273

Mastering Fine Art Digital Photographic Printing

On the screen, it's an image, but it only becomes a photograph when you can hold, frame and hand it to another. This class is for those who want to print images using Lightroom Classic. You'll learn about the different types of printers, color management and how to get consistent matching between your screen and prints, and software to produce the best prints. Students will need a laptop computer with Lightroom Classic installed and to know how to download and optimize images. Please sign up at least one week in advance, as the instructor will email preparation notes before the first class.

ID #26022 • Reid Thaler
KTD • Academic Center 114
1 Monday, 1 Thursday 7:10-9pm •
Nov 30-Dec 3
\$105

Physical Education

Please check with your healthcare provider before you register for any physical education classes. If you have any questions about the level of difficulty of the class, please email communityed@marin.edu to reach a staff person and ask to leave a message for the instructor. Please see our Refund Policy at www.Marin.edu/Communityed. Please refer to "Aquatics" section for classes in the water.

Jin Shin Jyutsu for Wellness ☆

Jin Shin Jyutsu is an ancient healing art of harmonizing the body and mind. Similar to Acupressure, Jin Shin Jyutsu uses gentle touch over key areas on the body to balance and restore our energy flow. Jin Shin Jyutsu supports our body, mind, and spirit with the body's innate ability to heal when in balance. The class includes practicing several simple self-care general daily sequences. Our practice awakens our awareness that we are all born with the ability to harmonize our life force energy pathways using the hands and breath. We renew and rejuvenate the body/mind connection to alleviate stress.

ID #26935 • Corliss Chan
KTD • Physical Education 22
5 Tuesdays 12:10-1:30pm • Oct 20-Nov 17
\$127

☆ **ESCOM-Endorsed Class**

Introduction to Mat Pilates

This class is an introduction to the principles of Pilates mat work based on the work of Joseph Pilates. The focus will be on learning, understanding, and practicing the foundations that make Pilates a unique approach to better posture, balance, core strengthening, and spinal lengthening. We will start at a slow pace and gradually increase the level of intensity from week to week. This class is back safe, and modifications are offered as needed. No prior experience is necessary.

ID #26725 • Minjae Laws
KTD • Physical Education 22
7 Tuesdays 11:10am-12pm • Aug 25-Oct 6
\$119

ID #26929 • Minjae Laws
KTD • Physical Education 22
7 Tuesdays 11:10am-12pm • Oct 20-Dec 1
\$119

Beginning/Intermediate Mat Pilates

This mat class builds upon the solid foundations established in the Intro to Mat Pilates class. This class picks up the pace with faster transitions and adds variety to classical Pilates exercises. Posture, balance, stamina, strengthening, lengthening and control through deep core will continue to be challenged. Prior Pilates experience or completion of Intro to Mat Pilates is recommended. This is a back safe class.

ID #26724 • Minjae Laws
KTD • Physical Education 22
7 Tuesdays 10:10-11am • Aug 25-Oct 6
\$119

ID #26928 • Minjae Laws
KTD • Physical Education 22
7 Tuesdays 10:10-11am • Oct 20-Dec 1
\$119

Essentrics

This class is a low-impact yet dynamic full-body workout that incorporates standing, floor, and barre exercises set to music. This program is designed to stretch, strengthen, and rebalance all 650 muscles. Essentrics measures fitness in one's ability to move freely, live actively and without pain. Working every joint through its full range of motion, you build strength, improve mobility, and achieve better posture and balance, enabling you to enjoy more energy and freedom of movement throughout your day. Essentrics is beneficial for all ages and safe for seniors either barefoot or with socks.

ID #26735 • Elizabeth Lynn
IVC • Miwok Center 123
6 Mondays 11am-12pm • Aug 24-Oct 5
(No class Sep 7)
\$111

ID #26942 • Elizabeth Lynn
IVC • Miwok Center 123
7 Mondays 11am-12pm • Oct 19-Nov 30
\$119

ID #26736 • Elizabeth Lynn
IVC • Miwok Center 123
7 Fridays 9:15-10:15am • Aug 28-Oct 9
\$119

ID #26943 • Elizabeth Lynn
IVC • Miwok Center 123
6 Fridays 9:15-10:15am • Oct 23-Dec 4
(No class Nov 27)
\$111

Greatest Dragons:

Adaptive Martial Arts & Chi Gong

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 #26703 • Aida Good
IVC • Miwok Center 105
7 Wednesdays 11am-12pm • Aug 26-Oct 7
\$119

ID #26903 • Aida Good
IVC • Miwok Center 105
6 Wednesdays 11am-12pm • Oct 21-Dec 2
(No class Nov 11)
\$111

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, Iaido offers an invigorating yet non-combative path to mastering elegant, controlled movement, deep concentration and self-understanding.

