

# COMMUNITY EDUCATION & PROGRAMS



**MARIN**  
COLLEGE OF MARIN

SUMMER 2026

JUNE 15–JULY 26



**Journey Through  
Jewish Music**

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**World's Greatest  
Adventurers  
Forgotten by  
History**

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# Explore New Summer 2026 Classes

- Elder Studies: Coming of Age
- Travel Watercolor Using Your Smartphone
- Spanish With Soul: Language, Culture, and Connection Through Latin American Traditions
- Introduction to Leather Craft
- Guitar Ensemble
- Simon and Garfunkel: Folk-Rock's Greatest Duo
- Summer Wreath Workshop
- World's Greatest Adventurers Forgotten By History





# 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](https://marin.edu/CommunityEd)  
(415) 485-9305  
[communityed@marin.edu](mailto:communityed@marin.edu)

[Marin.edu/CommunityEd](https://marin.edu/CommunityEd)



[Facebook.com/CommunityProgramsCOM](https://facebook.com/CommunityProgramsCOM)



[@CommunityProgramsCOM](https://instagram.com/CommunityProgramsCOM)

## Campus Centers

**KENTFIELD CAMPUS**  
Welcome Center  
830 College Avenue  
Kentfield, CA 94904

**INDIAN VALLEY CAMPUS**  
Building 9  
1800 Ignacio Boulevard  
Novato, CA 94949  
IN PERSON SUPPORT  
AVAILABLE

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

## Holidays

There are no classes held on the following days

- June 19 (Juneteenth), July 3 and 4 (Independence Day)

## 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. 20) 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](https://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 for ordering a Community Education student parking permit, visit <https://police.marin.edu/virtual-parking-permits>.
- Permits can be purchased at [marin.thepermitstore.com](https://marin.thepermitstore.com).

## Annual Security Report

[https://police.marin.edu/sites/default/files/2025\\_COM\\_ASR\\_FINAL.pdf](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.



# Classes

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Registration starts on Tuesday, May 12 at 9 AM  
Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)

# Aquatics

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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](mailto:communityed@marin.edu) to contact staff or leave a message for the instructor. See our refund policy at [www.Marin.edu/Communityed](http://www.Marin.edu/Communityed).

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## Fitness Swim

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 #26534 • Shari Cruse**  
**IVC • Miwok Center Pool**  
**7 Mon & 7 Wed 4-5pm • June 15-July 22**  
**\$159**

## 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 #26540 • Rose Murphy**  
**KTD • Diamond PE Center Pool**  
**5 Mon & 5 Wed & 3 Fri 9:40-11am • June 15-July 17**  
**(No class July 3 & June 19)**  
**\$154**

**ID #26541 • Rose Murphy**  
**IVC • Miwok Center Pool**  
**5 Tues & 5 Thurs 2:10-3:30pm • June 16-July 16**  
**\$116**

✨ **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 #26538 • Rose Murphy**  
**KTD • Diamond PE Center Pool**  
**5 Mon & 5 Wed & 3 Fri 7:20-8:20am • June 15-July 17**  
**(No class July 3 & June 19)**  
**\$167**

**ID #26539 • Rose Murphy**  
**KTD • Diamond PE Center Pool**  
**5 Mon & 5 Wed & 3 Fri 8:30-9:30am • June 15-July 17**  
**(No class July 3 & June 19)**  
**\$167**

**ID #26542 • Rose Murphy**  
**IVC • Miwok Center Pool**  
**5 Tues & 5 Thurs 12pm-1pm • June 16-July 16**  
**\$143**

**Location: Competition Pool**

✨ **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 #26507 • Consuelo Lyonnet**  
**IVC • Miwok Center Pool**  
**6 Tues 7:40-8:30pm • June 16-July 21**  
**\$111**

# Art

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

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## Travel Watercolor Using Your Smartphone • NEW

Turn your travels into lasting artistic memories with watercolor, ink and a pocket-sized, portable sketchbook. You'll learn how to find focal points and frame a beautiful design using your smartphone to capture scenes on location. We may start by observing a building, a view or a cup of coffee and a pastry. Then, after taking photos, we'll return indoors to the classroom to bring the scene to life with ink and watercolor. 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 #26627 • Eva Mautner**  
**KTD • Fine Arts 312**  
**6 Tuesdays 3:10-6pm • June 16-July 21**  
**\$207**

★ ESCOM-Endorsed Class

## The Creative Incubator: Learn How to Create a Successful Painting

Immerse yourself in the Creative Incubator! This fun, informative environment is a great place to start your painting journey or elevate your current painting skills. Each class covers an artistic principle for a successful painting. Inspiration (where it comes from and how to develop it) will be highlighted. You'll also explore color, composition and proportion, and refine your artistic eye with discussion and creative exercises. Class includes painting time. For all levels – beginners learn creative and technical skills, and experienced painters will refresh and strengthen technique. We will use watercolor and gouache, but the principles apply to all media.

