DIVE INTO SUMMER!

REGISTER BY MAY 31st FOR DISCOUNTED FEES ON SELECT CLASSES!

REGISTER ONLINE:
www.cabrillo-extension.org
OR CALL: (831) 479-6331
**The Means of Abstraction: A Painting Workshop**

This workshop will explore the means of abstraction in painting: gestural, non-objective, referential, and symbolic. Through a series of exercises, students will work toward developing a personal abstract language to express individual ideas and content in small studies and larger works. Acrylic paint is recommended.

The required materials list is available on the Class Resources web page.

- Mon., Fri., June 10-14
- 11:00 am - 3:00 pm
- Room: VAPA 2015
- Register before May 31: $260
- Register after May 31: $285
- Claire Thorson - see bio

**Approaches to Painting the Figure**

Painting the figure is a substantial opportunity for both observation and expression. In these weekend workshops you will work directly from the model with short and long poses and a variety of approaches. Topics include gesture, volume and spatial relationships within the pose, composition, color palette, abstraction, and paint handling. Approaches are open-ended and offer ample possibilities for exploration. Register for one weekend or both!

Prior drawing or figure drawing experience is recommended.

The required materials list is available on the Class Resources web page.

- **Session 1: Gesture, Form and Space**
  - Fri. & Sat., July 6 & 7
  - 1:00 - 4:00 pm
  - Room: VAPA 2020
  - Register before May 31: $260
  - Register after May 31: $285
  - Register 2 or more: $250 each
  - João de Brito has become well-known for his use of vibrant colors that elicit light, life, energy and interpretive landscapes.

- **Session 2: Color, Composition and Abstraction**
  - Fri. & Sat., July 13 & 14
  - 11:00 am - 3:00 pm
  - Room: VAPA 2015
  - Register before May 31: $160 (each session)
  - Register after May 31: $175 (each session) plus $20 model fee (each session)
  - Claire Thorson - see bio

**Painting from Within**

Learn to express yourself and find your visual voice in a noisy world through the use of color, brush strokes, and shapes in two dimensional landscapes. We will cover the skills necessary to create paintings with graphic composition and techniques used in oil painting media.

You will leave this workshop with the ability to select and prepare a suitable support for painting in oil, be able to identify and incorporate the elements and principles of design, and be able to identify emotional or subjective content and incorporate it into your artwork.

The required materials list is available on the Class Resources web page.

- Fri., Sat. & Sun., July 20, 21 & 22
- 10:00 am - 4:00 pm
- Room: VAPA 2020
- Register before May 31: $260
- Register after May 31: $285
- Register 2 or more: $250 each

**Landscape Drawing & Painting**

This all-new workshop will focus on outdoor drawing and painting across the beautiful Santa Cruz area. The immediacy of the landscape, with its varied forms, shifting light, and other sensory elements will provide ample material for individual and experimental work. Mixed media drawing and painting will be emphasized and we’ll cover organizational strategies and materials for outdoor work, color and spatial relationships in the landscape, composition, and conceptual impulse. The goal is for you to frame and develop your response to space and place while spending enjoyable afternoons outdoors.

The required materials list is available on the Class Resources webpage.

- 4 Tue. & 4 Thu., June 19 - July 12
- 1:00 - 4:00 pm
- Room: VAPA 2020 (First meeting) and other off-site locations
- Register before May 31: $320
- Register after May 31: $340
- Register 2 or more: $305 each

**Claire Thorson** teaches drawing and painting at Cabrillo College and Monterey Peninsula College. She is a native of California, loves the coast and has a studio in Elkhorn. Her drawings and paintings travel the territory from figuration to abstraction.
CABRILLO ARTS – PAINTING, DRAWING, PRINTMAKING, & MIXED MEDIA

Children’s Book Illustration and Visual Storytelling
Have you been interested in developing a children’s book idea, or in becoming a children’s book illustrator? If so, this is a great introduction to the medium and the process. We will focus on principles and techniques for creating illustrations that clearly communicate stories. In this class you will:

• Learn to captivate children’s minds, sustain their attention, and enrich the reading experience
• Understand storyboarding, basic book structure and format, character development, and how style relates to content
• Learn to work effectively with designers, editors, and sometimes, directly with authors to create the best possible manuscript
• Learn portfolio development, presentation, and self-promotion strategies

Participants will begin by generating a short children’s story, followed by a survey of the fundamentals of illustrating for children’s books. In the end you will have developed a new story, an 8 page book dummy, and one fully illustrated two page spread! Participants will benefit from experiencing the whole process from beginning to end and by focusing on the core principles. These concepts can easily be applied to larger projects.

Some experience with image-making is required (drawing, painting, printmaking, etc.).

Please see Extension’s Class Resources web page for a detailed list of required materials and supplies, and information for the first class.

8 Thu., June 14–Aug. 9 (no class July 5) 6:30 - 8:30 pm Room: VAPA 2008
Register before May 31: $180
Register after May 31: $210

Brian Bowes, MFA, is a professional illustrator and experienced educator. He received his BFA from the California College of the Arts and his MFA in Illustration from the University of Hartford Art School.

Layered Monoprints Using Non-Toxic Methods
Join Stacy in her home studio as she shares her passion for printmaking. Enjoy this intimate and creative setting as you learn about various materials, methods and processes, how to use equipment, and how to create and ink the plates. We will achieve surprising and unique monoprints by combining several techniques, including drypoint, monotype, masking, off-set and ghost printing. Explore non-toxic printmaking methods using materials such as plexiglass, 100% cotton paper, stencil paper and linseed oil-based inks to create beautiful layered images. With the instructors assistance students will “hand pull” a number of monoprints combining a variety of printmaking techniques.

This class limited to only 4 students so register early!

Sat., June 23 1:00 - 5:00 pm Off-site at 1619 King St, Santa Cruz
Register before May 31: $90
Register after May 31: $105
plus $15 materials fee paid to instructor

Stacy Frank, B.S., has studied etching and printmaking at both Cabrillo and Monterey Peninsula College and now has her own studio. She is a member of Monterey Peninsula College Printmakers Club as well as the California Society of Printmakers.

Wood Block Printmaking: From Black and White to Color
Come and learn the simple and beautiful process of making woodblock prints. Wood block prints are a great way of making your own cards, prayer flags, quilt design, and patches. Each student will walk away from this workshop with two editioned images of their own, one in black and white and one printed with two colors. We will cover the various types of wood, tools, inks, and papers used to make a print. Carving, color mixing and printing techniques will be demonstrated and experienced first hand. We will be using hand and dremel tools for carving, and a press and wooden spoon for printing. We will be printing with oil-based inks and learning non-toxic clean-up.

Register early! This workshop is limited to 15 students.

Fri., Sat. & Sun., August 10-12 10:00 am - 4:00 pm Room: VAPA 2005
Register before May 31: $295
Register after May 31: $320
plus $35 materials fee at registration

Bridget Henry has been exploring woodcut printmaking for over 20 years. She co-manages the printmaking studio at UC Santa Cruz and has taught relief printmaking at Cabrillo College, California Art Education Association and Idyllwild Arts Academy.

Basic Linocut Printmaking Workshop
This workshop will introduce you to the simple, elegant linocut printing process. Linocut prints tend to be more expressive and the linoleum block is softer and much easier to carve and cut than many other methods of printmaking. Learn to plan & draw images or patterns, carve your “relief” image into the linoleum block, and finally hand print your design using simple tools! This is a great way to start experimenting with the beautiful medium of printmaking.

You may bring images to use, create them in class, or there will be basic images and patterns to choose from. On the last day students will be part of a class print exchange. Leave this workshop with a collection of prints, an exchange portfolio, and the knowledge needed to continue making prints in the convenience of your own home!

Please see the Class Resources web page for a list of additional required materials.

2 Sat., June 2 & 9 11:00 am - 5:00 pm Room: VAPA 2005
Register before May 31: $180
Register after May 31: $195
Register 2 or more: $178 each

Dana Peters - see bio

Travel Sketching Capturing Memories
Whether you are bound for exotic places, traveling to your backyard, or out and about in town, you will learn how to do quick, spontaneous ink sketches with a Pilot Parallel chisel edged pen. Using a water brush, learn how to draw out various values from the pen’s water-soluble ink. Lots of demos and lots of fun! Discover your own creative expression in this all-day class.

No experience necessary. All skill levels welcome.

Please go to our Class Resources webpage for important information, including materials list.

Sat., August 4 10:00 am - 4:00 pm Room: Horticulture 5010
Register before May 31: $82
Register after May 31: $90
Register 2 or more: $80 each

Carolyn Fritz has been sharing her passion for ink painting for over 25 years. She has traveled to Japan and China on art study tours and has been an artist in residence at Yosemite National Park for the last 14 years.

Multi-Color Linocut Printmaking
Take your linocut printmaking to the next level by adding color, relief and carving to create multi-color prints. We’ll begin by examining works by printmakers such as Tom Kliion and Karen Kunc to gather inspiration for our pieces. Then we’ll roll up our sleeves and explore color mixing, reduction, and registering multiple linocut blocks to create unique pieces with cohesive color combinations. Learn to use Easy Carve/Speedy Carve blocks to “break the ice” into the process, then shift to using two blocks to create an edition of multicolor prints. Each student will create their own collection of prints as part of their exchange portfolio, to contribute and exchange at the end of class!

This workshop is ideal for beginning printmakers who have taken basic black and white linocut or woodblock printmaking workshops, and have some experience with the basics of relief printing and carving.

Old clothes or apron strongly encouraged—you will get messy!

2 Sun. & 2 Sat., Aug. 19, 25, 26 and Sept. 1 1:00 - 5:00 pm Room: VAPA 2008
Register before May 31: $195
Register after May 31: $210
Register 2 or more: $180 each
plus a $60 materials fee paid at registration

Dana Peters, MFA, is a mixed media artist, printmaker, and 2012 Resident Paper Costumer and Performance Artist, and is the Co-Director of The Art Cave, a local Santa Cruz gallery, artist studio, and event space. Go to www.danapeters.com for more information.
CABRILLO ARTS – PAINTING, DRAWING, PRINTMAKING, & MIXED MEDIA

SoulCollage® For the Love of Images & the Changes They Bring!

Give expression to your life story in all its beauty and complexity! SoulCollage® is a flexible and profound expressive arts method through which you make your own unique cards for personal reading. Anyone who has a love of images and is looking for an intuitive process for change and growth will find this process meaningful.

Experience for yourself a method deeply personal, incredibly fun, and perfect for the quiet individualist as well as those who love community. As simple as the ingredients of cut images, a pair of scissors, and some glue, this process is considered by many to be transformational and vitally expressive, even with zero art experience!

This is a course for beginners as well as those already familiar with SoulCollage®.

Sat., August 25
10:00 am - 4:00 pm
Room: Horticulture 5005
Register before May 31: $75
Register after May 31: $88
plus a $20 materials fee paid in class

Lauren Mari-Navarro is a trained facilitator of the SoulCollage® Method encouraging creativity and self-discovery. Lauren owns a private counseling practice.

Sumi-e Japanese Ink Painting: Landscapes

In this workshop, we will capture the essence of Sumi-e landscape painting. Using various techniques of brush work and black ink mixed with water values, we will create the elements of waterfalls, rocks, granite cliffs, trees and plants, mist between the mountain ranges, cloudy skies, and other natural beauty.

Begin by painting a traditional Asian landscape scene, then move towards painting a California landscape using the same techniques. Lots of demonstrations and lots of fun!

No experience necessary. All skill levels welcome. Bring a lunch and beverage.

Please see Class Resources web page for required materials.

Sat., August 11
10:00 am - 4:00 pm
Room: Horticulture 5010
Register before May 31: $82
Register after May 31: $90
plus a $12 material fee payable to the instructor in class

Carolyn Fitz has been sharing her passion for ink painting for over 25 years. She has traveled to Japan and China on art study tours and has been an artist in residence at Yosemite National Park for the last 14 years.

Handmade Paper Craft: Journals, Stationery and Paper Art

Layered in the fibers of handmade paper are color, texture and personality. You may find ribbon, thread, seeds, flower petals or fortunes from fortune cookies. The possibilities are almost endless! This class is designed to take handmade paper to the next level and transform each unique piece into beautiful, textured art and elegant, functional crafts.

You will bind a personalized journal by hand, create a small set of stationery, explore introductory printmaking techniques for stamps to be used with your stationery, and create an art piece ready for framing—all using colorful, textured handmade paper.

Each student should bring 10 individual sheets of handmade paper, roughly 8.5 X 11 inches, either purchased or handmade by the student. Please wear comfortable clothes, an apron, and bring snacks, lunch, and water. You are also welcome to bring any materials to utilize in your stationery or in the creation of an artpiece.

This is a great follow-up class for those who have taken Handmade Paper Introduction, or if you want to learn how to make unique pieces utilizing handmade paper.

Sat., May 19, 6:30 - 9:00 pm AND Sun., May 20, 10:00 am - 4:00 pm
Room: VAPA 2005
Fee: $88
plus a $25 materials fee paid at registration

Register before May 31: $180
Register after May 31: $195

Decorative Paper Workshop

There are many techniques used to create decorated paper, four of the best known are paste, marbling, block printing, and Dutch gilt. As the name implies, paste paper is made using pigment pasted, which was originally made by medieval bookbinders coloring their bookbinding paste, and to produce unique book covers. Paste paper is still used today in a variety of ways, to embellish handcrafted books, in artist’s books, and in various other decorative uses.

Learn to apply paste in one or more colors to a sheet of paper with a brush or sponge, then manipulate with various tools, including stamps to create patterns and dimensionality with your paper! In this workshop, we will explore different methods of creating designs and produce a number of papers which can be works of art themselves, or may be used in other creative projects.

Sat. & Sun., June 30 & July 1
10:00 am - 4:00 pm
Room: VAPA 2008
Register before May 31: $200
Register after May 31: $215

Image Transfer Process for Mixed Media

These simple yet versatile image transfer techniques offer endless possibilities for creative expres- sion! Learn to transfer photographic images onto many types of non-traditional surfaces, such as patterned or unusual papers or boards, wood, stone, tile, metal, Plexiglas, and all kinds of objects. When you combine images with such non-photographic surfaces or objects, you create a relationship between them, opening up the potential for rich visual metaphors. Images and text can also be layered over each other for more complex effects.

Loads of inspiration and ideas will be presented through the work of a number of artists who apply wildly varied approaches to transferring images.

No experience is necessary—all are welcome to explore the fun of image transfers, no matter what media you normally work in!

Sat. & Sun., August 4 & 5
11:00 am - 5:00 pm
Room: VAPA 2008
Register before May 31: $195
Register after May 31: $210
plus a $35 materials fee paid at registration

Beverly Rayner, MFA, is an Art Studio and Art Photography faculty member at Cabrillo. Her photographic practice spans from antique to digital to mixed media approaches. Her artwork combines photographic media with materials and objects to create sculptural artworks laden with meaning.
**Found Object Necklace**

Do you have small items that evoke a memory? Do you have buttons, beads or found objects that you like the texture, color, or shape of? Do you have sentimental objects you want to use to make a gift for someone special? This workshop will show you how to create a finished piece of jewelry that is beautiful, well designed, truly unique, and has meaning.

We'll review how to lay out items to balance texture, color, and weight, and how to join colors, textures, and materials in a complementary way. Learn to use jump rings, chain, eye-pins, mini nuts and bolts, and wire to connect various found or re-utilized objects. We'll explore how to combine wood, plastic, beads, buttons, keys, old watch parts, and other unconventional materials to create a visually stimulating and wearable necklace.

Bring all your little bits and pieces of treasures and we will see what we can incorporate to make a personalized, narrative necklace. All students will complete a necklace that tells a story, and which is one of a kind!

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<tbody>
<tr>
<td>2 Sat., July 14 &amp; 21</td>
<td>1:00 - 4:00 pm</td>
<td>VAPA 3004</td>
<td>Register before May 31: $78</td>
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<td>Register after May 31: $85</td>
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<td>Register 2 or more: $72</td>
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<td>plus a $30 materials fee paid at registration</td>
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<tr>
<td>Shelon Bennett is a Santa Cruz Native, has a BA in Fine Arts, and a welding certificate from Humbolt State. She has been a small metal and jewelry artist for 20 years, and is inspired by organic forms in nature and the geometry of architecture.</td>
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**Cold Connections for Jewelry**

No soldering required! In this class, you'll explore several different options and techniques for "cold-connecting" jewelry. Learn to attach metal, wood, plastics, and other materials using rivets, stitching with wire, and nuts and bolts to enhance your designs. Create pieces with elevated areas, moving parts or multi-layered work—all without the use of a torch. We'll review and practice drilling, measuring to ensure proper fit, cutting wire, and other cold connection techniques. These techniques open possibilities for using mixed materials, found objects, and many other design options.