ID #26707 • Ron Campbell
KTD • Physical Education 60
7 Wednesdays 6:40-8:30pm • Aug 26-Oct 7
\$175

ID #26910 • Ron Campbell
KTD • Physical Education 60
5 Wednesdays 6:40-8:30pm • Oct 21-Dec 2
(No class Nov 4 & 11)
\$143

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 #26712 • Katherine Rolston
KTD • Physical Education 60
6 Mondays 3-4:30pm • Aug 24-Oct 5
(No class Sep 7)
\$135

ID #26916 • Katherine Rolston
KTD • Physical Education 60
7 Mondays 3-4:30pm • Oct 19-Nov 30
\$151

ID #26713 • Katherine Rolston
KTD • Physical Education 22
7 Wednesdays 10:45am-12:15pm •
Aug 26-Oct 7
\$151

ID #26917 • Katherine Rolston
KTD • Physical Education 22
6 Wednesdays 10:45am-12:15pm •
Oct 21-Dec 2
(No class Nov 11)
\$135

☆ **ESCOM-Endorsed Class**

Wado Ki Kai Karate

Wado Ki Kai means "to learn from all things." Originating in Japan, this school of karate includes Tae Kwon 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 #26709 • Hursey Baker
KTD • Physical Education 22
6 Mon & 7 Wed 6:30-8pm • Aug 24-Oct 7
(No class Sep 7)
\$237

ID #26913 • Hursey Baker
KTD • Physical Education 22
7 Mon & 6 Wed 6:30-8pm • Oct 19-Dec 2
(No class Nov 11)
\$237

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. Throughout the year students will learn a lovely set of 64 flowing movements that imitate the daily activities of a wild goose, a bird venerated in China. Warm-up exercises, self-massage of acupuncture points and meditation are included in this daily routine of self-care.

ID #26700 • Dove Govrin

KTD • Physical Education 60

6 Fridays 10:45am-12:15pm • Aug 28-Oct 2
\$135

ID #26900 • Dove Govrin

KTD • Physical Education 60

6 Fridays 10:45am-12:15pm • Oct 23-Dec 4
(No class Nov 27)
\$135

☆ **ESCOM-Endorsed Class**

Wisdom Healing Qigong ☆

Through movement, visualization, sound, breathing and conscious intention to cultivate energy for health, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhineng) Qigong strengthens the body, reduces stress, heals disease, activates more life energy, and enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson's, arthritis, cancers, chronic fatigue, and other imbalances. Based on the teachings of Dr. Pang Ming, founder of the largest Medicineless Hospital in China, students will participate in a collective healing chi field and learn the basic Wisdom Healing Practices. This practice is for everyone, all ages and abilities.

ID #26701 • Dove Govrin

Online Class

6 Thursdays 11am-12:30pm • Aug 27-Oct 1
\$135

ID #26901 • Dove Govrin

Online Class

6 Thursdays 11am-12:30pm • Oct 22-Dec 3
(No class Nov 26)
\$135

Chi Walking: Focus on Form to Increase Energy and Prevent Injury ☆

How you walk dictates how stress moves through your body while walking. The Chi Walking technique emphasizes walking form—the proper and efficient biomechanics of walking and draws from the movement principles of Tai Chi to make walking easier on the body. Most walkers overuse their legs for propulsion, which can lead to fatigue and injury. Through simple walking drills and exercises you will learn and practice how to: develop and maintain good posture, use the power of your core for walking and balance, engage efficient arm swing for different walking speeds, breathe more freely and increase endurance.

ID #26729 • Hazel Wood

KTD • Physical Education 22

1 Saturday 9am-12pm • Nov 21
\$87

☆ **ESCOM-Endorsed Class**

Chi Running: Focus on Form For Ease, Energy and Injury Prevention

Your form can make all the difference in how you feel during and after a run. Chi Running draws from Tai Chi and emphasizes running form for energy efficiency and injury prevention by minimizing strain and impact. Learn and practice how to: develop, maintain, and sense good posture and alignment, avoid over-using your legs by engaging the power of your core, and moving forward from your center. Learn upper and lower body focuses and visualizations for efficient arm swing, cadence and more to help conserve energy, vary speed and enjoy running with a relaxed and safe stride. This workshop is for runners of all abilities.