**ID #26613 • Fran Farmer**  
**KTD • Physical Education 91**  
**6 Tuesdays 10:10am-1pm • June 16-July 21**  
**\$214**

## Exploring Abstract Painting Styles

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

**ID #26614 • Fran Farmer**  
**KTD • Fine Arts 301**  
**6 Thursdays 10:10am-1pm • June 18-July 23**  
**\$214**

## 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 #26616 • Marty Meade**  
**Online Class**  
**5 Fridays 10am-1pm • June 26-July 31**  
**(No class July 3)**  
**\$183**

**ID #26606 • Nancy Johnson**  
**KTD • Fine Arts 312**  
**5 Saturdays 10:10am-1pm • June 20-July 25**  
**(No class July 4)**  
**\$183**

★ ESCOM-Endorsed Class

## The Flow of Watercolor: Travel Sketch Impressions ★

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

**ID #26621 • Julie Cohn**  
**Off Campus**  
**6 Thursdays 2:40-5:30pm • June 18-July 23**  
**\$215**

★ 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 #26615 • Larry Bencich**  
**KTD • Fine Arts 301**  
**5 Saturdays 9:10am-1pm • June 20-July 25**  
**(No class July 4)**  
**\$271**

## A Sketchbook Practice

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

**ID #26617 • Deepa Bala**  
**KTD • Fine Arts 301**  
**5 Wednesdays 3:10-6pm • June 17-July 15**  
**\$180**

## Color at Play Workshop

Don't be intimidated by color and color theory. Color is FUN! This two-day workshop shows how to play with color without muddying up your palette. Learn to paint with relative color, using complementary palettes. Explore saturation and hue by creating harmonious palettes. The first day of the workshop will include lecture and theory. The second day will focus on practical application. Exercises may include colorful abstractions. This class welcomes new students and provides an engaging, in-depth exploration of color for students who have participated in previous classes with the instructor.

**ID #26626 • Tami Tsark**  
**IVC • Building 3 205**  
**2 Saturdays 9:40am-3:30pm • June 20-27**  
**\$164**

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

This course will help you learn to paint and draw loose and lively landscapes and cityscapes. They can be expressive, realistic, whimsical. We will focus on the expression and gesture and capture the unique quality of buildings and treescapes, skylines and valleys. They are the perfect subjects to learn to paint and have been painted throughout the ages. Examine cities and landscapes in classic art, study how

they are portrayed, compare and contrast various artists, and create our own versions. We will then study and paint our own interpretations from photos.

**ID #26625 • Tami Tsark**  
**IVC • Building 3 205**  
**6 Thursdays 9:40am-2:30pm • June 18-July 23**  
**\$313**

## 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 #26624 • Tami Tsark**  
**IVC • Building 3 205**  
**6 Wednesdays 9:25am-3:15pm • June 17-July 22**  
**\$375**

# Business/Career Development

## Unleash the Leader in You!

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

**ID #26531 • Brian Ard**  
**KTD • Academic Center 236**  
**5 Tuesdays 6:10-7:50pm • June 16-July 14**  
**\$143**

# Computers and Technology

## 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 #26612 • Glen Salazar**

**Online Class**

**5 Thursdays 6-7:30pm • June 25-July 23**

**\$127**

## Generative AI

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

**ID #26611 • Glen Salazar**

**Online Class**

**5 Wednesdays 6-7:30pm • June 24-July 22**

**\$127**

# Crafts

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

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## Introduction to Leather Craft • NEW

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](http://leatherartcenter.com).

