

# COMMUNITY EDUCATION

## VERDE 2026 SUMMER COURSES

### ACTIVE MIND & BODY

#### ■ **Swing Dancing**

VCE-SU26-100 ■ Mon, 6/1/2026 - 6/29/2026

Verde I-137 ■ 5:15pm - 6:15pm

This dance class focuses on the East Coast Swing, and introduces students to the fundamentals of 6-count swing in a welcoming, beginner-friendly environment. No partner or experience is required. By the end of the session, students will be able to comfortably dance several patterns and participate in a social swing setting.

Juliet Frew ■ \$90

#### ■ **Yoga for All Levels**

VCE-SU26-101 ■ Thurs, 6/4/2026 - 7/9/2026

Verde I-137 ■ 12:00pm - 1:00pm

All-levels yoga class welcomes beginners through experienced practitioners. Each session blends mindful movement, breathwork, strength, and flexibility to support balance in both body and mind. Whether you're new to yoga or deepening an existing practice, this class offers space to grow, restore, and connect. **No class June 18.**

Juliet Frew ■ \$90

#### ■ **Pound Fitness**

VCE-SU26-102 ■ Mon/Wed, 6/1/2026 - 6/24/2026

Verde I-137 ■ 8:30am - 9:30am

A POUND class is high-energy, music-driven, and deeply empowering. Using lightly weighted Ripstix, participants move through cardio. The music leads, the movement flows, and the shared rhythm creates a powerful sense of momentum and release.

Mwandani Jones ■ \$118

#### ■ **Tap Dance**

VCE-SU26-103 ■ Wed, 6/3/2026 - 7/1/2026

Verde I-137 ■ 10:00am - 11:30am

VCE-SU26-104 ■ Wed, 7/8/2026 - 8/5/2026

Verde I-137 ■ 10:00am - 11:30am

This course introduces the fundamental skills and techniques of both Broadway and Rhythm tap dance styles. No prior dance experience. Tap shoes required.

Danielle Dodds-Stewart ■ \$120

#### ■ **Tai Chi**

VCE-SU26-111 ■ Tues/Thurs, 6/2/2026 - 7/2/2026

Verde I-137 ■ 10:00am - 11:00am

Tai Chi Chuan is the ancient practice of bringing body and mind together through slow, gentle movement. Students report improved mindfulness, better balance, and more vitality. **No class June 18.**

Hamilton Wallace ■ \$102

#### ■ **Mindful Movement and Mobility**

VCE-SU26-105 ■ Tues/Thurs, 6/2/2026 - 7/2/2026

Zoom ■ 9:00am - 10:00am

These sessions are designed to increase your ability to carry out daily exercises, preserve your strength and mobility as you age. It may even ease some of those nagging aches a little. **No class June 18.**

Jennifer Stefanow ■ \$126

### ARTS – VISUAL & PERFORMING

#### ■ **Imaginative Realism**

VCE-SU26-106 ■ Tues, 6/2/2026 - 6/23/2026

Verde G-102 ■ 10:30am - 12:30pm

In this class, students will learn how to create scenes for their own imagination. Students will study composition and explore various possibilities while creating their own realities. Imaginative realism will unleash students' creativity and give their ideas life.

Art Gecko ■ \$107

#### ■ **Watercolor Animals**

VCE-SU26-107 ■ Tues, 6/30/2026 - 7/28/2026

Verde G-102 ■ 10:30am - 12:30pm

In this class, we will paint a new animal each week, using the delicate, and sensitive media of watercolor painting. Students should have a basic understanding of watercolor painting, including materials, and application techniques.

Art Gecko ■ \$120

### NATURE & THE OUTDOORS

#### ■ **Intro to Nature: Trails, Desert Ecology, Spirit-Animal Awareness, and Mindfulness**

VCE-SU26-108 ■ Tues, 6/2/2026 - 6/30/2026

Offsite ■ 8:30am - 10:30am

A field-based course that explores desert trails, native plants, and local wildlife while supporting physical wellbeing through light to moderate hiking. Students will need to purchase a journal and *Pocket guide to Spirit Animals: Understanding Messages from Your Animal Spirit Guides* by Dr. Steven Farmer. Also recommended students download the free plant identifier app *Picture This*.

Mwandani Jones ■ \$120

### WRITING, LITERATURE, & LANGUAGES

#### ■ **From Life to Legend: Turning True Adventure into Story**

VCE-SU26-109 ■ Wed, 6/3/2026 - 7/1/2026

Verde I-118 ■ 10:00am - 12:00pm

You'll practice shaping moments from your own life, exploring how to write about real people, and learning to weave rumor, landscape, and lore into compelling openings. The course ends with a return to the wild, gentle group feedback, and concrete ideas for growing your scenes into larger projects.

Robert Louis DeMayo ■ \$107

#### ■ **Introduction to Japanese Language and Culture**

VCE-SU26-110 ■ Tues/Thurs, 7/7/2026 - 7/30/2026

Verde I-138 ■ 3:00pm - 4:00pm

Students will learn basic Japanese greetings, useful expressions, basic conversations, and written language will also be introduced. Students will learn Japanese culture including food, appreciation of nature, holidays, etc. The teacher, Ikuko senei, was born and raised in Tokyo, Japan.

Ikuko Baldwin ■ \$149

## Register Today!

More class details online | [yc.edu/cevs](https://yc.edu/cevs)



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