Perfect for absolute beginners, or those with experience. Each student will complete 2 projects—one pair of earrings, and one necklace.

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<tr>
<td>4 Sat., June 9 – 30</td>
<td>1:00 - 4:00 pm</td>
<td>VAPA 3004</td>
<td>Register before May 31: $98</td>
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<td>Register after May 31: $110</td>
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<td>plus a $40 materials fee paid at registration</td>
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Shelon Bennett - see bio

**The Delicate Art of Filigree**

Filigree jewelry is an ancient craft traditionally practiced in Asia and the Middle East. It is characterized by its delicate construction of twisted, hand bent wires soldered together in a designed framework. In this workshop students learn how to make silver filigree jewelry from master filigree artist, Pablo Cubangbang. Each student completes a pendant and pair of earrings.

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<tr>
<td>Mon.-Fri., July 23-27</td>
<td>5:00 - 9:00 pm</td>
<td>VAPA 3001</td>
<td>Register before May 31: $195</td>
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<td>plus a $40 materials fee paid at registration</td>
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<td>Pablo Cubangbang was mentored by Dawn Nakamishi and has received multiple Visual Arts Scholarships for his jewelry and watercolor pieces. Pablo is a member of the Monterey Bay Metal Arts Guild and is the president of the Cabrillo Seahawk Metals Club</td>
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**Jewelry Magic 1: Ring, Stone & Earring**

Learn basic jewelry fabrication skills and complete a simple band ring, set a simple cabochon (non-faceted) stone, and create a pair of earrings pierced out of a sheet of sterling silver. Soldering with a gas torch, filing, polishing, tool skills, and studio safety practices will be covered.

Please see Class Resources web page for details about required materials and supplies.

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<tr>
<td>Mon.-Thu., June 18-21</td>
<td>6:00 - 9:00 pm</td>
<td>VAPA 3001</td>
<td>Register before May 31: $128</td>
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<td>Register after May 31: $142</td>
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<td>Pablo Cubangbang - see bio</td>
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**Jewelry Magic 2: Stone Setting**

This is a continuation of the jewelry fabrication skills covered in Jewelry Magic 1. Students will complete a pendant with a cabochon setting and add a tube setting with a small faceted stone, and create a simple prong for a found object. Soldering with a gas torch, filing, polishing, tool skills, and studio safety practices are covered.

Please see Class Resources web page for details about required materials and supplies.

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<td>Register after May 31: $142</td>
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<td>plus a $45 materials fee paid at registration</td>
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<td>Pablo Cubangbang - see bio</td>
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**Unexpected Materials**

Explore the juxtaposition of different materials, using wood and steel to create a purely ornamental garden tool. Students will create a ‘tool’ from a new perspective; one that questions the purpose of the tool by using unexpected materials in new and unique ways. Students will creatively experiment with metalworking, woodworking and finishing. Each student will complete one creative “tool-art” piece.

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<tr>
<td>Sat. &amp; Sun., July 7 &amp; 8</td>
<td>10:00 am - 4:00 pm</td>
<td>VAPA 3003</td>
<td>Register before May 31: $180</td>
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<td>Register after May 31: $195</td>
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<td>plus $25 materials fee paid at registration</td>
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Scott Lindberg and Christie Thomas have experience in design and construction, ceramics, wood, glass, and fibers. They have a special affinity both for design, and adding artistry to functionality. To learn more about their work, visit lmnoarts.com

**Silver Metal Clay Jewelry Intro**

Silver metal clay is like magic! It starts in clay form and then fires to pure fine silver. Create two personalized projects while learning the essentials of working with metal clay. Learn to shape and texture with simple tools to make solid silver jewelry without solder, saws or toxic chemicals. Then learn to fire and finish your beautiful creations.

Register Early! This workshop is limited to just 10 participants.

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<tr>
<td>Sat., June 2</td>
<td>12:00 noon - 6:00 pm</td>
<td>Creator Haven - 41-B Hangar Way, Watsonville</td>
<td>Register before May 31: $95</td>
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<td>plus a $60 materials fee paid at registration</td>
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<td>Pat Evans - see bio</td>
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**Sterling Silver Metal Clay Rings**

Silver metal clay is like magic! Learn to work with the metal clay, including proper forming, firing, finishing techniques, and design considerations. Learn use of tools such as ring sizers, ring mandrels, and metal clay specialty tools, as well as techniques for repairing breaks both before and after firing. We’ll use Sterling Silver metal clay (.999 pure silver) to make one or more, strong, beautiful rings just right for you, or as a gift to someone you love. Beginners welcome! Rings will be available for pickup one week after class.

Register Early! This workshop is limited to just 10 participants.

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<td>plus a $60 materials fee paid at registration</td>
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<tr>
<td>Pat Evans reaches metal clay, fused glass, and traditional metal jewelry-making nationwide and at her studio, Creator Haven, in Watsonville. She has a passion and talent for bringing out the creativity in every student. Pat is a Senior Art Clay Certifying Instructor and is president of the Monterey Bay Metal Arts Guild.</td>
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Leatherwork: Handcrafted Leather Tote
Do you know exactly what kind of leather bag you want, but just can’t find it anywhere? Have you ever wanted to make a leather bag, but were afraid to try? This class is your answer! In this 2-day leatherwork class you will design, construct, and finish, totally by hand, your bag made from soft, supple leather.

No machines necessary! Learn the skills of leather dyeing using water-based dyes, as well as leatherwork cutting and construction.

Students are encouraged to bring their own simple designs of bags no larger than 12” x 12”, or use the 8” x 11” design templates of totes provided in class. This class is a stand-alone workshop as well as a natural progression from the Image Transfer on Leather Workshop.

Students will go home with their custom designed and handmade leather tote perfect for daily use, and the ability to make other leather projects at home. A resource list of where to find leather, tools and equipment will also be provided. No prior leatherwork experience necessary, but some sewing, making or crafting experience is helpful.

Please be sure to wear comfortable clothing and closed-toe shoes.

Sat. & Sun., June 9 & 10
9:00 am - 1:00 pm
Room: 1520
Register before May 31: $142
Register after May 31: $150
plus a $50 materials fee paid at registration

Terry McInerney, MSW is the artist/owner of Nuala, a local leather accessory business. She has been designing and selling leather goods for over seven years in Santa Cruz, and has been working in a school environment for 6 years. She loves to share the unique craft of leatherwork with others.

Leather Sandal Making Workshop
Making your own leather sandals is much easier than you think! In this one-day workshop you will design, fit and construct your sandals using soft, supple leather, and choose from a variety of colors including red, black and brown. Design templates will be provided and your own ideas are welcome! Learn the basics of sandal making, get information about supply and material sources, and develop skills to make more at home. You will leave class with a completed pair of leather sandals custom-fit to your feet, made with your own hands!

No prior leatherwork experience necessary, but some sewing, making or crafting experience is helpful.

Sat., July 14
9:00 am - 4:00 pm
Room: 1520
Register before May 31: $142
Register after May 31: $150
Register 2 or more: $135 each plus a $40 materials fee paid at registration

Terry McInerney - see bio

Forging and Toolmaking
Experience the exciting craft of steel forging and toolmaking through demonstration and hands-on exercises in this weekend workshop. After instruction on the properties and characteristics of different metals, students work a forge and learn how to manipulate hot steel.

Demonstrations of various hammer types and the applications of different anvils are given. Building and operation of both gas and coke-fired forges are discussed. Students are encouraged to develop their own direction and interests in forging and toolmaking as an art form.

This class is limited to 4 students—enroll early! Class will be held at the instructor’s forging studio. Please see Extension’s Class Resources web page for a map to the class location. Please note that this class requires that students complete a liability waiver before class begins.

Sat. & Sun., July 14 & 15
9:00 am - 5:30 pm
Location: Santa Cruz Studio
Register before May 31: $395
Register after May 31: $425
plus a $20 materials fee payable to instructor

Vern Caron, MA, has taught forging and toolmaking at Cabrillo College and UC Extension for more than 20 years.

Woodworking for Women
In this introductory class organized just for women, students will make two projects: a hardwood cheese board and a pine tool tray. Learn the foundations of working wood by hand and with machines, and skills to build useful objects in wood, all in a supportive, inclusive environment. We cover the foundations of working wood, including hand carving, laminating, hand and machine joinery, jig making and nontoxic finishing. We’ll discuss the historic and current role of women in woodworking, and prepare you to advance your woodworking skills.

Register Early! This class is limited to 12 participants.

Please wear long pants and closed toe shoes for work in the shop—safety first!

2 Tue. & 2 Thu., July 10, 12, 17 & 19
6:00 – 9:00 pm
Room: VAPA 3004
Register before May 31: $180
Register after May 31: $195
Register 2 or more: $172 each plus a $45 materials fee paid at registration

Sasha Petrenko’s workshops and projects have been featured widely at national and international venues. She is an adjunct lecturer at Sonoma State and San Francisco State Universities and runs a woodworking business in Santa Cruz.

Introduction to Basketry
Basketry is one of our oldest art forms. Baskets serve as functional vessels, sculptural objects and a vehicle for cultural and social exchange. Join artist and educator Sasha Petrenko and learn the techniques of coiling, twining and weaving as you make 3 baskets in 4 sessions. Explore organic forms and the work of contemporary artists who combine art, architecture, science and tradition in their craft as you make your own baskets that will become woven into your daily life. Strategies for incorporating natural, wild crafted, and recycled materials into your weaving, and other resources for continuing projects, will also be shared.

Register Early! This class is limited to 12 participants.

2 Mon. & 2 Wed., June 18, 20, 25 & 27
6:00 - 9:00 pm
Room: VAPA 3004
Register before May 31: $110
Register after May 31: $100
plus a $30 materials fee paid at registration

Sasha Petrenko - see bio

Woodwork and Power Tool Primer
Join us in a relaxed (albeit noisy) atmosphere as we demystify the stationary woodworking power tools and prepare students to work safely in our woodworking shop. Students will be led through the safe usage of machines most commonly used for woodworking.

Unless you have previously completed a Cabrillo Art Studio class in the wood shop, this class is REQUIRED for anyone registering for Woodworking Open Lab. Basic safety testing at the end of class will determine which tools you may utilize as part of the Woodworking Open Lab.

The class size is limited so register early!

Tue., July 31
6:00 - 8:00 pm
Room: VAPA 3003
Register before May 31: $58
Register after May 31: $65
plus a $15 materials fee payable at registration

Woodworking Open Lab
Join a creative group of wood workers in Cabrillo’s state-of-the-art woodworking studio. You’ll have access to hand tools and stationary power tools to work on designing and completing new projects, finishing existing projects, and developing or honing skills.

Projects should be limited in size and scope relative to the size of the shop, number of shared tools, and time available. All projects must be approved by instructor. There is no storage available, so materials and projects must be taken home at the end of each class. This class is not appropriate for mass production or milling materials, as tools and shop space are shared.

Prerequisite: students in this class must have taken the “Power Tool Primer” (described at left) and demonstrate, through testing, competency in safe practice of tools in the shop, or have completed a Cabrillo Art Studio class in the wood shop.

Class size is limited so register early!

2 Wed.-Fri., August 1, 2, 3 & 8, 9, 10
3:00 - 9:00 pm
Room: VAPA 3003
Register before May 31: $180
Register after May 31: $195
plus a $25 materials fee paid at registration

Patrick Stafford is an adjunct instructor at Cabrillo College. He currently teaches courses in furniture design.
Wood Carving: Hand Tools and Techniques

Come learn the fundamentals of wood carving from a master artisan luthier and craftsman! In this 2-day workshop Ron offers instruction and demonstrations on various types of carving tools, carving styles, the best woods and materials for carving, finishing, and safety. After instruction and demonstrations on the properties and characteristics of different woods, students craft small projects using hand chisels and gouges to practice what they have learned. Completed small projects can be taken home.

Cabrillo's wood shop has a wide selection of hand tools including gouges and chisels with which to experiment. Students may also bring in their own tools and learn how to sharpen them.

Practice woods are included.

Register Early! This workshop is limited to just 8 participants.

Sat. & Sun., June 23 & 24
10:00 am - 4:00 pm
Room: VAPA 3003

Register before May 31: $180
Register after May 31: $195
Register 2 or more: $172 each

Marquetry Workshop

In this hands-on workshop learn the ancient art of marquetry, and how to create elegant, detailed imagery by cutting and fitting thin pieces of wood together. Once your designs are complete, learn how to veneer your finished piece to a solid core, which can be used in making furniture or decorative panels. Learn from a master of this technique how to create details and incredible depth and form using different species of wood, utilizing only their natural colors.

Register Early! This workshop is limited to just 8 participants.

Sat. & Sun., July 14 & 15
10:00 am - 4:00 pm
Room: VAPA 3003

Register before May 31: $180
Register after May 31: $195
plus a $55 materials fee paid at registration

Exploring Curved Work in Furniture Making

Join Mickey Singer in his beautiful mountain studio for a weekend of exploring the weird and wonderful ways that abound for clamping and making curved furniture parts. Learn methods for producing curved forms in wood furniture construction, and tricks for constructing bending forms and pattern-match templates. Both solid wood and lamination techniques will be discussed. Please wear long pants and closed toe shoes for work in the studio space—safety first!

Sat. & Sun., July 21 & 22
10:00 am - 4:00 pm
Studio - 1170 El Solyo Heights Drive, Felton

Register before May 31: $180
Register after May 31: $195
plus a $25 materials fee paid at registration

Laser-Cut Solar Garden Lanterns

Design and build a small pagoda lantern for your garden, powered by solar energy, with custom designed panels! Make your lantern with butterfly panels, flowers, or abstract patterns. Several templates for design options will be available, or design and cut your own unique patterns and images to use for your lantern. Students create their lantern frame and roof, customize removable panels, and install a solar light in their lantern. Students work with traditional woodworking tools and state-of-the-art digital fabrication equipment. Learn and practice basic woodworking skills, see how to use the laser engraver, and finally, learn how to install small solar lighting fixtures. Combine traditional making with advanced technology, and go home with a beautiful garden lantern!

No previous knowledge of this technology is required.

Sat. & Sun., August 18 & 19
11:00 am - 5:00 pm
Room: 1302

Register before May 31: $138
Register after May 31: $145
Register 2 or more: $125 each
plus a $45 materials fee paid at registration

Inka Petersen is a cabinet maker and boatbuilder with more than 25 years experience. Her work is viewable on Instagram “@i.p.wood”.

Laser Engraved Wood Magnets

Just in time for Father’s Day, or a gift for anyone you love. Laser engrave any image—a picture of yourself, your Dad, or an image of a dragonfly or sacred geometry. Students create one 5” x 7” image, assemble their frame, then choose a finish of your choice. Images are engraved in wood using the laser engraver, frame pieces are pre-cut ready for you to assemble and sand.

Students ages 12 to 18 are welcome, if they register with an adult!

Sat., June 9
2:00 - 6:00 pm
Room: 1302

Register before May 31: $48
Register after May 31: $55
Register 2 or more: $45 each
plus $45 materials fee paid at registration

Laser Engraved Framed Image

Just in time for Father’s Day, or a gift for anyone you love. Laser engrave any image—a picture of yourself, your Dad, or an image of a dragonfly or sacred geometry. Students create one 5” x 7” image, assemble their frame, then choose a finish of your choice. Images are engraved in wood using the laser engraver, frame pieces are pre-cut ready for you to assemble and sand.

Students ages 12 to 18 are welcome, if they register with an adult!

Sat., June 9
2:00 - 6:00 pm
Room: 1302

Register before May 31: $48
Register after May 31: $55
Register 2 or more: $45 each
plus $45 materials fee paid at registration

Introduction to Spoon Carving

To make your perfect wooden spoon (or spoons) you may want to explore two distinct paths to the same end. First—the traditional method of making wooden spoons by working with hatchet and knives. Second—a more contemporary approach using power tools and sandpaper, along with carving knives. We’ll view examples, discuss design and function, and address work safety. Sharpening techniques will also be discussed.

Students will complete at least one spoon out of softwood, and one spoon out of hardwood, and gain the skills to create more at home!

Sat. & Sun., August 11 & 12
10:00 am - 4:00 pm
Room: VAPA 3003

Register before May 31: $180
Register after May 31: $195
Register 2 or more: $172 each
plus a $35 materials fee paid at registration

Inka Petersen is a cabinet maker and boatbuilder with more than 25 years experience. Her work is viewable on Instagram “@i.p.wood”.

Getting a Handle on Using your Handplane

Whether you’re a beginning woodworker, or a seasoned pro, a plane with a sharp blade can do many tasks better than any other power or hand tool you own. Learn more about the care and use of the handplane, and discuss questions like “East or West, push or pull?” We will discuss the advantages of both styles, and help you better understand the basics of sharpening, storage, how to set up, adjust, and use your plane to produce micro shavings and a lustrous finish.