**ID #26628 • Zinaida Zya**

**IVC • Building 7 101**

**Saturday-Sunday 1-4pm • June 27-28**

**\$146**

## Handbind 3 Styles of Personal Journals

Make your own handmade journals! In this class you will create three unique personal journals from scratch: a limp, leather non-adhesive traveling journal; a Coptic stitched sketching journal; and a junk journal for writers and artists. Learn the basics of bookbinding and develop your creative skills, resulting in three beautiful, personalized journals that can be kept for private use or given as gifts. Understand how a book is constructed, and skillfully select appropriate tools and materials for bookbinding repairs.

**ID #26618 • Michelle Sarjeant**

**IVC • Building 7 101**

**6 Tuesdays 11:10am-1pm • June 16-July 21**

**\$202**

## 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 #26622 • Jen Moore**

**KTD • Fine Arts 123**

**6 Tuesdays 6:10-9pm • June 16-July 21**

**\$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 #26623 • Jen Moore**  
**KTD • Fine Arts 123**  
**7 Wednesdays 9:10am-4pm • June 17-July 22**  
**\$386**

## Resin Charms Workshop ☆

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

**ID #26619 • Lara Starr**  
**KTD • Science Math Nursing 217**  
**1 Saturday 1:10-4pm • June 20**  
**\$92**

☆ ESCOM-Endorsed Class

# Current Events

## Exploring Current Events

Explore some of the most compelling questions of our time in this seminar-style course. We'll tackle topics, like 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 #26603 • Alan Frishman**  
**KTD • Center for Student Success 100**  
**6 Thursdays 6:15-7:45pm • June 18-July 23**  
**\$135**

## Switching Lanes: Is an Electric Vehicle Right for You? ☆

Electric vehicles reduce our dependence on foreign oil, help clean the air and reduce greenhouse emissions. Yet, they stay in the crosshairs of policy making. This workshop will explain why and help you decide if an EV or hybrid vehicle fits your lifestyle and budget. If you are shopping for a vehicle, it's a good time to consider the savings from a used, low-mile EV because this year a large number of electric cars are coming off lease. We'll talk about the batteries, charging options and electricity costs. Finally, we will hear from a panel of current owners.

**ID #26629 • Jane Gould**  
**KTD • Academic Center 103**  
**1 Friday 12:10-4pm • July 10**  
**\$48**

☆ ESCOM-Endorsed Class

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

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# Dance

## Traditional Hawaiian Dance Level I

This course offers an introduction to classic choreography in 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. To enroll, students should complete Introduction to Hawai'iian Dance or consult with instructor.

**ID #26523 • Lisa Saunders • KTD**  
**5 Thursdays • June 25-July 23**  
**Lecture 5:45-6:30 • Physical Education 92**  
**Practice 6:40-7:30 • Physical Education 60**  
**(No class July 2)**  
**\$135**

# Farm and Garden

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## Summer Wreath Workshop

Join Indian Valley Organic Farm in welcoming summer with a seasonal wreath making workshop! Participants will enjoy a day on the farm and learn how to weave fresh, seasonal cut flowers and foliage into beautiful summer wreaths for you to take home. Flowers will dry well and maintain their beauty for years to come!

**ID #26620 • Farm Staff**  
**IVC • Organic Farm and Garden**  
**1 Saturday 9am-12pm • June 20**  
**\$87**

# Financial Planning

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## WISÉ 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 #26525 • Helen Abe**  
**IVC • Miwok Center 124**  
**2 Saturdays 9-11am • July 11 & 18**  
**\$95**

## 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 #26527 • Janet Campbell**  
**Online Class**  
**4 Tuesdays 6pm-7:30pm • June 30-July 21**  
**\$111**

# Health

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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.

## Elder Studies: Coming of Age ✨

Aging is not simply decline. It is growth and evolution. This class explores life after retirement through isolation, environment, community engagement, and the role of social networks and service providers. We examine ideas from Ken Dychtwald, Stacy Torres, Louise Aronson, James Hillman, and others to better understand aging in society. Guest speakers provide local insight into Marin's expanding older adult population and the role of ESCOM. Through guided discussion, students reflect on aging as active participation in community life.