ID #26730 • Hazel Wood

KTD • Physical Education 22

1 Saturday 1:30-4:30pm • Nov 21
\$87

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 #26733 • Joshua Kimbrough
KTD • Beach Volleyball Courts
7 Sundays 3-5pm • Aug 30-Oct 11
\$175

ID #26936 • Joshua Kimbrough
KTD • Beach Volleyball Courts
6 Sundays 2-4pm • Oct 25-Dec 6
(No class Nov 29)
\$159

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 #26726 • Diana Scranton
IVC • Miwok Center 105
6 Mon & 7 Wed 3:40-4:30pm • Aug 24-Oct 7
(No class Sep 7)
\$167

ID #26930 • Diana Scranton
IVC • Miwok Center 105
7 Mon & 6 Wed 3:40-4:30pm • Oct 19-Dec 2
(No class Nov 11)
\$167

ID #26727 • Diana Scranton
KTD • Physical Education 60
7 Tues & 7 Thurs 2:10-3pm • Aug 25-Oct 8
\$175

ID #26931 • Diana Scranton
KTD • Physical Education 60
7 Tues & 6 Thurs 2:10-3pm • Oct 20-Dec 3
(No class Nov 26)
\$167

🌟 **ESCOM-Endorsed Class**

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, NOT FOR BEGINNERS.

ID #26904 • Brent Zeller
KTD • Physical Education Courts
7 Tues & 6 Thurs 9:40am-11am • Oct 20-Dec 3
(No class Nov 26)
\$405

FUN 2: FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.

ID #26905 • Brent Zeller
KTD • Physical Education Courts
7 Tues & 6 Thurs 11:10am-12:30pm • Oct 20-Dec 3
(No class Nov 26)
\$405

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

Writing

Write That Book! The First Steps • NEW

Ever thought about maybe writing a book someday only to let fear or procrastination take over? "I'll start soon but not today!" The hardest thing about writing, for most novice authors, is just starting. This course will set you on the path to writing a novel – or even a character-driven non-fiction book. We'll cover everything you need to begin writing that first draft.

**ID #26024 • Laura Toland
KTD • Academic Center 103
7 Tuesdays 2:10-3:30pm • Oct 20-Dec 1
\$151**

Creative Journal Writing ★

Have you ever wanted to write a book or a memoir, but didn't know where to start? In this seven-week course, you will explore the process of keeping a physical journal and learn how to develop the habit of writing on a regular basis. Through in-class prompts and practices, reading materials and assignments, you'll learn how to write effortlessly and clearly; combat writer's block and brain fog; and use a journal for any kind of writing you'd like to explore. Whether it's exploring expression through the written word, jumpstarting creativity or sharpening your skills, this class is for you.

**ID #26810 • Laura Toland
KTD • Academic Center 103
7 Thursdays 2:10-3:30pm • Aug 27-Oct 8
\$151**

★ ESCOM-Endorsed Class

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 illuminate them through shared critique and discussion. Whether you're just beginning or have been at it a while, your work will receive thoughtful

feedback in a fun, supportive atmosphere. The class is open to writers of all ages and genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

**ID #26802 • Tom Centolella
Online Class
6 Mondays 5:30-8:30pm • Aug 24-Oct 5
(No class Sep 7)
\$207**

**ID #26002 • Tom Centolella
Online Class
7 Mondays 5:30-8:30pm • Oct 19-Nov 30
\$231**

★ ESCOM-Endorsed Class

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 #26803 • Tom Centolella
Online Class
7 Wednesdays 2:10-5pm • Aug 26-Oct 7
\$231**

**ID #26003 • Tom Centolella
Online Class
6 Wednesdays 2:10-5pm • Oct 21-Dec 2
(No class Nov 11)
\$207**

★ ESCOM-Endorsed Class

Pen to Page 1: A Freewriting Workshop

Pen to Page is a generative writing workshop intended for writers of any experience level. We will use each class to unearth new pieces from the hidden corners of your brain. Each session consists of two prompts, followed by 20 minutes of writing time. Writers will have the opportunity to share new writing and receive supportive feedback from other group members, focusing on the imaginative strengths of each piece. You are guaranteed to surprise yourself with the stories you find inside. Writers are encouraged to take both Fall 1 and Fall 2 sessions, if possible.