Whether you want to purchase a new one, or refurbish an old one, this workshop will help with problem solving, and how to avoid the most common pitfalls. We’ll also discuss how to give your plane a “tune-up”!

Sat. & Sun., June 16 & 17
1:00 pm - 4:00 pm
Room: VAPA 3003

Register before May 31: $95
Register after May 31: $115

Om Anand is a graduate of the College of Redwoods Krenov School of Fine Furniture, and is a member of Santa Cruz Woodworkers. His work has been exhibited at the Museum of Art & History and the Blitzer Gallery.

Exploring Curved Work in Furniture Making

Join Mickey Singer in his beautiful mountain studio for a weekend of exploring the weird and wonderful ways that abound for clamping and making curved furniture parts. Learn methods for producing curved forms in wood furniture construction, and tricks for constructing bending forms and pattern-match templates. Both solid wood and lamination techniques will be discussed. Please wear long pants and closed toe shoes for work in the studio space—safety first!

Sat. & Sun., July 21 & 22
10:00 am - 4:00 pm
Studio - 1170 El Solyo Heights Drive, Felton

Register before May 31: $180
Register after May 31: $195
plus a $25 materials fee paid at registration

Michael Singer is a member of The Baulines Craft Guild, American Crafts Council and the Furniture Society, and a founding member of Santa Cruz Woodworkers.
THE ARTIST’S DOORSTEP:
UP CLOSE & PERSONAL WITH
14 LOCAL ARTISTS
Santa Cruz County has the fifth largest population of artists per capita in the United States! With so many world class, professional artists all around us, and our beautiful spring weekends, this experience is designed to let you see behind the scenes. Instead of looking from the outside in, you’ll be able to look deeper into each artist’s process.

Unlike a typical gallery show or studio tour, each artist has designed individualized demonstrations and experiences. You will get to know them up close and personal through specialized demonstrations of their mediums and techniques. Experience total immersion with each artist and their work in small, intimate groups of no more than 12, with time to ask questions, observe and interact with the artist.

As a bonus, you’ll also be getting a sneak peek of the artists who will present workshops and intensives with our Summer Cabrillo Arts program.

SUNDAY, APRIL 29th
Choose artists from the list below, then select a morning or afternoon session.
Space is limited so register early!
10:00 - 11:30 am OR 1:00 - 2:30 pm
Fee: $20 each
Decorative Paper Techniques: Paste Paper with Frank Trueba
Take a journey in the Age Old technique of creating Paste Paper, a method of manipulating paste and pigment on a surface to generate patterns and dimension.
Studio 107, 1060 River Street, Santa Cruz
Ornamental Art in the Garden with LMNO Arts
Visit Scott and Christie in their studio and wondrous garden, explore their workspace, and see how they juxtapose different materials. They will demonstrate how they use wood, steel, and various other materials to create Ornamental Garden Art.
676 Pleasant Valley Ridge, Aptsos
Coopering Demystified with Om Anand
A Cooper is another name for a barrel maker. Coopering is used to create curves in wood. Local craftsman Om Anand will take you through the steps needed to attain a curved element that could be used for a cabinet door, a boat, or a treasure chest lid.
3731 Paul Sweet Road, Santa Cruz
En Plein Aire Painting with Joao de Brito
Visit Joao’s studio where he creates his vibrant landscapes. He will give you a tour and demonstrations of his painting style and passion for life.
804 Estates Dr., Suite #200, Aptsos
Metalwork & Glasswork at Creator Haven with Pat Evans & Penny Waller
This wonderful learning space in South County hosts two accomplished artists who will demonstrate their work and methods. Enjoy a tour of a fully equipped studio for the artist in need of a place to create!
41-B Hangar Way, Watsonville

NEW!

SUNDAY, MAY 20th
Choose artists from the list below, then select a morning or afternoon session.
Space is limited so register early!
10:00 - 11:30 am OR 1:00 - 2:30 pm
Fee: $20 each
The Art of Marquetry with Matthew Werner
Marquetry technique was developed to great depth during the European Renaissance. Matthew is a master of this technique and his imagery produces incredible depth using different species of wood and their natural colors. Come visit Matt in his studio and see how and where he does it.
3016 Glen Canyon Road, Scotts Valley
Metalworking in the Woodshop with Roger Heitzman
Roger is not only a master woodworker, but also an accomplished machinist. In his studio you will see how he has adapted and created the machines he uses to generate his incredible designs.
5026 Scotts Valley Dr., Scotts Valley
Sculpture for the Garden with Linda Beathum
Linda’s inspiring garden studio is where she makes carvings that have an ancient stone-like quality. Using this technique, one can create one’s own artifact with personal meaning.
3175 Scriver St., Santa Cruz
The Making of a Small Table with Ron Day
Ron Day, an accomplished furniture maker and designer, will explain the ins and outs of creating a small end table, leading you through wood choices, joinery choices, and choosing a finish. His studio is an inspiration, resplendent with a variety of his creations.
1801 17th Ave., Santa Cruz
Jigs and Bends with Michael Singer
Michael guides you through his process for generating curved elements in his furniture designs using bending jigs and clamping methods. A must for anyone who wants to introduce curves into their work, or is curious about how it is done.
1170 El Solyo Heights Dr., Felton

NEW!

SUNDAY, JUNE 10th
Choose artists from the list below, then select a morning or afternoon session.
Space is limited so register early!
10:00 - 11:30 am OR 1:00 - 2:30 pm
Fee: $20 each
Fine Wood Carving with Ron Cook
Come visit Ron in his natural environment as he gives you a tour of the studio onsite gallery.
147 Sacramento Ave., Santa Cruz
Printmaking: Upcycling & Repurposing with Jane Gregorius
Visit Jane at the Printmakers at the Tannery (PATT) studio where she will demonstrate methods of upcycling and repurposing her work to put new interest in her imagery.
Studio 107, 1060 River Street, Santa Cruz
Drypoint, Monotype and Polyester Lithography with Stacy Frank
Stacy will demonstrate a variety of non-toxic printmaking techniques in her studio using materials such as plexiglass, polyester lithography, cardboard, stencil paper and linseed oil-based inks.
1619 King St., Santa Cruz
Art on the Move: Kinetic Sculpture with Moto Ohtake
Moto Ohtake’s sculptures move with changing weather patterns, using loops that move in continuous gyroscopic circular motions. He will be demonstrating how he designs and constructs his mesmerizing kinetic sculptures.
980 17th Ave, Building #4, Santa Cruz
Learn to Sew Basics

If you’ve always wanted to learn to sew but didn’t know where to start, this weekend workshop will take you through all the sewing basics of how to use a sewing machine, proper pinning and use of tools, as well as how to lay out a basic pattern. We will be making three simple projects: an herbal heating bag, an infinity scarf and a tote bag. All three projects are perfect for the newbie sewist, as well as creative gifts.

Please visit the Class Resources web page for important information, including specific fabric and materials list.

Sat. & Sun., June 2 & 3
10:00 am - 4:00 pm
Room: 1520
Register before May 31: $148
Register after May 31: $160
Register 2 or more: $145 each
plus $15 materials fee at registration
Kiki Barrett - see bio

Creative Textiles: Deconstruction, Reconstruction and Re-use

Mending, reusing and repurposing textiles exists in many cultures but each possesses a unique aesthetic. In this workshop we will look at Japanese boro textiles, Indian kantha cloth, Chinese ge ba quilts, Australian waggga quilts, and the quilts of Gee's Bend for inspiration.

Learn various mending and stitching techniques and apply them to your own textile pieces that will contain your own personal history and narrative. Experiment with surface design techniques that include block printing, stenciling and image transferring. You will be encouraged to bring a garment to deconstruct, fabric that is meaningful to you, ephemera, other mixed media items, and low relief found objects to incorporate into your pieces. The class will look at contemporary artists working within this aesthetic for additional inspiration. There will be digital images projected, actual samples to look at, demonstrations, and exercises.

Register Early! Class limited to only 15 students.

Sat. & Sun., July 28 & 29
10:00 am - 4:00 pm
Room: VAPA 2008
Register before June 29: $195
Register after June 29: $210
plus $40 materials fee at registration
Jody Alexander is an artist, bookbinder, librarian and teacher. She is the 2015 recipient of the Rydell Visual Arts Fellowship and has taught book arts at UC Santa Cruz and the Center for the Book in San Francisco and New York City.

Custom Fabric Printing

Have you ever wanted to create your own fabric, design your own print, or hand cut stencils and stamps for applying to fabric? In this weekend workshop students will design original motifs that become printed patterns on your own cotton yardage, or use existing stencils to start practicing the technique. Either way you can create your own custom hand-printed fabric, and mix your own colors! Students will hand cut stencils and stamps to use with textile ink and thickened dye. Learn about color harmonies and making dye mixtures on your own.

This is a great class to take before the Learn to Sew workshop, or to make fabric to use for your own projects. All levels welcome.

Please go to our Class Resources web page for important information about this class, including materials list.

Sat. & Sun., May 4, 5 & 6
11:00 am - 4:00 pm
Room: 1520
Fee: $225
plus $40 materials fee at registration
Victoria May is an exhibiting artist who uses a wide variety of techniques and materials in her work. She has been an instructor at Cabrillo College since 2003. She has also taught workshops at Penland and the San Jose ICA.

Pattern Making: Create a Custom Fitted Skirt

Create the right skirt, with the right fit, from the right fabric! In this 3-day workshop you will learn some of the basics of pattern making by creating a skirt sloper and custom fit skirt from your own measurements! A sloper is a basic pattern without seam allowances or ease, and made specifically to fit your body. In this class students create their own sloper, then use that to create a skirt pattern, then a muslin skirt, and finally a skirt made from the fabric of their choosing. Skills covered include: testing fit, basic construction, attaching a waistband and zipper installation.

Students need to bring 2-3 yards of woven fabric, thread and other important supplies.

Please see the Class Resources web page for the Class Letter, which includes a list of materials and tools that are provided in class, and those that must be supplied by students. Please note there are some limitations regarding certain patterns and types of fabrics, which are detailed in the Class Letter.

Fri., Sat. & Sun., May 4, 5 & 6
11:00 am - 4:00 pm
Room: 1520
Fee: $225
plus $40 materials fee at registration

Pattern Making from an Existing Garment

Have you ever thought, “I love this so much, I wish I had another just like it?” Whether it’s a favorite shirt that has become threadbare, a favorite skirt you wish you had in another color, or want to learn how to create a pattern from an existing garment, this workshop is for you. Learn and practice the basics of pattern making, and the tools and tricks for replicating garments.

Some limitations may apply, based on original garment, fabric and time. Students need to bring 3 options for potential garments they want to recreate to the first class. The instructor will work with each student to choose the best option.

Please see the Class Resources web page for a list of materials and tools that are provided in class.

Sat. & Sun., Aug. 11 & 12
11:00 am - 4:00 pm
Room: 1520
Register before May 31: $148
Register after May 31: $160
plus $40 materials fee at registration

Kimono Workshop

In this one-day workshop you will create a simple, elegant kimono from the fabric of your choosing. The design for this kimono will show off the fabric you choose, and will be designed to fit your measurements. This is a great workshop for anyone who has 2 yards of beautiful fabric they have been hoping to use, or if you just want to create a beautiful kimono designed and sewn by you!

Required: Please bring 2 yards of fabric that is suitable for this type of pattern, and your own fabric scissors. Our classroom is a great space to create and sew, with Bernina sewing machines, large cutting tables, ironing boards and irons, as well as some basic sewing supplies.

Please see our Class Resources web page for other important details about materials and supplies required for this workshop.

Sat., May 19
10:00 am - 4:00 pm
Room: 1520
Fee: $110

Kiki Barrett is a local designer and sewing instructor with a passion for helping others get past the fear and frustration of sewing with a sewing machine. She has shown ready-to-wear collections locally since 2013 and looks forward to helping others continue to grow as a designer and/or seamstress.
**Pit Fired Ceramic Sculpture Using Pueblo Indian Pit Fire Techniques**

Have you ever dreamed of rivaling Rodin? This is your chance! Over the course of this workshop, you will learn to build molds to form clay into life-size models of yourself, a loved one, or a model provided by the instructor.

We will begin in Cabrillo’s 3D art studios working with plaster, then over the next 3 class meetings, we will work in the ceramics studio to create and perfect your sculptures for the first bisque firing at Cabrillo. On the final day students will gather at the artist’s private studio for the final step, involving the pit fire coloration of their work, using traditional Pueblo Indian pit fire techniques.

You will leave with a newfound understanding and appreciation for a traditional firing method, an unforgettable experience, and a gorgeous sculpture with personal significance.

Register Early! This workshop is limited to just 6 participants.

- 5 Sat., June 2-30
- 12:00 noon - 4:00 pm
- Room: VAPA 3004 & Offsite
- Register before May 31: $320
- Register after May 31: $345
- plus $50 materials fee paid at registration

**Richard Smith** began casting human form after working in healthcare for years as a nurse, then taking ceramics classes at Cabrillo. For the past 20 years he has been creating pit fired sculpture inspired by the human form.

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**Expressive Animal Sculpture in Clay**

Are you fascinated by animals? Love to observe the details of their features, shapes, and textures? In this workshop, you have the opportunity to draw upon your observations to build expressive clay sculpture. Specific hand building and wheel thrown construction techniques will be presented, but you will be free to create your sculpture with a combination of clay forming techniques.

Students already skilled in basic clay working techniques will be able to work larger and faster, but all levels of experience are welcome. The first meeting will focus on planning your animal sculpture and getting your project underway. The next two class meetings will be devoted to forming your sculpture, accompanied by feedback, sculpting tips, and on-the-spot demonstrations. The final class will focus on integrating color and finishing details.

There will be one firing and one date set for retrieving your fired sculptures. Start gathering imagery of your favorite animal to bring to our first meeting!

Register early! This workshop is limited to 12 participants.

- Mon.-Thu., July 23-26
- 10:00 am - 4:00 pm
- Room: Horticulture 5110
- Register before May 31: $30
- Register after May 31: $35 materials fee paid at registration

**Cynthia Siegel**, MFA, is an award-winning ceramic sculptor who focuses her work on the expressive possibilities of the figure. She exhibits her work internationally and currently teaches at Cabrillo and Foothill College.

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**Glass Garden Mosaic Stone**

Learn how to use various glass cutting tools, stained glass, and glass rods to create a personal mosaic-style design of your choice on a 12-inch stepping stone. All materials are supplied except the stone. On day one we will design, cut, and glue the glass and on day two we’ll grout our projects.

If you have your own tools you are welcome to bring them. Please make sure to have your name on them. Materials fee of $55 includes use of tools, troughs, glue, all glass, grout and sealer. Students will provide one 12-inch concrete stepping stone of any color, round, square or hexagon. These are easily available from Orchard Supply and only run a few dollars.

2 Wed., June 6 & 13
6:00 - 8:30 pm (June 6)
6:00 - 7:30 pm (June 13)
Room: Horticulture 5110
Register before May 31: $64
Register after May 31: $75
plus a $55 materials fee payable to instructor in class

**Jackie Marr**, BA, has been a stained glass artist for over 20 years and is owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.

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**Mosaic Basics**

The brilliant colors, dimensional texture and playful quality of mosaic is like no other medium. If you’ve ever wondered where to start, or what tools and materials you should use for your projects, this informative and creative weekend is the answer.

Students will produce one 12” x 12” self mosaic ready for framing, while learning about different tools, techniques and materials. Jenni will discuss and demonstrate how to use a variety of cutting tools, different types of glass, tile, and other mosaic material, what types of surfaces are best for which types of use, how to select and use different adhesives, and how to successfully complete a project with grouting and sealing.

This is a great workshop for beginners, or as preparation for larger, more complex projects you may be planning. Skills and knowledge that students take away from this class may be used for mosaic sculpture, stepping stones, pique assiette, and many other projects.

All tools and materials will be provided in class. All you need to bring is your imagination!

No experience necessary! Class size is limited to 15 so register early!

- Sat. & Sun., July 21 & 22
- 10:00 am - 4:00 pm
- Room: Horticulture 5110
- Register before May 31: $180
- Register after May 31: $195
- Register 2 or more: $175 each
- plus a $35 materials fee paid at registration

**Jennifer Iams-McGuire** is an award-winning mosaic artist. She teaches at Sierra College, the Crocker Museum and from her home studio.
Introduction to Fusing Glass

Fusing refers to the process of cutting, stacking, layering glass and melting it at high temperatures to create patterns or images. Fused glass is popular for jewelry and wall art as well as functional pieces like bowls and plates. In this workshop you will learn principles and terminology of fusing, an overview of kilns, different COE’s of glass, cutting skills, tools and frit will also be covered.

In the first week you will make 6 small projects suitable for pendants or magnets. These will be fired and returned to you in the second class. You will then have materials available and time to do a larger project, such as tiles, wall hangings or a plate.