**ID #26543 • Gary Gonser**  
**IVC • Miwok Center 124**  
**3 Wednesdays 2-3:30pm • July 8-22**  
**\$52**

✨ **ESCOM-Endorsed Class**

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

# History

## Ancient Near East

In ancient near eastern studies, societies like the Egyptians and Mesopotamians get all the press, and rightly so, however these societies had equally fascinating neighbors which recent archeological studies have illuminated. Regions like Anatolia, the Persian plateau, and the Caucasus give rise to many cultures. These societies smelted bronze and eventually iron too, the greatest commodity in the ancient near eastern world. Join us to learn about modern discoveries in Georgia and Armenia, the ancient Assyrian civilization, the Persians, and the invasion of Alexander the Great!

**ID #26501 • Talin Hajinian-Corbal**  
**KTD • Academic Center 239**  
**6 Tuesdays 1:10-3pm • June 16-July 21**  
**\$159**

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

The class focuses on three examples of contagious disease outbreaks and the varied responses to each, which affords a historical analysis that highlights the significance of the context of place and time: the London plague of 1665, the Boston smallpox of 1721, and the San Francisco plague of 1900-1907. Vested interests, diversity of impacted populations, and misgivings regarding scientific and medical approaches shaped the response to and outcome of the spread of contagion, which highlights the constancy of human nature amid crises. This series provides content of interest to enthusiasts of history, science, medicine, and societal norms and values.

**ID #26502 • Nancy Gutsell**  
**KTD • Academic Center 102**  
**5 Thursdays 2:10-3:30pm • June 18-July 16**  
**\$127**

## World's Greatest Adventurers Forgotten by History • NEW

Everyone knows who Sir Ernest Shackleton or Amelia Earhart were, but there are many adventurers whose accomplishments rival those of the most celebrated explorers most people have never heard of. This historical

survey course recounts the true but little-known stories of these extraordinary men and women who once made world headlines but have virtually disappeared from the historical record. Driven by a combination of fortune, wanderlust, and an insane desire to achieve the impossible, they accomplished something truly extraordinary, the lessons of which remain relevant today. This course is taught in-person and will be lavishly illustrated with photos and archival film clips.

**ID #26518 • John Geoghegan**  
**KTD • Academic Center 104**  
**6 Tuesdays 10-11:30am • June 16-July 21**  
**\$135**

## Languages/ Linguistics

### Spanish With Soul: Language, Culture, and Connection Through Latin American Traditions • NEW ★

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 #26526 • Maria Sandoval**  
**KTD • Academic Center 104**  
**5 Mondays 9:10-10:30am • June 15-July 20**  
**\$68**

### ★ ESCOM-Endorsed Class

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

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# 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 #26545 • David Dempsey**  
**KTD • Academic Center 241/Off Campus**  
**4 Wednesdays 7:10-9pm • June 17-July 15**  
**(No class July 8)**  
**1 Saturday 9-11am • June 27\***  
**2 Saturdays 9am-2pm • July 11 & 25\***  
**\$261**

\*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 #26529 • Lisa Hug**  
**IVC • BLDG 28B 201/Off Campus**  
**1 Tuesday 9:10am-1:10pm • June 16**  
**4 Tuesdays 8:30am-12:30pm • June 23-July 14**  
**\$193**

**ID #26530 • Lisa Hug**  
**IVC • BLDG 28B 201/Off Campus**  
**1 Wednesday 9:10am-1:10pm • June 17**  
**4 Wednesdays 8:30am-12:30pm • June 24-July 15**  
**\$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 #26533 • Wendy Dreskin/Natalie Clark**  
**Off Campus**  
**6 Thursdays 9:45am-1:45pm • June 18-July 23**  
**\$255**

☆ ESCOM-Endorsed Class

# Music

## Chamber Music Workshop

Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. Musicians are assigned music from different periods and styles, and for different instrumental combinations. Participants are expected to be at an advanced or advanced intermediate level on their instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition. All auditions must be completed prior to May 3, 2026 to allow time to place everyone in the appropriate level groups.

**ID #26528 • Joanna Pinckney**  
**KTD • Performing Arts 72**  
**1 Saturday 8:45am-11pm • June 6**  
**1 Sunday 8:45am-5pm • June 7**  
**\$79**

## Guitar Ensemble • NEW

This is a class to hone your reading skills and is open to those who already can read music notation up to 5th position on the guitar. We will explore both classical and popular titles. Preparation before class is imperative in order to have consistently good rehearsals in class. A nylon stringed classical guitar is strongly recommended. In-class performances will be recorded and may be shared on social media.