ID #26816 • Andrea Scully
KTD • Center for Student Success 143
5 Wednesdays 9:10-11am • Aug 26-Oct 7
(No class Sep 23, 30)
\$146

ID #26034 • Andrea Scully
KTD • Center for Student Success 143
5 Wednesdays 9:10-11am • Oct 21-Dec 2
(No class Nov 11, 25)
\$146

Pen to Page 2: A Freewriting Workshop

You came, you wrote, you surprised yourself—and now you're back for more! Pen to Page 2 is for returning writers who've already taken this generative workshop and want to keep the words (and the weird magic) flowing. Each class offers two new creative prompts and the warmest circle of fellow creatives this side of your imagination. We focus on what's working, what's sparking, and what made someone laugh out loud (or get a little misty-eyed). If you found gold last time, there's more where that came from. Previous participation in Pen to Page 1 is recommended. Students may register for both Fall 1 and Fall 2 to keep the creative buzz going.

ID #26817 • Andrea Scully
KTD • Center for Student Success 143
5 Wednesdays 11:10am-1pm • Aug 26-Oct 7
(No class Sep 23, 30)
\$146

ID #26013 • Andrea Scully
KTD • Center for Student Success 143
5 Wednesdays 11:10am-1pm • Oct 21-Dec 2
(No class Nov 11, 25)
\$146

Yoga

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

BEGINNERS/INTERMEDIATE
ID #26706 • Susy Stewart
KTD • Physical Education 60
7 Saturdays 10-11:30am • Aug 29-Oct 10
\$151

ID #26908 • Susy Stewart
KTD • Physical Education 60
6 Saturdays 10-11:30am • Oct 24-Dec 5
(No class Nov 28)
\$135

INTERMEDIATE/ADVANCED
ID #26705 • Susy Stewart
KTD • Physical Education 60
7 Saturdays 8-9:45am • Aug 29-Oct 10
\$161

ID #26907 • Susy Stewart
KTD • Physical Education 60
6 Saturdays 8-9:45am • Oct 24-Dec 5
(No class Nov 28)
\$151

Yoga for Health, Happiness and Less Stress

A comprehensive, careful, fun and step-by-step yoga class for both new and returning students. Learn to safely stretch and strengthen, and how to care for your neck, back and knees. Breath training, progressive relaxation and yogic meditation, as well as individualized attention and time for questions, are part of every class. Learn from different schools of Yoga, including Iyengar, Sivananda and traditional Indian yoga. Bring a sticky mat to the first class.

ID #26944 • Laurel Houghton
KTD • Physical Education 60
6 Saturdays 11:40am-1pm • Oct 24-Dec 5
(No class Nov 28)
\$111

Yin and Restore 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 #26734 • Emily Wiemer
KTD • Physical Education 60
7 Fridays 1-2:15pm • Aug 28-Oct 9
\$135

ID #26941 • Emily Wiemer
KTD • Physical Education 60
6 Fridays 1-2:15pm • Oct 23-Dec 4
(No class Nov 27)
\$127

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 #26737 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 5:40-6:30pm • Aug 25-Oct 6
\$119

ID #26945 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 5:40-6:30pm • Oct 20-Dec 1
\$119

Pilates Power Fusion

Join a dynamic blend of Pilates, Barre Sculpt movements, and strength training designed to build long, lean muscles and improve balance, flexibility, and core strength. Using light weights, props, and small, controlled repetitions, this class focuses on mindful movement, alignment, and targeted muscle strength. Each session combines core-focused exercises, stretching, and flowing sequences that leave you feeling strong, centered, and restored. Perfect for all fitness levels.

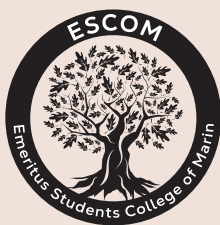
ID #26738 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 6:40-7:30pm • Aug 25-Oct 6
\$119

ID #26946 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 6:40-7:30pm • Oct 20-Dec 1
\$119

Candlelight Yoga

Experience the serenity of twilight as the fading sun invites you to slow down, breathe deeply, and let go of the day. This gentle, flowing practice melts away stress and restores balance through mindful movement and calming breathwork. Surrounded by peaceful energy, you'll leave feeling grounded, renewed, and ready for a restful evening. All levels are welcome.

ID #26947 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 7:40-8:30pm • Oct 20-Dec 1
\$119



ESCOM

Emeritus Students
College of Marin



ESCOM Astronomy Club Led by Michael Patrick; photo by Laura Milholland

What is ESCOM?

ESCOM (Emeritus Students College of Marin) is a vibrant organization for active older adults, dedicated to lifelong learning, wellness, and community connection. In association with College of Marin, ESCOM empowers its members to stay intellectually engaged and socially connected through a wide range of clubs, events, programs, activities, and computer workshops—both on campus and online.

With a legacy spanning over 50 years, ESCOM has been nationally recognized as a model for successful aging through education and engagement. Whether you're looking to expand your knowledge, meet new people, or stay at the forefront of life, ESCOM offers a welcoming space to thrive.