All materials are provided for both weeks. Materials for second projects are limited to 3-inch tiles, two 6-inch squares or one 10-inch piece. We will have a selection of molds which you can choose to use for an additional firing into bowls or plates. Tools will be available to share, however you should bring your own glass cutting tools if you have them to avoid any waiting.

2 Wed., June 20 & 27
6:00 – 9:00 pm
Room: Horticulture 5110
Register before May 31: $95
Register after May 31: $110
plus a $75 materials fee paid in class
Jackie Marr, BA, has been a stained glass artist for over 20 years and is owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.

Fused Glass Garden Art

Play with colorful glass and learn about glass fusing—the magical interaction of glass and heat. Make whimsical glass-art for your yard or garden, such as flowers, birds, and other easy projects that are perfect for this one-day workshop. Learn to cut, layer and design art glass, and how the glass reacts in the kiln to create design elements. We’ll use embellishments and inclusions, and cover safety practices as well. Students may add hardware after firing to transform their art glass pieces that can be displayed outdoors.

Class size is limited to 10 students so register early!
Thu., August 2
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before May 31: $58
Register after May 31: $65
Register 2 or more: $50 each
plus a $25 materials fee payable at registration
Pat Evans - see bio

Fused Glass Heart Bowls

Create colorful, kiln-cast and slumped glass heart-shaped bowls as you play with colorful glass and learn about glass fusing—the magical interaction of glass and heat. In class, we’ll learn to prepare molds, cut glass, and fill a casting mold to design your unique heart shape. We will cut a heart shape, refine by grinding, and learn how to create a “blank” for slumping with art glass, dichroic glass or glass frit, and cover safety practices as well. You’ll have the opportunity to experiment with arranging the glass in the casting mold for luminous and fluid effects.

Bowls will be fired after class, for pickup a week later.
Register early! Class size is limited to 10 students.
Thu., August 9
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before May 31: $58
Register after May 31: $65
Register 2 or more: $50 each
plus a $25 materials fee payable at registration
Pat Evans teaches metal clay, fused glass, and traditional metal jewelry-making nationwide and at her studio, Creator Haven, in Watsonville. She has a passion and talent for bringing out the creativity in every student. Pat is a Senior Art Clay Certifying Instructor and is president of the Monterey Bay Metal Arts Guild.

Stained Glass in a Day

Come try your hand at stained glass while designing and creating your own piece! In this class, you will have all the tools, materials and expert instruction needed. Each student will choose a project, learn to cut glass, grind, foil, solder, and patina their custom designed piece. There will be dozens of colors and projects to choose from. Clear, sparkly bevels will be incorporated into each panel.

Instructor will help you choose a project that is approximately 8 x 10 inches that you could successfully complete in this one-day workshop.
Sat., July 14
10:00 am – 4:00 pm
Room: Horticulture 5110
Register before May 31: $118
Register after May 31: $125
Register 2 or more: $115 each
plus $55 materials fee paid in class
Jackie Marr - see bio

Stained Glass Art-Strip

Do you love the color and light of stained glass art, and want to give it a try, but don’t know where to start? Have you worked with glass before, and are looking for ideas for all those glass scraps? Whether you are a complete beginner with no experience, or have had some experience working with glass, this workshop offers all the steps for a unique project! Learn the basics of glass cutting, soldering, cutting lead, hand-tool use, materials, technique, and a few little twists, while making a gorgeous stained glass “art-strip” to hang or display! Your instructor will offer guidance and advice through each step, and before you know it, you’ll have a completed piece ready to hang!

From dozens of brilliant colors of 3-inch wide pre-cut pieces of stained and beveled glass, as well as glass embellishments, students select and cut several pieces to include in their one-of-a-kind design. Students will leave with a beautiful stained glass project completed, and will know basic techniques to do this at home with the purchase of a few simple tools and supplies!

Finished pieces will be about 21 inches long/tall. All tools and supplies are provided for this workshop—just bring your enthusiasm and imagination!

Wed., July 25
6:00 – 8:45 pm
Room: Horticulture 5110
Register before May 31: $68
Register after May 31: $72
Register 2 or more: $58 each
plus a $45 materials fee paid in class
Jackie Marr - see bio

Stained Glass Feathers

These stained glass feathers will brighten any window or wall, or catch the sunlight as they flutter in the wind or hang in your garden. You’ll choose from dozens of brilliant colors and patterns of art-glass, learn to cut the glass, then solder your elegant piece.

Feathers range from 5 to 9 inches in size. Students may make one or more, as time allows. No experience necessary!
Sat., August 4
1:00 – 4:00 pm
Room: Horticulture 5110
Register before May 31: $68
Register after May 31: $75
Register 2 or more: $58 each
plus a $40 materials fee paid in class
Jackie Marr - see bio

Fused Glass Projects Waves & Trees

Create two beautiful projects in this workshop with layers of rich, colorful fused glass. Learn the basic principles of glass fusing, easy tricks for cutting glass, and other techniques to create the illusion of movement, depth and motion. The first night’s project will be an elegant fused glass tree, and the second night students will create a tumbling, fluid wave. You will choose colors and design your shapes using a large selection of colorful glass and frits, as well as fusing wire, and all the tools you’ll need.

You will complete two 8-inch round pieces ready for hanging in a sunny window to fill your piece with light, or metal stand may be purchased for an additional fee in class. Students may bring their own glass or mosaic cutting tools if they are labeled with their name. Finished pieces are available for pickup at Kiss My Glass one week after class concludes.
2 Thu., July 12 & 19
6:00 – 8:45 pm
Room: Horticulture 5110
Register before May 31: $120
Register after May 31: $145
plus a $50 materials fee paid in class
Jackie Marr - see bio

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Travel Photography 📸

When we travel we want to capture the excitement of our trip with great digital photos. You'll learn how to capture the spirit of the locals, and the beauty and drama of your environment. Learn tricks about how to plan your trip to get the best images, get control of the lighting, use the right lens, know what to do in difficult situations, and much more. We will also discuss organizing photos and creating albums.

Your travel photos will look completely different after this class—and you'll learn how to have more fun while you're taking them too!

Bring your camera, manual and questions!

**Digital Photography: Basics and Beyond**

Is your camera misbehaving? Do complicated menus confuse you? This class familiarizes you with the most important features of your camera so you can take better photos. Besides learning to control your camera, you’ll learn how to avoid bad lighting situations and recognize when the lighting is right for general photos, formal portraits, architecture, small objects (eBay) and landscapes. If you've got a moderately priced camera and a desire to learn, your photos will be forever changed after this class.

**Bring your camera, your manual, and questions.**

Sat., June 2 OR August 25
1:00 - 5:00 pm
Room: 509
Register before May 31: $78
Register after May 31: $85
Register 2 or more: $75 each
plus $15 materials fee payable to instructor

**Jeffery Luhn** - see bio

**Mastering Your Digital SLR Camera**

Get control of your digital SLR camera! In this course, you’ll break through the technology barrier and learn how to use your DSLR to take beautiful photos.

You’ll start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, we’ll explore exposure controls. You’ll learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You’ll find out how to use these features to get the right exposure for every shot.

Then we’ll turn our attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you’ll be able to take your photography to the next level. Finally, the course explores high dynamic range photos and how to master those difficult and tricky exposure situations.

By the end of this course, you’ll truly be a DSLR master, and most of all, you’ll be able to use your camera to take the photos you’ve always dreamed of.

This course is taught online and is offered each month. Please see pg. 40 for more information.

**Photoshop for the Hobby Photographer**

You can create the best photos ever digitally, whether you use a digital camera, or scan your photos. Photoshop is a huge application and this is your chance to get acquainted with some of the basic Photoshop tools and techniques most useful for hobby photographers. Find out how to repair damaged photographs, correct color, remove unwanted elements, and transform your photographs into sepia tones or hand-tinted looks, and more.

This class will be taught on a Mac, but is adaptable to Windows.

Students should bring a brown bag lunch.

2 Sat., August 4 & 11
9:30 am - 2:30 pm
Room: 317
Register before May 31: $85
Register after May 31: $98

**Deborah Cardillo** is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.

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**Great Portraits: Fundamentals 🖼️**

Learn the fundamentals of portrait photography with a hands-on approach to the classic lighting patterns and styles developed by photographers from 1860 through modern day Hollywood. Techniques include the use of artificial and natural lighting. Find out how to make the most of your subject, adapt to challenging shooting conditions inside and outdoors, and pose your subject for maximum effect. This class is for anyone with the desire to take their photography to the next level; hobbyists, photo enthusiasts and people that use photography in their jobs. The techniques are applicable to digital cameras, cell phones, film and video.

**Bring your camera and manual.**

Sun., June 3
1:00 - 5:00pm
Room: VAPA 2022
Register before May 31: $78
Register after May 31: $85
Register 2 or more: $75 each
plus $15 materials fee payable to instructor in class for a DVD with the entire lecture.

**Jeffery Luhn** has been a commercial photographer for more than 35 years. He has shot for many multinational corporations in over 30 countries. He has produced over 500 videos for companies and individuals, including Apple, Pixar, IBM, and Hewlett Packard.

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*I thought Jeffery was kind and helpful to all of us, helping with the individual camera quirks while teaching the modes that he came prepared to teach. He is very knowledgeable in his field and has a good sense of humor.*

- Digital Photography student

**Deborah Cardillo is a fantastic instructor. She is knowledgeable, very well prepared, engaging and knows how to sequence and pace her class for ultimate learning and interest. I was extremely pleased with this class! Thank you!!!**

- Photoshop for the Hobby Photographer students
CABRILLO ARTS – PHOTOGRAPHY

**Seeing the World Through the Lens of the Artist: Art Photography in the Field**
Join an experienced artist and photographer to look at the world through the lens of your camera with an artistic eye. Explore the coastline with your camera and tripod and increase the artistry of your photography with long exposures and creative composition. Working in a small group setting, students immerse themselves in on-location photography at particularly dramatic times of the day and into the evening! With a professional photographer by your side to guide and assist your vision, you’ll capture images and make visual statements in an entirely new way. Explore the epic vistas of our local area and learn to capture superior imagery using histogram, exposure compensation, and strong composition.

Our schedule is arranged to capture as many lighting and environmental scenarios as possible. For the first meeting, bring your camera, lenses and tripod for an overview on equipment, and a slide show. On day two we will be in the field to capture midday to evening light, and day three we’ll meet at first light and continue through midday.

Students should have a basic understanding of your camera. If not, please see the workshop “Digital Photography: Basics and Beyond” (page 20) for necessary skills training.
Please bring your camera and lenses, memory cards, batteries, and a tripod.
Register Early! This workshop is limited to just 10 students.
See our Class Resources web page for more information about offsite locations.

**Lightroom Post Processing for Photographers**
Shooting images is only the beginning, editing brings them to life! Learn to upload, organize, edit images, and export with a step by step workflow in Adobe Lightroom. This software is an essential tool for editing, organizing, and sharing your photography. It is part of Adobe’s Creative Suite and is one of the most powerful editing tools available. It is particularly well suited for artistic photographers as it allows special tools for enhancing and adapting images, and logical workflow for processing a lot of images in an effective and efficient way. It can be used on your computer, iPad, iPhone or Android.

This is a post processing class for students of “Art Photography in the Field”, or for budding landscape, nature or artistic photographers. This one-day workshop will cover the fundamentals of Lightroom. This software can be used with a PC or Mac, but this workshop is taught in a Mac lab, so students need to be comfortable working on a Mac.

Bring your raw files to class and we’ll get them ready for print!
Please see our Class Resources web page for important information about this class.

**Night Photography: North Coast and Pigeon Point**
This class is scheduled early in the season to be sure you have as much evening light and clear sky as possible. With only a sliver of a new moon in the sky you will have some of the best conditions to explore night photography.

We will meet early enough to begin shooting one hour before sundown, photographing the sunset, the blue hour, and finally star trails and the Milky Way. Meeting in Davenport across from the Whale City Bakery, we will carpool up, moving to the expansive views at the Pigeon Point Lighthouse. You’ll experiment with long exposures, Milky Way images, and light painting as well as bold colored images of the light house! It doesn’t get better than this.

Please visit our Class Resources web page for class letter and map info.

**Image Editing for Rivers, Streams and Tides**
Shooting images is only the beginning, editing brings them to life! Adobe Lightroom is an essential tool for editing, organizing, and sharing your photography. It is part of Adobe’s Creative Suite and is one of the most powerful editing tools available. It is particularly well suited for artistic photographers as it allows special tools for enhancing and adapting images. In this workshop, we will edit a few images from Rivers, Streams and Tides to get you up and running in Lightroom. The light editing will bring your images alive with brilliance. Bring your raw files to class and we’ll get them ready for print!

This software can be used on your iPad, iPhone, Android, PC or Mac, but this workshop is taught in a Mac lab, so students need to be comfortable working on a Mac.

**Take both Night Photography and Image Editing for Night Photography for one discounted price!**
Register before May 31: $110
Register after May 31: $130

**Nick Borelli’s work honors our ever-changing planet while incorporating subtle movement to enhance the amazing world we live in. He is the photographer for the award-winning book Art of Competition.**
**Workshops Designed for the Lifelong Learner**

The collaboration of Cabrillo Extension, Cabrillo College Theatre Arts Department, Cabrillo Stage and NextStage Senior Theatre offers this ALL NEW spectrum of professionally taught classes designed for life-long learners aged 50+. Set in a safe and encouraging environment, artists and student artists hone their skills while enjoying the companionship of others with a similar focus. Explore how the creative process promotes health, lifelong learning, and an empowering sense of mastery in the theatrical disciplines you wish to study.

Choose individual subject modules or the custom designed program below:

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**Dance the Music of Broadway**

Feel the rhythm, learn the steps and experience combinations used in dance breaks of the great Broadway song and dance numbers. This class combines with Musical Theater Experience for an optional end-of-workshop performance. All are welcome.

- June 14-20 (no class June 17) 1:50 - 3:05 pm Room: VAPA 5156 Fee: $110

**Musical Theater Adventure**

Soar high with Cabrillo Stage alumni as you learn song and dance numbers from popular Broadway shows. This adventure will focus on the classic Broadway style of Rogers and Hammerstein and how it contrasts with present day blockbuster Broadway shows.

- June 14-20 (no class June 17) 3:15 - 4:30 pm Room: VAPA 5156 Fee: $110

**Comedy: The Planet Cruz Way**

Open yourself to the joy of laughter and turn the frown upside down. Research tells us that laughter is one of the most effective contributors to a long and healthy life. Learn to write and deliver a joke and for those in the class who want to go public—and want to be outrageous—a flash mob comedy event. Open to all levels. Come and enjoy the journey.

- June 14-16 4:30 - 6:00 pm Room: VAPA 5141 Fee: $64

Richard Stockton is a comedian, storyteller and P.T. Barnum wanna-be. He’s pretty much been in the game since he was five.

**Show Choir with a Pop!**

Put the “show” in your choir with great choral sound, “choral-ography” and FUN! Recreate the moves and sounds of the groups like the Temptations, the Supremes and the Marvelettes. All levels and abilities are welcome in this class.

- June 18-23 12:25 - 1:40 pm Room: VAPA 5141 Fee: $110

**The Embodied Voice: Tips for Vocal Freedom**

Delight in the sound of your voice as it connects to impulse and resonates freely through your whole being. Feel the vocal power that comes with efficient breathing and grounded skeletal support. Learn a system of voice awareness employing improvisation, Feldenkrais and Linklater work that will help free your sound from the constraints developed from years of use and abuse. (Bring a yoga mat.)

- June 18-20 1:50 - 3:05 pm Room: VAPA 5137 Fee: $58

**Song Nelson** is a dancer, choreographer, performing artist and teacher. She has taught in universities, colleges, and elementary schools.

**Story Sizzle - Celebrate Yourself**

A system of taking life experience and turning it into story—a first-person telling as if it is happening NOW, prepared without traditional script, memorization, or rehearsal. Instead, script is replaced with visual & emotional recall, memory is replaced with reliving the scene and rehearsal is replaced by responding honestly to the relived episode.

- June 21-23 11:00 - 12:10 pm Room: VAPA 5137 Fee: $58

**Stan Grindstaff** co-founded Lucid Storytelling, and now brings story-based magic to youth in his Mr. G’s Magic Academy.

**The Journey Continues... Personal Theatre**

Tell it like it is for you in this fun and interactive theatrical exploration of life’s thoughts, feelings, issues, and concerns. Through theatre games and exercises that promote self-expression, sharing and empathy, we’ll make spontaneous theatre about the things in life for which we care. We’ll talk, relate, move and create lively and meaningful moments of personal and group performance about topics like family, friends, the path forward, and being alive. In the process, players will cultivate performance skills and stage presence in a supportive setting.