**ID #26506 • Pat Bianculli**  
**KTD • Performing Arts 177**  
**7 Tuesdays 6-8pm • June 16-July 21**  
**\$159**

## Simon and Garfunkel: Folk-Rock's Greatest Duo • NEW

In the second half of the 1960s, Paul Simon and Art Garfunkel combined angelic harmonies and timeless melodies with poetic, socially conscious lyrics to craft some of the biggest folk-rock hits ever. This four-session course details their rise from Everly Brothers-obsessed New York teenagers through the folk revival and on to classics with increasingly sophisticated electric rock arrangements and orchestration, including "The Sound of Silence," "Mrs. Robinson," and "Bridge Over Troubled Water." It will also cover their eclectic use of gospel, Latin, and soundtrack influences as their career progressed and how Simon brought his songwriting smarts into a successful solo career in the early 1970s.

**ID #26524 • Richie Unterberger**  
**KTD / Online Class • Portable Village 10**  
**4 Tuesdays 7:10-9:30pm • June 16-July 7**  
**\$72**

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

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## 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 #26519 • Yuka Yu**  
**KTD • Center for Student Success 149**  
**1 Monday 5-8pm • June 22**  
**\$87**

## Journey Through Jewish Music: Singers and Songwriters from Broadway to Pop and Rock Music

This multimedia class includes music, videos, photos, and fabulous factoids from the 20th century until today. Starting with the New York Yiddish theater, Jews excelled as Broadway composers, leading to modern Jewish pop and rock music stars. Key figures include the Gershwins, Rodgers & Hammerstein, Irving Berlin, Al Jolson, Eddie Cantor, Fanny Brice, Sophie Tucker, Leonard Bernstein, Stephen Sondheim and more. Pop musicians include Simon & Garfunkel, Barbra Streisand, Bette Midler, Billy Joel, Neil Diamond, Neil Sedaka, Carole King, Bob Marley, Burt Bacharach, Barry Manilow, Amy Winehouse, and more.

**ID #26521 • Howard Rachelson**  
**KTD • Center for Student Success 100**  
**4 Wednesdays 6-7:30pm • June 24-July 15**  
**\$111**

## Piano Duets

Playing piano duets is a thrilling musical experience. Combining your intermediate (or higher) classical piano skills with another pianist on one or two pianos while exploring the music of the great masters brings an enormous sense of communication and accomplishment. Music for two or more pianists will be studied in this class with an optional performance. You do not need to have a partner to join the class. If you have not taken the class before, please contact Paul Smith (pianosmith@aol.com). Final recital will be on Thursday, July 23, 2026.

**ID #26522 • Paul Smith**  
**KTD • Performing Arts 72**  
**6 Wednesdays 11am-1pm • June 17-July 22**  
**1 Thursday 11am-1pm • July 23**  
**\$175**

# Personal Enrichment

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## 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 build confidence. Second, deepen bonds with your own 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 mind; animals need not attend. This course is perfect for pet owners seeking deeper understanding or anyone curious about animal communication.

**ID #26609 • Renee Gallegos**

**IVC • Building 7 101**

**3 Saturdays 10am-1:30pm • July 11-25**

**\$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 #26602 • Alan Frishman**

**KTD • Center for Student Success 100**

**6 Tuesdays 6:15-7:45pm • June 16-July 21**

**\$135**

# Photography

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## 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 #26608 • Allan Ezial**

**KTD • Academic Center 238**

**6 Mondays 7:10-9pm • June 15-July 20**

**\$159**

## Exploring the World With Your Smartphone

With excellent image quality, portability and easy sharing, the smartphone has largely become the camera of choice, but to unlock the best your phone camera offers, you may need additional apps. This class primarily uses the free tools in the Adobe Lightroom app and explores tools available on a \$5 monthly subscription. Learn to take sharp photos, optimize them and back them up. There will be a field trip to the Marin Art and Garden Center on June 27 from 10am-12pm; admission is free. Please sign up at least one week prior to the first class to receive preparation notes.

**ID #26610 • Reid Thaler**

**KTD • Science Math Nursing 217**

**3 Thursdays 7:10-9pm • June 18-July 2**

**1 Saturday 10am-12pm • June 27**

**\$137**

# Physical Fitness

Please check with your healthcare provider before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please email [communityed@marin.edu](mailto: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](http://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, alleviate stress, and enhance the body's natural ability to heal.