ESCOM is an all-volunteer organization open to everyone. There are no academic or financial requirements to join. All activities and programs are free.

Discover the possibilities—join ESCOM today!

Scan the QR code or go to escom.marin.edu and click "Join ESCOM."

I invite you to join ESCOM to benefit from our clubs, talks, workshops, 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



Join Today!
escom.marin.edu

ESCOM-Endorsed Classes in Fall 2026!

The following ESCOM-endorsed classes are open to all ages, and are recommended to meet the interests and needs of older adults.

- Aqua Exercise for Older Adults
- Birds of the North Bay
- Castles, Churches, and Caravanseris!
- Chi Walking
- Creative Journal Writing
- Deep Water Aqua Exercise
- Elements of Creative Writing
- Griefwriting
- History of Romania
- Jin Shin Jyutsu for Wellness
- Joy of Tai Chi
- Meandering in Marin
- Poetry Writing Master Class
- Resin Charms Workshop
- Spanish With Soul: Language, Culture, and Connection Through Latin American Traditions
- The Flow of Watercolor
- The Poetic Pilgrimage: Poem Making as Spiritual Practice
- The Industrial Revolution: From the Scientific Revolution to World War I
- Travel Watercolor Using Your Smartphone
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Wisdom Healing Qigong
- Zumba® Gold with Toning

Free Member Activities and Services

- Clubs: Engage in lively discussions on books, astronomy, digital photography, great courses, philosophy, and more.
- Centers: Relax or connect at our comfortable centers on both the Kentfield and Indian Valley Campuses with libraries, meeting rooms, and computers.
- ESCOM Journal: Enjoy and contribute to member-created art, photos, poetry, and writing in our bimonthly, full-color publication.
- Events & Speakers: Attend monthly Spotlight presentations, author talks, computer workshops, member socials, and countywide events.

ESCOM Centers

**INDIAN VALLEY
CAMPUS**
1800 Ignacio Boulevard
Building 10, Room 40
Novato, CA 94949
(415) 457-8811 x8322

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



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 marin.edu/communityed. We are accepting new course proposals now and looking specifically for instructors in following areas:

- Art (Drawing/Painting)
- Business/Career Development
- Languages (Spanish/Japanese)
- Marin History
- Music (Piano/Ukulele)
- Sports (Kayaking/Pickleball)



Gather, Connect, Learn

This fall, experience the Indian Valley Organic Farm and Garden through hands-on classes that celebrate food, community, and sustainable living. Harvest fresh produce, cook outdoors, taste farm grown olive oil, and discover practical ways to create a thriving Marin garden.

Explore Fall Farm and Garden Classes:

- Wood-Fired Pizza Making on the Farm
- U-Pick Your Own Vegetables
- Olive Oil Harvest
- The Watershed Approach to Landscaping Series

COMMUNITY PROGRAMS

Miwok Aquatic
and Fitness Center
Indian Valley Campus



Lap Swim

Tuesday, Wednesday, Thursday
1-4pm (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/Wednesday 11:30am-2:30pm
Tuesday/Thursday/Friday 11:30am-4pm
(times subject to change)

- Single day pass (\$10).
 - Discounts for seniors 55+ and youth 15-17.
 - Enjoy a swim and workout with a Combined Discount Pass.
- communityswim@marin.edu
(628) 234-8107
-

COLLEGE OF MARIN
835 COLLEGE AVENUE
KENTFIELD, CA 94904-2590

COLLEGE OF MARIN IS AN EQUAL OPPORTUNITY EDUCATOR
AND EMPLOYER. PLEASE RECYCLE WHEN FINISHED.

NON-PROFIT ORG
US POSTAGE
PAID
COLLEGE OF MARIN



Marin.edu/CommunityEd



Facebook.com/CommunityProgramsCOM



@CommunityProgramsCOM



Registration starts Tuesday July 28 at 9am
Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)



Supporting Our Students Through Scholarships

Community Education believes that learning should be accessible to everyone. Our scholarship programs help remove financial barriers so students of all ages can continue to learn, grow, and connect through education and enrichment.

Available Scholarships

- Lifelong Learning (LLL) Scholarship: Open to students of all ages
- Haddie Scholarship: For older adult students (ages 55+) made possible through the generous support of The Haddie Fund of the Marin Community Foundation

Scholarship Details

- Each scholarship is valued at \$60 per term
- Students may qualify for up to \$120 per term when awarded both scholarships
- First come, first served-apply early!
- May be used toward any Community Education class
- Scholarships cannot be used to reimburse prior enrollments