- June 18-20 11:00 am - 12:10 pm Room: VAPA 5137 Fee: $58

Robin Aronson teaches theatre and acting at Cabrillo College, and is a theatre director and actor. Robin was Artistic Director of The Young Women’s Theatre Collective.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
**Healthy Harmonica** 🎵

Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk, and blues melodies and invigorate them with simple, but powerful, techniques to make any song deeply expressive.

No previous ability to read or play music—is only a desire to have fun and feel more alive!

**Students will need a “C” major diatonic harmonica. Instructor will have them available in class for $12 if you don’t have one.**

Wed., July 18
6:00 - 7:30 pm
Room: S13
Register before May 31: $30
Register after May 31: $35
Register two or more: $28 each
plus $15 materials fee payable to instructor

Dave Broida - see bio

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**Beginning Blues Harmonica** 🎵

Beginning Blues Harmonica will get you jammin’ the blues immediately! Emphasis in this class is on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail and scream.

No previous musical experience or harmonica training is required—only a love of the blues and the desire to play the harmonica!

**Students will need a “C” major diatonic harmonica. Instructor will have them available in class for $12 if you don’t have one.**

Wed., July 18
7:45 - 9:45 pm
Room: S13
Register before May 31: $45
Register after May 31: $52
Register two or more: $42 each
plus $15 for course materials payable to instructor at class

Dave Broida has been teaching and performing for 20 years. He plays professionally across northern California and teaches throughout the state.

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**Singing, Wellness and Global Traditions of Song** 🎵

Singing, and the simple act of practicing the ritual of song, is a way to express joy, foster healing and maintain wellness. Cultures from around the world have known this for centuries and study after study has found that singing reduces anxiety and contributes to quality of life. When you sing, musical vibrations literally move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all.

In this class you will enjoy all of the healing and wellness effects of singing, and learn about the beauty and power of the ancient tradition of song from around the globe. We’ll have fun discussing the different styles and meanings from each culture throughout the world, and then learn songs to sing as a group.

This class is not about performing vocal music but enjoying it and participating! Absolutely no prior musical experience necessary, just “open ears” and a curious mind!

4 Thu., July 12 - Aug 2
6:30 - 8:30 pm
Room: 2100B
Register before May 31: $98
Register after May 31: $112
Register 2 or more: $95 each

Megan O’Donoghue-Williams - see bio

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**Travel Sketching Capturing Memories** 🎨

Whether you are bound for exotic places, traveling to your backyard, or out and about in town, you will learn how to do quick, spontaneous ink sketches with a Pilot Parallel chisel edged pen. Using a water brush, learn how to draw out various values from the pen’s water-soluble ink. Lots of demos and lots of fun! Discover your own creative expression in this all-day class.

No experience necessary. All skill levels welcome.

Please go to our Class Resources web page for important information about this class, including materials list.

Sat., August 4
10:00 am - 4:00 pm
Room: Horticulture 5010
Register before May 31: $82
Register after May 31: $90
Register 2 or more: $80 each

Carolyn Fitz has been sharing her passion for calligraphy and ink painting for over 25 years. She has traveled to Japan and China on art study tours and has been an artist in residence at Yosemite National Park for the last 14 years.

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**Travel Writing** 📖

Much like taking, saving and sharing photos of our journeys, writing about travel is a great way to relive, share or publish the stories of our travels. Turn your adventures into keepsakes to share with family and friends, essays, articles, blogs, or even novels. From story idea to final revision, you will transform your journeys-near and forays-far into nifty narratives that celebrate the joys of travel. In an atmosphere of support and camaraderie, we will explore the art and soul of travel, share the fun of new (if not foreign) horizons, dis-cover why the journey is often more exciting than the destination, and, by class end, have a finished travel story ready to either pitch for publication or tuck away with your family albums.

Just in time to prepare for your summer travel, come share with others your trips, treks and other adventures, past or planned, and let your wonder and wanderlust find voice. Classes will consist of discussion, readings, and writing “adventures” (not exercises). Lots of laughter included!

2 Sat., June 2 & 9
1:00 - 4:30 pm
Room: 435
Register before May 31: $98
Register after May 31: $110
plus $5 material fee payable at registration

Colette O’Connor holds an MFA in Creative Writing and is a professional travel writer. Her lifestyle features and travel essays have appeared in publications ranging from the Los Angeles Times to The Best Women’s Travel Writing.

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**Retire Early and Travel for Free!** 🌍

If you’re near retirement, retired, retooling or changing careers, or if you like the idea of making additional income to support your travel dream, this class is for you. Learn over 200 ways to travel for free, including volunteering, fun work-vacations and paid travel opportunities. These tricks and tools will help you use your skills and hobbies to pay for your travel, create the time and money to travel as much as you want, and keep your retirement money in the bank! We’ll go over how to earn free airline tickets, hotel nights, cruises, tours, car rentals, meals, and more in the USA and worldwide!

Your materials fee will cover the 100-page book, Retire Early and Travel Free, which helps you plan a trip, make it free, and achieve your travel goals!

Thu., May 24 OR Thu., May 24
1:00 - 4:30 pm 6:00 - 9:30 pm
Room: 608
Fee: $65
Plus a $15 materials fee paid in class

Gina Henry, MA, in International Management, is a travel expert, writer, professional speaker, and owner of Go Global, Inc., a company she founded to help people find affordable ways to support their travel habit.

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**Travel Photography** 📸

When we travel, we want to capture the excitement of our trip with great digital photos. You’ll learn how to capture the spirit of the locals, and the beauty and drama of your environment. Learn tricks about how to plan your trip to get the best images, get control of the lighting, use the right lens, know what to do in difficult situations, and much more. We will also discuss organizing photos and creating albums.

Your travel photos will look completely different after this class—and you’ll learn how to have more fun while you’re taking them too! Bring your camera, manual and questions!

Sat., June 23
1:00 - 5:00 pm
Room: 509
Register before May 31: $78
Register after May 31: $85
Register 2 or more: $75 each
plus $15 materials fee payable to instructor

Jeffery Luhn has been a commercial photographer for more than 35 years. He has shot for many multinational corporations in over 30 countries. He has produced over 500 videos for companies and individuals.
So, You Want to Write a Novel?
Have you always wanted to write a novel, but don’t know where to start? Has your idea been running through your head for a while now, but you’re not sure how to develop it into a story? How do you turn your brilliant idea into a com-plet-ed manuscript? Maybe you have started, and it’s not quite what you want it to be, or you’re not sure how to finish it. This workshop is designed to give participants the tools they need to plot out and complete the first draft of their novel.

We’ll cover character development, plot, the three-act structure, point-of-view, scene building, and dialog. We’ll discuss the point of view (POV) you choose for your novel, how to write characters readers will fall in love with, the do’s and don’ts of dialog, and the plot, pacing, and structure that will have your readers turning the pages.

2 Sat., May 5 & 12 OR 2 Sat., Aug. 4 & 11
9:00 am - 12:00 pm
Room: 429
Fee: $85
Register before May 31: $78
Register after May 31: $110
Colette O’Connor

Travel Writing
Much like taking, saving and sharing photos of our journeys, writing about travel is a great way to re-live, share or publish the stories of our travels. Turn your adventures into keep sakes to share with family and friends, essays, articles, or even novels. In an atmosphere of support and camaraderie, we will explore the art of travel writing.

2 Sat., June 2 & 9
1:00 - 4:30 pm
Room: 435
Register before May 31: $98
Register after May 31: $110
Plus $5 material fee payable at registration.
Colette O’Connor holds an MFA in Creative Writing and is a professional travel writer. Her lifestyle features and travel essays have appeared in publications ranging from the Los Angeles Times to The Best Women’s Travel Writing. 

Santa Cruz Shakespeare

Shakespeare for the Elizabethan Impaired: Santa Cruz Shakespeare 2018 Summer Performances
Would you like to see a Shakespeare play and actually know what’s going on? Just in time for Santa Cruz Shakespeare’s 2018 season, this workshop is designed to help you do just that! We’ll focus on Romeo and Juliet and Love’s Labour’s Lost. Whether the Bard was your BFF, or you’ve always hated Hamlet and loathed Lear, you’ll find lots to like in this interactive workshop designed to help you better understand Shakespeare’s humor, subtle messages, characters and the stories he tells through his plays.

We’ll discuss how to “translate” Elizabethan verse and prose and discover the three levels of society Shakespeare wrote for. Imagine yourself as a rowdy “groundling” and your experience in the Globe’s own “mosh pit”! We’ll share “Shakespeare News of the Week,” in which students bring in references to Will they’ve unearthed. Once you start to look for these, they’re everywhere—in the news, on the sports page and in the comics. Students will be invited to read aloud if they choose, as we investigate how Shakespeare’s words were intended to be spoken.

Students may bring Folger Shakespeare Library paperbacks, readily available for order online or in bookstores, but any versions are acceptable. See you anon!

All students receive a 20% discount on SCS tickets for any Summer 2018 performance. Call the Extension office for details.

2 Sat., June 23 & 24
10:00 am - 1:00 pm
Room: 1605
Register before May 31: $80
Register after May 31: $88
Janis Hashe, MA, has studied, performed, directed and produced Shakespeare for more than 40 years. She is the former artistic director of Los Angeles’ Theatre of NOTE, and the founder of Shakespeare Chattanooga.

Exploring Memories and Meaning
With innovative exercises for eliciting memories and writing memoirs, you will discover stories that may surprise you with their power for self-discovery. As you reflect upon the events that make up your life, you will notice the continuous thread that weaves through your experiences, deepening an understanding of who you are, and offering a sense of clarity, meaning, and purpose for your life.

Sat., June 9
10:00 am - 4:00 pm
Room: Horticulture 5001
Register before May 31: $78
Register after May 31: $85
Lauren Mari-Navarro is a Licensed Clinical Social Worker and has been working with people undergoing life transitions for over 18 years.

Make Money From Your Writing
You really can make money with your writing. Whether you want to create your own business, add to your income, supplement your retirement, or boost what you’re earning as a writer, you’ll find the how-to’s here.

We’ll share secrets, methods, and tips to help you generate income with your writing. This class includes all the practical information that so rarely gets taught in writing classes.

You’ll get facts on ghostwriting, collaboration, writing for the Web, writing for new technologies, article and essay writing, and novel and nonfiction book writing, plus get tips for finding publishers and agents.

Introduc tion to Screenwriting
There’s never been a better time to start a career as a screenwriter. With new breakthroughs bringing the cost of making and distributing movies down to almost nothing, there’s a huge demand for great scripts.

Whether you want to write micro-budget indie films or Hollywood blockbusters, this course will teach you everything you need to know to create a script that can sell.

Along the way, you’ll get hands-on experience through a series of short—and fun!—assignments that will have you working like a pro from the very beginning of the course.

Finally, you’ll get an inside look into the business of selling your script and building your career as a writer. Get ready to start writing your own script, and you’ll know how to sell it once it’s done!

These courses are taught online and are offered each month. Please see pg. 40 for more information.

Shelly King - see bio

Storytelling Basics: How to Write a Story Ready for Publication
Well-written stories captivate and transport us in a seemingly effortless way. Under the surface is a well-oiled storytelling machine at work, inviting our readers into a world of the writer’s design, introducing them to characters that readers will want to read and publishers will have your readers turning the pages.

Along the way, you’ll get hands-on experience through a series of short—and fun!—assignments that will have you working like a pro from the very beginning of the course.

Finally, you’ll get an inside look into the business of selling your script and building your career as a writer. Get ready to start writing your own script, and you’ll know how to sell it once it’s done!

These courses are taught online and are offered each month. Please see pg. 40 for more information.

Shelly King - see bio

Writeriffic: Creativity for Writers
Who doesn’t know the fear of the blank page? How can we transform our visions into the written word? Is it really possible to become a terrific writer? You’ll find the answer to these and more of your questions in Writeriffic. In this high-energy class you’ll learn lots of tricks from the published writer’s toolbox. Whether you’re at work now or hoping to write a novel, a nonfiction book, a memoir, short stories or articles, Writeriffic liberates the imaginative, inventive bolts of genius that are inside everyone. If you’re ever dreamed of hearing your writer’s voice and writing what’s in your heart and head, this class will make it happen.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Miso Making Workshop

Used every day in the traditional Japanese kitchen for over 1300 years, Miso is a Japanese fermented paste high in protein, and rich in vitamins, minerals and probiotics. Taste various kinds of miso and learn the different ways miso is used. The hands-on portion of this workshop involves how to make miso paste. Students will take home 1.5 pounds of miso while the fermentation process takes place at home for up to 6 months. Learn how incorporating miso can help with gut health and also add delicious flavor to your culinary dishes: dressings, soups, glazes, and more. The key ingredient of miso is “Koji” and is also the key ingredient in soy sauce, sake, rice vinegar, and more. Other “Koji” products will be tasted including probiotic seasonings (Salt Koji) and sweet drink/sugar substitute (Amazake), all of which have high health benefits.

Appropriate for students 15 years and up. Please wear closed toe shoes, long pants, an apron, and hair tied back or under a hat.

Sat., June 30
10:00 am - 1:00 pm
Room: 908
Register before May 31: $65
Register after May 31: $75
plus $25 materials fee payable in class
Anne Baldzikowski – see bio

Bee Sweet! Treats and Crafts with Beeswax and Honey

Come spend a cozy Saturday in the Cabrillo bake-shop with local beekeeper/educator Emily Bondor and Chef Anne to make beeswax food wrap, honey-lavender biscotti, and immunity tincture, all from locally sourced bee products!

Beeswax food wrap is cloth coated with beeswax that is used in place of plastic wrap or Ziploc's, and is biodegradable and environmentally friendly. It is malleable and slightly sticky, so it wraps around just about anything, and is reusable for about a year with proper care. Students will make beeswax food wrap with pure beeswax from Emily's hives, and will also create a healing tincture by combining propolis, local honey, lemon juice and apple cider vinegar to make a spray for sore throats. With Chef Anne's guidance, students will also learn how easy it is to make twice-baked Italian cookies. Our honey-lavender biscotti will be made with Emily's beautiful honey, and students will leave with the recipe to share this delicious treat with family and friends.

Everyone will make and take home a piece of beeswax food wrap, a dozen biscotti, and a small bottle of immunity tincture. Preserve food, combat winter ailments, and enjoy delicious baked goods, all with wonderful bee-products!

Register before May 31: $65
Register after May 31: $75
plus $15 materials fee payable at class
Emily Bondor – see bio (page 35)

Wine and Food Pairing with Local Wines

Join Chef Eric Carter as we sample and evaluate a variety of local wines including sparkling, whites and reds. We will discuss general food and wine pairing principles, then taste the wines with a wide variety of classic and unique food pairings.

Sat., May 12
5:00 - 8:00 pm
Room: 908
Fee: $75
plus $25 materials fee payable in class
Eric Carter – see bio

Learn Knife Skills Like a Pro!

Learn how to select, hold and properly cut with a chef’s knife. Knife cutting is a lifelong skill need, and starting down the path to cutting correctly will both save you time and help save you from accidents. We will be learning to execute knife cuts and the classic cuts that are utilized every day in professional commercial kitchens.

The class will also help when you go out to eat and read menus as you will know what Chiffonade, Brunoise, Julienne and other knife cut names mean and why they are used in menu descriptions. Knife sharpening and care will be covered as well.

Loaner knives will be provided for anyone who doesn’t have or want to bring their own.

Register before May 31: $65
Register after May 31: $75
plus $15 materials payable at class
Anne Baldzikowski – see bio

Festive Appetizers

Party season is gearing up with graduations, summer picnics, and beach bonfires! Come to this class and learn some tasty appetizers that you can bring to your parties. We will make Pesto Cheese Torta, Lemon-Thyme Crackers, Asian Lettuce wraps, Asparagus Wrapped in Puff Pastry, Marinated Olives, Stuffed Dates wrapped in Prosciutto, and Strawberry Galettes.

Register before May 31: $65
Register after May 31: $75
Register 2 or more: $63 each
plus $15 materials fee payable in class
Anne Baldzikowski – see bio

Italian Classics

In this workshop you will learn about how to make a few of the Italian classics. We will be making risotto (rice preparation method), pasta all’Amatriciana (pasta with fresh spiced tomato sauce) and chicken Piccata with artichokes. All of the dishes are quick to prepare and thus are well suited for our busy lives.

Register before May 31: $78
Register after May 31: $85
plus $25 materials fee payable at class
Jeremy MacVeigh – see bio

Classes are appropriate for students 16 years and up. You will be cooking in a working commercial kitchen, so please be advised to wear closed toe shoes, long pants, and hair tied back or under a hat. Wearing an apron is optional, but encouraged!
French Classics

In this workshop you will learn about how to make a few of the French classics. We will be making saumon en Papillote (Salmon cooked in Parchment), pomme d’arabain (shredded potato cooked with butter) and Côte de porc, sauce au poivre vert (Pork Chop with Green Peppercorn Sauce). All of the dishes are quick to prepare and thus are well suited for our busy everyday lives.