**ID #26512 • Corliss Chan**  
**KTD • Physical Education 22**  
**5 Tuesdays 12-1:30pm • June 16-July 14**  
**\$127**

✪ **ESCOM-Endorsed Class**

## 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 #26514 • Elizabeth Lynn**  
**IVC • Miwok Center 123**  
**6 Mondays 11am-12pm • June 15-July 20**  
**\$111**

**ID #26515 • Elizabeth Lynn**  
**IVC • Miwok Center 123**  
**4 Fridays 9:15-10:15am • June 26-July 24**  
**(No class July 3)**  
**\$95**

## 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 #26503 • Aida Good**  
**IVC • Miwok Center 105**  
**5 Wednesdays 12:15-1:15pm • June 17-July 22**  
**(No class July 15)**  
**\$103**

## 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 #26500 • Ron Campbell**  
**KTD • Physical Education 60**  
**6 Wednesdays 6:40-8:30pm • June 17-July 22**  
**\$159**

## 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 #26516 • Katherine Rolston  
KTD • Physical Education 60  
6 Mondays 3-4:30pm • June 15-July 20  
\$135**

**ID #26517 • Katherine Rolston  
KTD • Physical Education 22  
6 Wednesdays 10:45am-12:15pm • June  
17-July 22  
\$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 Tai Kwan Do kicking and Shotokan hand techniques. This class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility and a powerful sense of awareness are all attributes of this class. Karate attire is optional.

**ID #26544 • Hursey Baker  
KTD • Physical Education 22  
6 Mon & 6 Wed 6:30-8pm • June 15-July 22  
\$214**

## Wild Goose Qigong ☆

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced wellbeing. Through the summer we will go through a lovely set of 64 flowing movements that imitate the daily activities of a wild goose, a bird venerated in China. Warmup exercises, self-massage of acupuncture points and meditation are included in this daily routine of self-care. This is an introductory class for new students, and a great review for all students.

**ID #26513 • Dove Govrin  
KTD • Physical Education 60  
4 Fridays 10:30am-12pm • June 26-July 24  
(No class July 3)  
\$111**

## Beach Volleyball Basics

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

**ID #26532 • Joshua Kimbrough  
KTD • Beach Volleyball Courts  
5 Sundays 3-5pm • June 21-July 26  
(No class June 28)  
\$143**

## 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 #26520 • Diana Scranton  
IVC • Miwok Center 105  
6 Mon & 6 Wed 3:40-4:30pm • June 15-July 22  
\$159**

**ID #26546 • Diana Scranton  
KTD • Physical Education 22  
6 Tues & 6 Thurs 2:10-3pm • June 16-July 23  
\$159**

☆ **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 #26535 • Brent Zeller  
KTD • Physical Education Courts  
8 Wednesdays 11:10am-1pm • June 17-Aug 5  
\$328**

## FUN 2- FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.

**ID #26536 • Brent Zeller**  
**KTD • Physical Education Courts**  
**8 Tues & 8 Thurs 11:10am-12:30pm • June 16-Aug 6**  
**\$482**

**ID #26537 • Brent Zeller**  
**KTD • Physical Education Courts**  
**8 Wednesdays 6:10-8pm • June 17-Aug 5**  
**\$328**

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

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# Writing

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

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

**ID #26601 • Prartho Sereno**  
**KTD • Academic Center 102**  
**Monday-Thursday 10:10am-1pm • June 22-25**  
**\$80**

☆ **ESCOM-Endorsed Class**

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

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## Creative Journal Writing ☆

Have you ever wanted to write a book or a memoir, but didn't know where to start? In this six-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 #26607 • Laura Toland**  
**KTD • Academic Center 103**  
**6 Thursdays 2:10-3:30pm • June 18-July 23**  
**\$135**

☆ **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 tell you what they are. Whether you're just beginning or have been at it a while, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

**ID #26604 • Tom Centolella**  
**Online Class**  
**6 Mondays 5:30-8:30pm • June 15-July 20**  
**\$207**

☆ **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 #26605 • Tom Centolella**  
**Online Class**  
**6 Wednesdays 2:10-5pm • June 17-July 22**  
**\$207**

☆ **ESCOM-Endorsed Class**

# 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 #26505 • Susy Stewart**  
**KTD • Physical Education 60**  
**5 Saturdays 10-11:30am • June 20-July 25**  
**(No class July 4)**  
**\$127**