Thu., July 19
5:30 - 9:30 pm
Room: 908
Register before May 31: $78
Register after May 31: $85
plus $30 materials fee payable at class
Jeremy MacVeigh – see bio

Fresh Pasta: Stuffed and Fresh Rolled Pastas

Learn about the world of Italian pasta in this class designed toexpose attendees to the great variety of everyone’s favorite starch. You’ll get to learn how extruded pasta differs from fresh pasta. Learn about how to make raviolis and other stuffed pastas. We’ll also make pasta sauces like marinara, Bolognese and Alfredo. Come hungry as everyone will get their fill of pasta from this class!

Sat., June 9
11: am - 3:00 pm
Room: 908
Register before May 31: $78
Register after May 31: $85
plus $20 materials fee payable at class
Jeremy MacVeigh – see bio

Basic Butchery Skills

This workshop is designed to cover the techniques that are key to the meat, poultry and seafood butchery. We’ll cover the tools used in butchery, the different techniques that are employed in the fabrications of poultry, meat and seafood as well as give exposure to the use of different parts of common sources of meat. We will fabricate a half of a pig, a whole salmon, chickens, and sea bass that will then be distributed to the entire class.

Thu., June 14
5:30 - 9:30 pm
Room: 908
Register before May 31: $72 each
Register after May 31: $85
plus $25 materials fee payable at class
Jeremy MacVeigh – see bio

Stocks and Sauces

This workshop explores the techniques that are key to the production of stocks, the foundation of many of the soups and sauces that leave guests wondering what is used to make the food they so enjoy at fine restaurants. We’ll go over how stocks are made, including beef stock, chicken stock and vegetable stock, and then be using the stocks to make some sauces that pair especially well with main courses.

Thu., June 14
5:30 - 9:30 pm
Room: 908
Register before May 31: $78
Register after May 31: $85
plus $25 materials fee payable at class
Jeremy MacVeigh – see bio

Designing Your Kitchen for the 21st Century

Whether you are planning a facelift, a complete overhaul—or not sure which—this workshop will help you avoid the “if I had only known” syndrome. Do you want to know the pros and cons of custom versus ready-made cabinets? Is engineered stone or natural stone ideal for your kitchen? Are you interested in “greener” options? Wondering how to incorporate the “latest” and not get a “dated” design? Is universal design important to you? Are you wondering how much “things” cost or how to avoid cost overruns? Do you want to have a great relationship with your contractor and subcontractors?

This workshop will provide a step by step checklist for planning, designing and preparing for your remodel. Topics include: design trends versus design pitfalls, steps for getting a realistic bid, top 10 remodeling mistakes, product comparisons, your responsibilities versus “their” responsibility, along with many other topics that will help you prepare for your kitchen remodel. The workshop uses case studies and provides tools so you can work with your contractor(s) to create a kitchen that meets your financial goals and reflects your personal style.

Preparation for class: Bring a lunch. The class moves very quickly and covers a lot of information. It is highly recommended to review the materials and create a list of questions. The first half of workshop will cover “The Steps In Remodel Preparation” and the second half of workshop will cover “Design Elements: Functional and Aesthetic.”

Students will be mailed a flash drive with all the course materials prior to the class. If enrollment occurs less than 1 week before the class date the flash drive will be given in class.

Sat., May 12
10:00 am - 4:00 pm
Room: 1604
Fee: $98
plus $20 material fee payable at registration
Yvonne Ross - see bio

Designing Your Bathroom for the 21st Century

While your bathroom may be the smallest room in your home, it can be the most complicated to remodel. Will a face lift be sufficient or do you need to tear everything down to the 2 x 4s. Are you interested in learning about “greener” options? Wondering how to incorporate the “latest” and not get a “dated” design? Is universal design important to you? Are you lacking storage? What are the best lighting solutions? Can you make your bathroom bigger without breaking the bank? Are you wondering how much “things” cost or how to avoid cost overruns? Do you want to have a great relationship with your contractor and subcontractors?

This workshop will provide a step by step checklist for planning, designing and preparing for your bathroom remodel. Topics include: design trends versus design pitfalls, steps for getting a realistic bid, top 10 remodeling mistakes, product comparisons, your responsibilities versus “their” responsibility, along with many other topics that will help you prepare for your bathroom remodel. The workshop uses case studies and provides tools so you can work with your contractor(s) to create a kitchen that meets your financial goals and reflects your personal style.

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Students will be mailed a flash drive with all the course materials prior to the class. If enrollment occurs less than 1 week before the class date the flash drive will be given in class.

Sat., May 12
10:00 am - 4:00 pm
Room: 1604
Fee: $98
plus $20 material fee payable at registration
Yvonne Ross - see bio

Build Your Dream House

Your home should be a sacred place that nobody can ever take away. One way to get such a place is to build it yourself; that way you will have little or no mortgage. You don’t need a license to build your own house. You can build your own house and be mortgage free in just a few years without the worries about losing your house to foreclosure. This 3-hour class will steer you in the right direction to building your own house for the least amount of money. Learn how to: buy land at huge discounts; buy materials for next to nothing and build it green; design your house for ease of construction; live on your property rent free while you build; use unconventional financing; and get the best help for the least cost.

Sat., May 19
9:00 am - 12:00 noon
Room: 429
Fee: $65
plus $20 material fee for text payable in class
David Cook, author of Build Your Dream House for a Song, is a former salesman and restaurant owner. He’d barely picked up a hammer before starting work on his dream house in Marin County.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Residential Solar Options: Basic Info for Homeowners

Are you wondering if you can utilize solar electricity for your home? We all want to lower our energy bill, improve the environment, and increase the value and marketability of our home, but how do you know if solar is feasible for you? This workshop will cover the fundamentals of solar power, installation, warranties, maintenance, the general economics, what incentives are available, and what you need to know before you contact a solar installer. Learn how the government, utilities and other organizations offer solar tax breaks and financial incentives to make solar more accessible for today’s homeowners.

By the end of the workshop, you will have a better idea if solar is right for you, and what your next steps will be on your path to a more energy efficient home!

Sat., August 11
10:00 am - 4:00 pm
Room: 319
Register before May 31: $68
Register after May 31: $75
Register 2 or more: $65 each

Ben Valentine teaches Solar Photovoltaics at Cabrillo, is a Solar Project Engineer, and NABCEP Certified PV Installation Professional. He has been working in the solar industry for over 10 years.

Laundry to Landscape: Hands-on Greywater Recycling Installation Workshop

With our warmest months approaching, it’s a great time to plan for ways to water your landscaping or spring garden as efficiently as possible. This class gives participants information about how to use, re-purpose and redirect your laundry wastewater for landscape and garden irrigation, and get hands-on experience installing a system in a residential setting.

The first half of the day covers code requirements, greywater compatible products and plants, greywater parts and materials identification, how to calculate irrigation field size and plant water requirements, how to construct a mulch basin, how to create a design for your system, and ultimately how to maintain your greywater system. After a one-hour lunch break we will travel to the workshop installation site, a local resident/volunteer’s home, to complete an installation. Installation site address is provided in class.

Don’t forget to bring a lunch, sunscreen, and a water bottle! If you want to really be “hands on” at the installation, bring your favorite gloves and shovel.

Please note: The workshop starts at 9 am, but please arrive by 8:45 am to check in! Hands-on installation demonstration will be from 1-4 pm.

Sat., July 28
9:00 am - 4:00 pm
Room: 711, and off-site installation site.
Map provided in class.

Register before May 31: $78
Register after May 31: $85
Register 2 or more: $75 each

Jim Heaney, is a Cabrillo Construction Code Instructor and Plans Inspector for Santa Cruz County Planning Department. He is also a volunteer consultant for the Central Coast Greywater Alliance.

Beekeeping Basics and Honeybee Biology

Whether you are interested in learning sustainable backyard beekeeping practices or just want a better understanding of how these delicate, intricate creatures benefit us and our planet, you will leave this class a-buzz with new energy! This course covers hive structure, colony dynamics and delves into basic honeybee biology. We will discuss the history of beekeeping, from honey production to pollination contracts, and discuss current trends (and rifts) in colony management practices. Weather permitting, there will be a field trip to Emily’s Apiary in Santa Cruz for a real-life “hive dive.”

Those interested in obtaining their own hive will gain a good understanding of equipment, tools, management practices, bee biology, and how we can work together to support these vital pollinators.

This class is appropriate for adults with little to no experience in keeping bees.

2 Sat., May 5 & 12
9:30 am - 12:00 Noon
Room: 1605
Fee: $75
plus $5 material fee payable at registration

Emily Bondor - see bio

Intermediate Beekeeping

This class is designed for students with an existing knowledge of beekeeping, and those who have existing beehives. We will discuss keeping bees locally, the way to start a hive (package versus nucleus), and different options for foundation. The class will focus on IPM approaches, different options for tackling parasitic Varroa mites, and seasonal hive management techniques. We will review natural approaches to IPM in place of harsh chemicals. Students will be encouraged to compare notes and strategies, and to foster community engagement and mentorship. Students will leave with detailed knowledge about treating for Varroa mites, and a seasonal outline for hive management.

Sat., June 2
10:00 am - 3:00 pm
Room: 1605

Register before May 31: $68
Register after May 31: $75
plus $5 material fee payable at registration

Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild. Learn more about her work at www.scbee.co

Landlording Made Easy

If you are a landlord, or are thinking about becoming one, this class will provide you with the basics of managing real estate. Learn how to legally advertise, screen applicants, develop procedures and build excellent tenant relationships. We will cover the ins and outs of a proper lease, the necessary addendum, and what you can and can’t put into a lease. Know the documentation needed to protect you, the property and the tenant. We’ll go over basic Fair Housing laws and legal requirements with tips and tricks to lead to an easier landlording experience.

Sat., May 12 OR August 11
9:00 am - 3:00 pm
Room: 425
Register before May 31: $90
Register after May 31: $98
plus $10 material fee payable to instructor.

Kathleen Richards, MS, MPM, RMP, is the owner of an award winning local Property Management Company and has been a professional property manager for over 12 years.

Tiny Houses, ADUs, and Other Small Spaces: Design and Build Considerations

Have you considered building a tiny house, an accessory dwelling unit (ADU), a small cottage, or a “granny unit” for yourself, or on your property? Perhaps you’ve wondered what exactly the difference is between those different types of structures, and what the positives and negatives might be for each? Would you like some information about the local rules and regulations as they apply to buildings like these? Have questions about design concepts for small living spaces?

This workshop will help demystify and untangle some of the concepts and give you real tools to move forward. You will hear from professionals in the fields of residential design and construction, and Santa Cruz County building codes.

The first presentation will cover Santa Cruz County’s rules, regulations, and definitions for tiny homes, accessory dwelling units (ADUs) and efficiency units. Other topics include:

• Review of construction constraints, dimension and features, land use rules and issues that pertain to vehicles versus real property.
• Definition of H.E.R.S. and how it affects building design, permitting, and construction under the 2016 Energy and Building Codes and Standards.
• Discussion of the depreciation and appreciation of real property assets, the cost of land.
• A review of the permit application process, including zoning.
• A visual tour of the tiny home in progress at the Cabrillo Construction Energy Management shop.

The second session will cover concepts relating to architecture and the design of small living spaces. Topics include:

• Overview of building design strategies with special emphasis on small structures and small living spaces.
• Discussion regarding how passive solar materials and energy efficient systems can be used as part of design, as well as overall design concepts.
• Review of working drawings for buildings.
• Slide presentation of completed structures as examples of the design concepts.

This workshop takes place at Cabrillo’s Watsonville Center.

2 Sat., June 2 & 9
1:00 - 4:00 pm
Watsonville Center, Room: A180
Register before May 31: $85
Register after May 31: $98

Jim Heaney is a Cabrillo Construction Code Instructor and Plans Inspector for Santa Cruz County Planning Department.

Bill Fisher is a Cabrillo Architecture Instructor and owner of William Fisher Architecture, Inc.
Fitness Nutrition: How to Increase Efficiency and Enhance Performance

Your body has a different response to an apple than it does to a slice of pizza. When we exercise, the complexity of our systems is amplified. Basics about sports nutrition may seem obvious, but the conversation about diet and exercise often feels like an endless staircase—it just goes on and on with no clear conclusion. Happily, this class is driven by science you can understand, and strategies you can implement.

We will address the complex workings of the body during exercise, the chemical reactions within the body during physical exertion, and optimizing performance and recovery through dietary actions. We will do simple activities and exercises to help you understand how to use the tools and techniques in your fitness regimen.

If your goal is to increase fitness, get more exercise or lose weight, then we will give you tools and techniques in your fitness regimen. We will address the complex workings of the body during exercise, the chemical reactions within the body during physical exertion, and optimizing performance and recovery through dietary actions. We will do simple activities and exercises to help you understand how to use the tools and techniques in your fitness regimen.

Singing, Wellness and Global Traditions of Song

Singing, and the simple act of practiced the ritual of song, is a way to express joy, foster healing and maintain wellness. Cultures from around the world have known this for centuries and study after study has found that singing reduces anxiety and contributes to quality of life. When you sing, musical vibrations literally move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all.

In this class you will enjoy all of the healing and wellness effects of singing, and learn about the beauty and power of the ancient tradition of song from around the globe. We’ll have fun discussing the different styles and meanings from each culture throughout the world, and then learn songs to sing as a group.

This class is not about performing vocal music but enjoying it and participating! Absolutely no prior musical experience necessary, just “open ears” and a curious mind!

4 Thu., July 12 - Aug. 2
6:30 - 8:30 pm
Room: 2100B
Register before May 31: $98
Register after May 31: $112
Register 2 or more: $95 each
Megan O’Donoghue-Williams, - see bio

Singing Circle

If you’re looking to relax, laugh, and tap into an infinite well of vitality, this is the class for you! Singing as a group is a wonderful way to transmute your feelings into a source of power, abundance, and vibrant health. Our voices are a unique imprint of ourselves, and when we join together in song, we allow our collective strength to support and uplift not only us, but the entire community. Explore vocal meditations and exercises, instinctual movement and traditional songs from around the world on a healing journey with your voice. We’ll incorporate simple wellness rituals and ideas that you can incorporate into your daily routine to increase energy, creativity and personal power.

4 Thu., Aug. - Sept. 13
6:30 - 8:00 pm
Room: 2100B
Register before May 31: $98
Register after May 31: $112
Register 2 or more: $95 each
Megan O’Donoghue-Williams, BA, received her degree in Music, Voice and Composition from Cornish College of the Arts. She is a music instructor, vocalist, instrumentalist and songwriter/composer, and has studied and performed traditional Japanese music for 10 years.

Ayurveda for Self-Care: Diet, Lifestyle and Stress Reduction

Ayurveda is a holistic health science that was founded in India, and takes a complete approach to healthcare and lifestyle management. It incorporates diet, exercise, seasonal and lifestyle routines, detoxification practices, spiritual growth, psychological support, bodywork treatments, and botanical medicine. It emphasizes prevention, as well as an individualized and multidimensional wellness method, as it considers spiritual, intellectual, behavioral, social, and environmental factors within your wellness plan.

In this class learn the basic principles of Ayurveda diet, lifestyle, sleep and stress management techniques. Explore daily and seasonal routines that can be used to help detoxify and live in balance with our body’s natural rhythms. Find out how the simple self-care practices such as daily cleansing, nourishing dietary guidelines, and supportive herbal therapies bring your mind, body and spirit into harmony.

Class includes an Ayurveda cooking lesson where we will prepare and enjoy a balanced, healthy meal together.

4 Mon., July 9-30
6:30 - 8:30 pm
Room: 1520
Register before May 31: $98
Register after May 31: $110
Register two or more: $92 each
plus $25 material fee payable at registration
Jackie Christensen, Ph.D., has a passion for herbology and education. She has served as a faculty member for many prestigious colleges. Jackie currently has a private practice in Santa Cruz and works as a master herbalist.

Raw Food Vegan Diet

Increase Your Vitality with Living Food

Curious about a raw food vegan diet? People report many benefits such as increased energy, mental clarity, weight loss, and protection from disease. Some use a short-term raw diet as a way to cleanse and detoxify the body.

In this entry-level class, we’ll introduce you to the fundamentals of a raw food diet, and explore the different types of raw diets, review the benefits as well as the challenges, and discuss how to plan and prepare raw foods meals. You’ll learn soaking and sprouting basics, how to make raw non-dairy beverages and cheeses, breads and crackers, simple entrees, snacks, and confections. We’ll explore what essential culinary tools and equipment are used and where to find more resources to help you get started.

Best of all, you’ll get to sample scrumptious raw vegan dishes—from appetizers to desserts—with some recipes demonstrated in class. Before you leave, you’ll have a better understanding of an optimal raw diet and you’ll take home a variety of delicious recipes to help you integrate more raw and living foods into your menu.

Sat., June 9
1:00 - 4:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before May 31: $65
Register after May 31: $75
plus $20 materials fee payable in class.

Handcrafted Herbalism: Infusions, Tinctures & More!

Making herbal products is not only simple and affordable, but most importantly it’s fun! This dynamic hands-on course will provide you with the necessary skills to become confident in traditional herbal practices.

The time spent together each week will be divided into discussion and herbal creation. As we dive into the art of herbalism, participants will receive point-by-point instruction with common kitchen utensils; there is no expensive equipment to buy for home practice. The hands-on lab will teach students extraction methods to make a wide variety of herbal remedies. At the end of each class students will have a product to take home, formulation worksheets, and the knowledge necessary to expand on their own. Discussion topics will include harvesting herbs, methods for drying, and storing herbs; formulation and dosages; materia medica and properties of herbs.

This class is geared towards all levels, no prior experience is necessary.

6 Wed., June 6 - July 18 (no class July 4)
6:30 - 8:30 pm
Room: 1520
Register before May 31: $180
Register after May 31: $195
plus $35 material fee payable at registration
Jackie Christensen - see bio

Susan Lavelle is a Family Nurse Practitioner, a PCRM Food for Life Instructor and graduate from the Rouxbe Plant-based Culinary School.
**Chi Aura Integration**

Chi Aura Integration is an alternative healing method using the vital life force. Chi Aura is a set of skills used to read the health of the body and facilitate healing and balance. This method can be used by individuals for self-healing or by practitioners in relationship with their patients. By learning how to relax into a state of mind that is able to “read” the energy field of the body and to work hands-on with the out-of-balance conditions which lead to illness, the nurse-to-patient relationship can be greatly enhanced by incorporating these skills.

This workshop teaches techniques to elicit the relaxation response and help develop the “Awakened Mind State”. Learn how to perform the specific Chi Aura hand positions identifying specific acupuncture points, energy centers and parts of the body to release muscle tension and induce the relaxation response to promote healing.

Chi Aura is relevant because it develops the nurse’s ability to improve effectiveness in treating patients. This course is approved for 18 CEUs for Nurses, 14 CEUs for massage therapists, and 15 CEUs for acupuncturists.

A free downloadable manual will be made available to students before class.

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<th>Event Details</th>
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<tr>
<td><strong>Sat. &amp; Sun., July 28 &amp; 29</strong></td>
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<tr>
<td><strong>9:00 am - 5:30 pm</strong></td>
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<td><strong>Room: 406</strong></td>
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<td><strong>Register before May 31: $145</strong></td>
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<td><strong>Register after May 31: $158</strong></td>
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**Timothy Dunphy** has taught Chi Aura Integration for over 22 years in the US and Europe, enhancing participants’ personal growth and their therapeutic relationship to others.

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**Introduction to Natural Health and Healing**

Would you like to learn more about natural health but don’t know where to start? If so, then this is the course for you! We’ll discuss the various stages of health and illness, and you’ll discover that true health means wholeness of the mind, body, and spirit. You’ll start a personal health journal to evaluate your current lifestyle and observe how your behaviors can affect your health.

We’ll also explore naturopathy, which seeks ways for the body to heal itself. You’ll find out about proper breathing techniques that enhance health, and you’ll learn the value of hydrotherapy, diet, biohythms, and fasting.

We’ll delve into vitamins, minerals, antioxidants, free radicals, and the basic requirements that constitute a healthy diet. We’ll also look at herbal healing, aromatherapy, body therapies, massage techniques, osteopathy, chiropractic, natural remedies for common emergencies, and so much more. By the end of this course, you’ll have begun taking charge of your own health and healing!

This course is taught online and is offered each month. Please see pg. 40 for more information.

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**Fragrant, Healing Body & Skin Care: Aromatherapy, Essential Oils and Apothecary**

Fresh, pure scents have an immediate, positive effect on us all. They can induce restful sleep, boost energy, reduce anxiety and help with healing. The class lets you create something that fills your senses and soothes your body. We will combine aromatherapy with ayurveda as you hand-craft small batches of aromatic lip balms, soothing body butters, and other wellness products designed by you, for you.

Students will take home lip balms, body butter, custom deodorant, sea salt body scrub, oil-based facial moisturizer (all in amber glass jars), as well as the knowledge and information to make more at home, either for you or those you love!

Please wear comfy clothes that can get messy. This class is full of hands-on making with oils, plants and other luxurious ingredients.

**Event Details**

<table>
<thead>
<tr>
<th>Event Details</th>
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<tr>
<td><strong>4 Thu., Aug. 23 - Sept. 13</strong></td>
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<tr>
<td><strong>6:30 - 8:30 pm</strong></td>
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<tr>
<td><strong>Room: 1520</strong></td>
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<tr>
<td><strong>Register before May 31: $88</strong></td>
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<tr>
<td><strong>Register after May 31: $95</strong></td>
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<tr>
<td><strong>Register 2 or more: $85 each plus a $30 materials fee paid at registration</strong></td>
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**Meditation: the Art and Science of Mind Training**

For thousands of years, human beings have responded to the challenges of their inner emotional life, and their outer material life, by developing ways to train their heart and mind. Known formally as “mind training,” these techniques reduce stress, increase awareness and concentration, and strengthen our ability to offer kindness and compassion. This class will help you to apply these “mind training” and meditation techniques to a variety of situations and life transitions.

Students will learn with tools for crafting their own personal meditation practice and meditative techniques to face the challenges, and increase their overall wellness.

People from all walks of life are welcome! Please bring a yoga blanket or mat and a sitting cushion if you plan to sit on the floor, and a shawl or light blanket to wear while meditating.

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<th>Event Details</th>
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<tr>
<td><strong>4 Sun., June 10–July 1</strong></td>
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<tr>
<td><strong>9:00 am - 10:30 am</strong></td>
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<tr>
<td><strong>Room: Horticulture 5001</strong></td>
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<tr>
<td><strong>Register before May 31: $88 (each session)</strong></td>
</tr>
<tr>
<td><strong>Register after May 31: $95 (each session)</strong></td>
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<td><strong>Register for both sessions, for just $168</strong></td>
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**Thai Yoga Bodywork & Partner Stretching: Extended Workshop**

If you would like to increase flexibility, reduce stress and tension, as well as increase the movement in your joints, this workshop will help! Thai-yoga massage and bodywork is meant to open up and clear out energetic pathways throughout your body using active and passive stretching, breath-work, rocking, and gentle compression. In this extended class we will include side lying, seated positions, flow sequences, percussion techniques, and other more in depth approaches, which we will have plenty of time to demonstrate and practice.

These techniques are perfect for those with an active lifestyle, or those looking for an “easy to do anywhere” series of movements. The workshop is offered in a fun, safe and relaxing environment, where the techniques are performed on a comfortable mat on the floor with each partner fully clothed and without oils or lotions. Come on your own, or bring your friend, sister, roommate, or partner.

Students receive a packet with movement sequences to follow, and large mats are provided. Please bring a clean bed sheet, a large towel, lunch and lots of water to class! Before class, please check the Extension Class Resources web page for a list of required supplies and materials.

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<th>Event Details</th>
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<tr>
<td><strong>2 Sat., May 19 &amp; 26</strong></td>
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<tr>
<td><strong>10:00 am - 2:30 pm</strong></td>
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<td><strong>Room: 2100B</strong></td>
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<td><strong>Fee: $155</strong></td>
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<tr>
<td><strong>Register 2 or more: $145 each plus a $10 materials fee paid at registration</strong></td>
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**Jay Negron and April Schneider** are both nationally certified massage therapists. They have a combined 20+ years of massage and teaching experience specializing in therapeutic, Thai, sports rehab and prenatal body work and are the co-owners/practitioners for TULA Center for Bodywork.
Welcome to www.ed2go.com/cabrillo

Experience Online Classes—ACCESS ANY TIME & ANYWHERE!

All courses require Internet access and e-mail. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

How to Get Started:
1. Visit our Online Instruction Center: www.ed2go.com/cabrillo
2. Select your class and follow the prompts.

Start Dates: New sections of Ed2Go classes begin on the following dates: May 16, June 13, July 18, and August 15

ONLINE CLASSES

Experience Online Classes with Education to Go

Cabrillo Extension’s Most Popular Online Courses:
- Microsoft Excel 2016
- Speed Spanish
- Introduction to SQL
- Grammar Refresher
- Medical Terminology
- A-Z Grant Writing
- Project Management
- Intro to QuickBooks Online
- Effective Business Writing
- Beg. Writer’s Workshop

Over 500 courses are available on our ed2go redesigned website!
**Writing Your Best Business Plan**

This seminar helps you identify the most appropriate business planning format for starting or expanding a business, marketing basics, and a strategic plan to put your business on the road to success. Learn how to establish realistic goals and objectives and determine startup costs, as well as various methods of financing your startup.

**Drafting a Business Plan is the first step to obtaining free of charge counseling from the SBDC.**

- **Sat., June 2** OR **Sat., August 4**
  - **9:30 am - 12:30 pm**
  - **Room: 1604**
  - **OR**
  - **Tue., July 17**
  - **200 - 5:00 pm**
  - Santa Cruz Civic Auditorium 307 Church Street, Santa Cruz

**Fee:** $35

**Keith Holtaway** is a small business consultant specializing in business planning for start-ups, turnaround strategies for struggling businesses, and obtaining financing for business growth.

**QuickBooks Basics**

Information systems professionals, personal consulting services, massage therapists, personal trainers, and sports trainers need QuickBooks, too! Take your home-based industry from hobby to business. Learn and apply basic accounting concepts, business structure, and sound record-keeping procedures to your consulting/service business. Prepare invoices, track your receivables, predict timely collection and accept credit/debit card payments. Gain familiarity with basic financial statements and how they help you grow your business. Know you are financially successful and document those all-important tax deductions.

The class is taught in a computer lab to ensure student hands-on experience with the software. Purchase of QuickBooks Pro is not required, but purchasing “QuickBooks Pro for Dummies” is recommended for those who do not own the software.

Students must bring a USB Memory stick with at least 1 GB of memory to class. Mac and PC users are welcome to bring their own laptops with QuickBooks already installed.

- **2 Sat., June 9 & 16**
  - **9:00 am - 1:00 pm**
  - **Room: 318**

**Register before May 31:** $98

**Register after May 31:** $109

**Carol Jensen** specializes in financial aspects of start-up businesses and is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

**Recordkeeping for Small Business**

Every small business owner needs to understand the numbers! This class will teach the basics of good recordkeeping. We cover the bookkeeping cycle, accrual vs. cash vs. tax accounting, the chart of accounts, journals and general ledger, double entry and single entry bookkeeping.

This class provides an introduction to help you maintain your accounting records manually or with computerized systems.

- **Sat., May 19** OR **August 18**
  - **9:30 am - 12:30 pm**
  - **Room: 314**

**Fee:** $35

**Cathy Van Loon,** MA, is an Intuit Certified QuickBooks Pro Advisor and has been teaching accounting courses at Cabrillo College for over 30 years.

“Carol was so excellent, very helpful, took so much extra time, really appreciated advice, kindness, taking the time she did, and she was obviously super knowledgeable!”

—Quickbooks student
SUPERVISORY ACADEMY TRAINING

SUPERVISORY ACADEMY TRAINING

Supervisory Academy Training Series

Being a supervisor can be difficult! You have a lot of responsibility, and usually, very little training. This program was designed to change all of that! This special edition of the Cabrillo College Supervisory Academy is an 8-week program designed to help you develop your skills and become a better supervisor. You can pick and choose which modules are best for you, or attend all eight!

Throughout this program, you will learn and practice the skills that will make your job easier. You will come to know yourself better as a supervisor and make effective choices about your leadership development. You will learn to communicate better with your staff, build a team, manage stress and conflict, and motivate your employees toward better performance.

Tuesdays, June 19 – August 14 (no class July 3)
9:00 am – 12:00 noon
All classes are held at the Watsonville Center, Solaris Green Tech Bldg., Room C107
Take ALL EIGHT MODULES for just $395 or $58 per module

COURSE MODULES

Being a Great Supervisor
Tue., June 19
9:00 am – 12 noon
Being a supervisor is a lot of responsibility. As a leader in your organization, you help set the tone, and you have the potential of making a very positive impact. In this introductory course you will...
- Understand the roles and responsibilities of effective supervisors
- Assess your own supervisory skills and strengths
- Set goals for your supervisory development

Essential Communication Skills
Tue., June 26
9:00 am – 12 noon
As a leader, your communication style and habits have a disproportionate impact on the “climate” of the organization. The way you communicate can heavily influence employee motivation, the quality of information shared, and employee engagement. Come to this course to:
- Practice essential skills for creating the organization you want, including listening and speaking clearly
- Understand the functions & channels of communication in an organization
- Understand communication barriers and practice overcoming those barriers

Resolving Workplace Conflict
Tue., July 10
9:00 am – 12 noon
Conflict can’t be avoided, but it can be leveraged. In fact, handling conflict constructively can build trust in your relationships and increase your credibility. It can also stimulate new and better ideas plus keep your workforce engaged.

In this practice-based class you will:
- Learn about the subtle ways that you may be creating more conflict than you need
- Identify signs of conflict that have gone too far
- Practice asking powerful questions that get others “unstuck”
- Practice coaching someone who is in a conflict at work

Vicki Miranda is a Human Resources professional with over 25 years of leadership experience. She provides skilled insight into leadership issues based on her experience with organizational teams, employee/labor relations, leadership development and conflict resolution.

Leading Change
Tue., July 17
9:00 am – 12 noon
As a supervisor, you are called upon to lead your staff through change. Do you have the tools you need? Many leaders respond to this expectation by establishing overpowering rules and policies. Others disengage and become a victim of change, relinquishing their leadership potential. Instead of these two extremes, come to this class to learn to provide effective guidance to your staff in times of change.

In this workshop, you will:
- Understand how to ease the stress of change for your staff
- Explore your role as a change leader, and the 3 components of effective change leadership
- Build empathy for how your staff may feel when subjected to change
- Learn a change formula that is critical for success
- Practice coaching an employee through change

Building a Team
Tue., July 24
9:00 am – 12 noon
Working with a team can be a challenge but in today’s workforce, teamwork is a given. When we understand some basic principles of teamwork, we can transform our working relationships by harnessing the power of our differences and creating a powerful work team.

Come to this course to:
- Understand team development and the five elements of effective teamwork
- Learn key steps for building collaboration and achieving consensus
- Identify barriers to decision making and problem solving

Business Writing
Tue., August 7
9:00 am – 12:00 noon
In today’s world, we communicate constantly: email, text, Facebook, tweets, the list goes on. But in this busy world, the quality of our communication makes a difference. For better or worse, people make judgments about our competence and credibility based on our written and oral communication. Come to this class to:
- Learn common grammatical and word choice errors and receive a cheat sheet to improve your writing
- Learn 5 ways to quickly organize your thoughts and translate them into writing
- Learn and practice essentials skills for effective email communication
- Review common email mistakes and ways to ensure that you don’t make them!
- Learn common grammatical and word choice errors and receive a cheat sheet to improve your writing

Employee Motivation
Tue., July 31
9:00 am – 12 noon
Understanding how to motivate others is a key skill to effectively lead others. Many of us resort unconsciously to the old carrot-and-stick methods with very limited success.

Come to this course to:
- Understand your role in creating a motivational climate at work
- Practice impacting employee motivation using the 4-D cycle, coaching, supporting and recognition skills
- Build a plan for motivating your team

Performance Management
Tue., August 7
9:00 am – 12:00 noon
Employee performance problems can be frustrating. Often, we act as if simply telling or showing our employees how to perform should be enough. However, performance needs to evolve through coaching and support and NOT be relegated to an annual performance appraisal.

Come to this course to:
- Discern between performance management and performance evaluation
- Apply a 4-part performance management model to your most pressing performance issues
- Discuss common barriers to effective performance and make a plan for overcoming those barriers

To register call 479-6331 or visit us online at www.cabrillo-extension.org
How to Become a Loan Signing Agent

Already a Notary? Now what? Learn how you can easily turn being a Notary into a “flexible” part or full-time career! A Loan Document Signing Agent is a Notary with expertise in signing and notarizing loan documents within the real estate community. Because you are a Notary, you are halfway there! You can earn $50 to $300 per signing. It takes about an hour to complete a signing.

Unlike most online loan signing classes that only teach you to recognize documents, our seminar also gives you hands-on, practical experience that is invaluable to new agents. You learn how to recognize each document in a loan package, how to handle tricky situations, how to interact with clients and signers, and how to find business! Bring a highlighter and a sack lunch.