### INTERMEDIATE/ADVANCED

**ID #26504 • Susy Stewart**  
**KTD • Physical Education 60**  
**5 Saturdays 8-9:45am • June 20-July 25**  
**(No class July 4)**  
**\$135**

## Sound Bath Yin and Restore

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 #26509 • Emily Wiemer**  
**KTD • Physical Education 60**  
**6 Thursdays 1:45-3pm • June 18-July 23**  
**\$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 #26508 • Consuelo Lyonnet**  
**IVC • Miwok Center 105**  
**6 Tuesdays 5:40-6:30pm • June 16-July 21**  
**\$111**

## Pilates Power Fusion

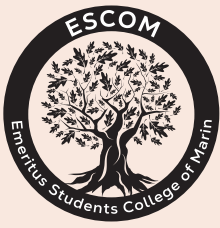
Join a dynamic blend of Pilates, Barre Sculpt movements, and strength training designed to build long, lean muscles and improve balance, flexibility, and core strength. Using light weights, props, and small, controlled repetitions, this class focuses on mindful movement, alignment, and targeted muscle 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 #26510 • Consuelo Lyonnet**  
**IVC • Miwok Center 105**  
**6 Tuesdays 6:40-7:30pm • June 16-July 21**  
**\$111**

## Yoga Stretch & Flow

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 #26511 • Consuelo Lyonnet**  
**IVC • Miwok Center 105**  
**6 Mondays 6:30-7:20pm • June 15-July 20**  
**\$111**



# 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](http://escom.marin.edu) and click "Join ESCOM."**

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***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](http://escom.marin.edu)

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## ESCOM-Endorsed Classes in Summer 2026!

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

- Aqua Exercise for Older Adults
- Birds of the North Bay
- Deep Water Aqua Exercise
- Elder Studies: Coming of Age
- Elements of Creative Writing
- 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
- Switching Lanes: Is an Electric Vehicle Right for You?
- The Flow of Watercolor
- The Poetic Pilgrimage: Poem Making as Spiritual Practice
- Travel Watercolor Using Your Smartphone
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Zumba® Gold with Toning

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## 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.

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## 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

Ready to make a difference? Inspire others by sharing your knowledge and passion with our community of lifelong learners. We offer a wide range of classes that reflect the diverse interests of our students. Visit [marin.edu/communityed/teach-us](http://marin.edu/communityed/teach-us) to learn more and apply.

We're especially interested in hands-on, interactive classes that engage students. We're now accepting new course proposals—especially in these key areas.

- Dance
- History
- Languages (French/Spanish)
- Sports (Archery/Soccer)
- Literature
- Music (Ukulele/Harmonica)



## Discounted Classes

Enjoy a selection of discounted classes! Classes marked with subsidized fees are offered at 50% of their regular class rate, to provide greater access to enrichment opportunities. Discounted classes are made possible with generous support from an Anonymous Fund of the Marin Community Foundation. Classes are open to all and selected with lifelong learners/older adults in mind.

- Spanish With Soul: Language, Culture, and Connection Through Latin American Traditions
- The Poetic Pilgrimage: Poem Making as Spiritual Practice, Summer Intensive
- Simon and Garfunkel: Folk-Rock's Greatest Duo
- Elder Studies: Coming of Age
- Switching Lanes: Is an Electric Vehicle Right for You?

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# COMMUNITY PROGRAMS

Miwok Aquatic and Fitness Center  
Indian Valley Campus

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## Lap Swim

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

- Single day pass (\$10) and 10-day pass (\$90).
- Discounts for seniors 55+ and youth under 17.
- Purchase at Miwok Center front desk. Credit card and tap pay accepted.  
communityswim@marin.edu  
(628) 234-8107



## Drop-in Gym

Cardio and weights  
Monday-Friday 12-4pm  
(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
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[Marin.edu/CommunityEd](https://marin.edu/CommunityEd)



[Facebook.com/CommunityProgramsCOM](https://facebook.com/CommunityProgramsCOM)



[@CommunityProgramsCOM](https://instagram.com/CommunityProgramsCOM)



Registration starts Tuesday, May 12 at 9 AM  
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
- Anonymous Fund (ANF) Scholarship: For older adult students (ages 55+) made possible through the generous support of an Anonymous 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