Sat., May 19
9:00 am – 4:00 pm
Room: 454
Fee: $110
plus $60 for materials fee & certification payable at class

Carrie Christensen – see bio

Renew Your Notary Commission

Need to renew your notary commission? A three-hour refresher course is required. You must also complete LiveScan fingerprinting and pass the official Notary exam again. We’ll feature the new state laws passed last year and give you a brush-up on general law to make sure you haven’t fallen into any bad habits.

Your commission must be current to be eligible for a renewing seminar.

Must be at least 18 years of age. Serious conviction may disqualify applicant.

Register for the exam from 4 – 4:30 pm. Exam is from 4:45 – 6 pm. For the exam, bring current driver’s license or state-issued ID (you must be a legal resident of California), a 2 x 2 passport color photo, and a few #2 pencils. LiveScan fingerprints required after you pass the exam.

Please arrive early. Due to State Regulation, no one will be admitted after the class begins. You must also be on time when returning after the break. No refunds for late arrivals.

Sat., May 12 OR August 18
12:45 - 6:00 pm
Room: 454
Register before May 31: $95
Register after May 31: $110
plus $35 materials fee, payable at registration
plus a $40 check payable to “Secretary of State”

Carrie Christensen – see bio

QuickBooks Pro for the Small Business Owner

QuickBooks Pro is one of the most widely used accounting programs for small businesses. This class leads you through the setup and use of the software for basic accounting functions including writing and printing checks, tracking income and expenses, generating financial statements, accounts payable and receivables, invoicing and more.

The class is taught in a computer lab so that students may gain hands-on experience with the software. Purchase of QuickBooks Pro is not required, but purchasing the book “QuickBooks Pro for Dummies” is recommended for those who do not own the software.

Students without bookkeeping experience are recommended to take the Recordkeeping class.

Students must bring a USB Memory stick of at least 1 GB of memory to class. Mac and PC users are welcome to bring their own laptops with QuickBooks already installed.

4 Sat., June 9 - 30
9:00 am – 1:00 pm
Room: 318
Register before May 31: $195
Register after May 31: $210

Carol Jensen specializes in financial aspects of start-up businesses and is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

Starting Your Own Nonprofit

If you are thinking of starting a nonprofit business this class will demystify and explain the nonprofit start-up process for you. After learning the advantages and restrictions of running a nonprofit you can decide if a nonprofit start-up is the best choice for you.

You’ll learn about the privileges and restrictions nonprofits face, how to deal with government agencies, alternatives to a nonprofit and an understanding of the application and approval process.

Instructions on the new streamlined IRS exempt-tion process will be included.

Sat., April 28
10:00 am - 1:00 pm
Room: 432
Fee: $74
plus $15 material fee payable at registration

Josh Wagner runs the Santa Cruz consulting firm PlanRight, which provides a user-friendly approach to nonprofit start-up. PlanRight serves hundreds of client organizations around the country.

Recordkeeping for Small Business

Every small business owner needs to understand the numbers! This class will teach the basics of good recordkeeping. We cover the bookkeeping cycle, accrual vs. cash vs. tax accounting, the chart of accounts, journals and general ledger, double entry and single entry bookkeeping.

This class provides an introduction to helping you maintain your accounting records manually or with computerized systems.

Sat., May 19 OR August 18
9:30 am – 12:30 pm
Room: 314
Fee: $35

Cathy Van Loon, MA, is an Intuit Certified QuickBooks Pro Advisor and has been teaching accounting courses at Cabrillo College for over 30 years.

Landlording Made Easy

If you are a landlord, or are thinking about becoming one, this class will provide you with the basics of managing real estate. Learn how to legally advertise, screen applicants, develop procedures and build excellent tenant relationships.

We will cover the ins and outs of a proper lease, the necessary addendum, and what you can and can’t put into a lease. Know the documentation needed to protect you, the property and the tenant. We’ll go over basic Fair Housing laws and legal requirements with tips and tricks to lead to an easier landlording experience.

Book with resources and thumb drive is included. Bring your lunch if you want to participate in one-on-one Q & A time.

Sat., May 12 OR August 11
9:00 am – 3:30 pm
Room: 425
Register before May 31: $90
Register after May 31: $98
plus $5 material fee payable to instructor

Kathleen Richards, MS, MPM, RMP, is the owner of an award winning local Property Management Company and has been a professional property manager for over 12 years.

Become a Notary Public

Establish yourself as a Notary Public, earn additional income and provide a service to your community. Successful notaries provide a valuable service to their company, friends and private clients. Notary skills are valuable in almost any industry: real estate, legal, medical and banking to name just a few. After becoming a Notary, train to become a Loan Signing Agent and make $200 to $400 per signing. You’ll be a part of a rewarding and lasting career.

Our 6-hour state approved seminar gives you the knowledge to pass the exam and practice as an effective Notary. You’ll receive 2 practice tests and you’ll take the official Notary exam directly following this seminar.

Must be at least 18 years of age. Serious conviction may disqualify applicant.

Register for the exam from 4:00 - 4:30 pm. Exam is from 4:45 - 6:00 pm. For the exam, bring current driver’s license or state-issued ID (you must be a legal resident of California), a 2 x 2 passport color photo, and a few #2 pencils. LiveScan fingerprints required after you pass the exam.

There will be a short break for lunch. It is suggested that you bring your lunch, as there is no Saturday food service on campus.

Please arrive early. Due to State Regulation, no one will be admitted after the class begins. You must also be on time when returning after the break. No refunds for late arrivals.

Sat., May 12 OR August 18
8:00 am - 6:00 pm
Room: 454
Register before May 31: $35
Register after May 31: $58
plus $35 materials fee payable at registration
plus a $40 check payable to “Secretary of State”

Carrie Christensen is the Director of Notary Public Seminars, Inc., a leading notary public course provider for more than 15 years. She teaches the course at colleges, universities and vocational schools throughout California.

For Rent
Powerful Presentation Skills
Wait... what? You want me to give a presentation? If the idea of giving a speech makes you face sweat and your heart race, then let’s see if we can ease your apprehension and turn you into a confident speaker! In this short series, you will:
- Practice techniques that reduce anxiety
- Figure out what your audience needs and wants
- Organize ideas in ways that are memorable and effective
- Create content that keeps attention
- Use vocal and physical delivery to drive your message home

Yes... you will be required to give an actual presentation in this class. Yes... it will be okay!

2 Tue, May 15 & 22
9:00 am - 12:00 pm
Room: 2100B
Fee: $142

Michelle Waters has over 20 years of public speaking teaching experience. She specializes in creating a fun, comfortable climate for practice and progress.

How to Become a Community Education Instructor
Do you have professional experience, a creative artistic practice, or other skills and experience that you would like to share with others? Do you love to work with groups of people to share information? Would you like to earn extra income as a community education instructor? The Cabrillo Extension Program, colleges, parks & recreation departments, and adult education programs are always looking for new class ideas, new instructors, and ways to meet the needs of the community. Learn from a seasoned pro about the essential steps to offer an excellent learning experience, and help enrich students' lives! This can be a lucrative and extremely rewarding part-time profession.

Cabrillo Extension staff will be on hand to talk about the requirements for class proposals, important tools for success, and what types of class offerings are successful.

Sat., May 19
1:00 - 4:00 pm
Room: 425
Fee: $65
plus $30 materials fee payable to instructor in class for textbook

David Cook, author of Build Your Dream House for a Song, is a former salesman and restaurant owner. He'd barely picked up a hammer before starting work on his dream house in Marin County.

Working Across Generations
This is the first time that we have four generations working side by side in the workplace. This course is designed to equip participants with knowledge and skills to work with and lead cross generational teams. In this workshop, you will:
- Learn about the characteristics of each generation
- Explore how the events that shaped each generation influenced who they are and their expectations
- Learn what motivates each generation and the Top 5 Actions for working with each effectively

Wed., May 9
1:00 pm - 5:00 pm
Room: 1522
Fee: $74

Plan Your Time, Align on Priorities, and Take Action!
Today's work world moves quickly. We are expected to be "on 24/7," and there is always more to do than there is time to do it. Without effective prioritization and planning strategies, you are likely to spin your wheels and end the day feeling overwhelmed and unfulfilled. Instead, take control of your time and priorities, and get the RIGHT things done! In this module you will:
- Identify your top priorities
- Assess how you spend your time at work
- Learn about common time wasters
- Make a plan to overcome your barriers and take action towards an important goal

Wed., May 16
9:00 am - 12:00 noon
Room: 1522
Fee: $58

Rhiannon Surrenda, M.A., brings 15 years of expertise to all of her trainings. She works with executives, teams and entrepreneurs from a wide range of industries to help them succeed in their professional development and personal training goals.

The Leadership Challenge® Workshop is a unique, intensive and highly interactive experience that has served as a catalyst for profound leadership transformation in organizations of all sizes and in all industries. Immensely practical and hands-on, The Leadership Challenge® Workshop is designed to inspire, engage, and help you as a leader to develop the skills you need to meet whatever leadership challenges lay ahead.

Prior to this 2-day experience you will ask your managers and direct reports to complete a 360 evaluation for you, called the Leadership Practices Inventory (LPI). You will receive your results when you arrive at the workshop, and therefore learn not only about leadership concepts in general, but about your specific strengths and challenges.

The core curriculum is structured around seven components, including five independent modules that focus specifically on each of The Five Practices of Exemplary Leadership®. Each module describes the practice, reviews the Leadership Practices Inventory (LPI) items related to that practice, and ends with techniques that asks participants to reflect on how to apply what they’ve learned to a current leadership challenge of their own. With a plan of action in hand for taking the key concepts from the workshop back to the workplace, you will be prepared to implement your new leadership practices back on the job immediately.

Visit our website at http://cabrillo.edu/services/extension/leadershipchallenge.html to learn more about the LPI and what it measures, and a link to a 3-minute video that describes the program.

"This program isn’t only for people in leadership positions—it’s for anyone who wants to grow in their career!"
"I’ve been a leader for so long, I wasn’t sure what I would get out of this class, but it was truly amazing! It helped me uncover areas of leadership I had been neglecting."
"Every person in an organization who wants to grow should take this class!"
"This course was not only enlightening, but it demystified the leadership process."
If you are looking for another career or supplementary income, our Certificate Program in Medical Insurance Billing can make you a valued professional in the fast-growing healthcare field.

Participation in the Certificate Program is not required. Courses may be taken individually as long as you meet the prerequisites.

**Certificate Program**

- **Introduction to Medical Insurance Billing**
- **Advanced Medical Insurance Billing, Part II**
- **CPT, ICD9, ICD10 & HCPCS Coding**
- **Workers’ Compensation & Personal Injury**
- **Computerized Medical Insurance Billing (A Home Study Course)**

Course materials and texts are NOT included in the registration fee. Material fees are payable to instructor at the first meeting of each course. Please see each course description for the appropriate fees.

Students will receive a Certificate of Attendance from the instructor at the end of each course. Those who complete the Certificate Program will also receive a Certificate of Completion issued by the college.

**Take the Entire Medical Billing Certificate Program for Just $375**

See individual materials fees payable directly to instructor in class.

**Kris Patterson** is the owner of a successful Medical Billing and Consulting firm and has taught Medical Insurance Billing classes for over twenty years.

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**Medical Insurance Billing Program**

**CERTIFICATE PROGRAM**

**Introduction to Medical Insurance Billing**

One of the physicians’ most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to follow up and collect on billed claims. You will learn:

- How to bill Medicare, Medicaid (MediCal in California), TRICARE and CHAMPA
- Updated information on the new Medicare contractor, Noridian Healthcare Solutions
- Learn how to keep current on changes in rules and regulation of government plans
- How to read an Explanation of Benefits (EOB)

**Sat., Sept. 29**
9:00 am - 3:00 pm
Room: 1605
Fee: $125
plus $59 material fee payable to instructor in class

**Medical Insurance Billing, Part II**

For those students who have completed the intro course or those who are already Billers and want to further their knowledge in medical billing. You will learn:

- The difference between PPO’s, HMO’s, IPA’s and other managed care issues
- The ins and outs of contracting with managed care plans
- HCPCS Level II coding—when to use these codes
- Analyze and solve difficult billing problems, denial management
- HIPAA—Health Insurance Portability & Accountability Act
- Open discussions on various issues of concern

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Sat., Oct. 6**
8:30 am - 12:30 pm
Room: 1605
Fee: $85
plus $49 material fee payable to instructor in class

**CPT, ICD9, ICD10 & HCPCS Coding**

In this course the student will learn the difference between CPT, ICD9, ICD10 and HCPCS codes and when to use them for billing claims:

- Indicating the appropriate diagnosis codes
- Code the primary reason for the visit each time patient is seen
- Appropriate procedure codes for insurance companies
- Learn billing for supplies, injections and dental claims

**Sun., Sept. 30**
9:00 am - 3:00 pm
Room: 515
Fee: $95
plus $49 material fee payable to instructor in class

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**Workers’ Compensation & Personal Injury**

Learn how to bill California Workers’ Compensation and Personal Injury cases.

Some of the areas this workshop will cover are:

- Overview California’s Workers’ Compensation
- Workers’ Compensation Appeals Board Liens
- Learn tips for screening patients up-front
- Maximizing reimbursement
- Turning objection letters into payments
- Negotiating with attorneys on lien cases
- Automobile insurance carriers and personal injury

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Sat., Oct. 6**
8:30 am - 12:30 pm
Room: 1605
Fee: $85
plus $49 material fee payable to instructor in class

**Computerized Medical Insurance Billing Orientation (A Home Study Course)**

First, meet the instructor for a 15-minute orientation to receive course material and information on obtaining your username and password. (Windows 98 or above required)

You’ll learn how to set up a medical practice using your own computer.

This course must be completed within 1 month. (Most students complete the course material within 6 to 8 hours). You will have the assistance of an instructor via email.

In this hands-on course you will set-up the following:

- Practice & Provider information
- Practice superbill
- Patient/Guarantor information
- Insurance companies to be billed
- Post charges, payments and adjustments
- Print insurance claims, patient statements & management reports
- Create database for electronic claim submission

**Prerequisite: Experience as a medical biller or completion of previous classes.**

**Sun., Sept. 30**
3:00 - 3:15 pm
Room: 515
Fee: $45
plus $89 material fee payable to instructor in class - Includes workbook & tutorial software

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**Medical Front Office Certificate Program**

This program has been designed for those interested in becoming a Medical Front Office/Medical Receptionist/Intake Coordinator. This class will prepare you to begin a rewarding career and to become an integral part of the medical office team.

Topics covered include:

- Basic Medical Benefit Terms and Plans
- Eligibility and Insurance Benefit Verification
- Appointment Scheduling (Manual and Computerized)
- Improving Telephone Skills
- Patient Arrival, Check-In and Departure
- Handling Medical/Offerce Forms
- HIPAA/Patient Privacy & Confidentiality
- Medical Terminology (specific to the front office)

This two-part course will be offered under the following format: Part one will be lecture, part two will be a home-study computer course (using your own computer) concentrating on computerized appointment scheduling and new patient set-up. Students are given one month to complete part two of this course.

**Fee: $105**
plus $79 material fee payable to instructor in class (Includes workbook & tutorial software)

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To register call 479-6331 or visit us online at www.cabrillo-extension.org
**Microsoft Excel - Level 1**

This introductory class is for the computer user who wants to become proficient in Excel 2016. Topics include using the ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; using absolute and relative cell references; formatting cell contents; inserting and deleting columns, rows, and cells; creating charts, and more.

Required: Completion of Essential Computer Skills (pg 52) or equivalent skills.

A comprehensive manual/textbook is included.

Fri., June 22 OR August 17
9:00 am - 5:00 pm
Room: 516
Room: 515
Register before May 31: $128
Register after May 31: $142
David Nagid - see bio

**Microsoft Excel - Level 2**

This intermediate level class covers more complex skills than those presented in Excel Level 1. Topics include working with lists of data; filtering and sorting data; displaying subtotals in a list; formatting and printing multi-page workbooks; using advanced functions in formulas; auditing formula errors, and more.

Required: Microsoft Excel: Level 1 or equivalent.

A comprehensive manual/textbook is included.

Fri., June 29
9:00 am - 5:00 pm
Room: 516
Register before May 31: $128
Register after May 31: $142
David Nagid - see bio

**Microsoft Excel - Level 3**

This advanced level class introduces highly complex Excel 2016 skills. Topics covered include: creating pivot tables, pivot charts, and macros; using financial functions; using data analysis and validation tools; advanced formatting techniques; sharing workbooks and tracking changes; merging multiple workbooks; integrating Excel with other programs, and more.

Required: Microsoft Excel Level 2 or equivalent.

A comprehensive manual/textbook is included.

Fri., May 18 OR August 10
9:00 am - 5:00 pm
9:00 am - 5:00 pm
Room: 515
Room: 516
Register before May 31: $128
Register after May 31: $142
David Nagid - see bio

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**Microsoft Word - Level 1**

This introductory class is for the computer user who wants to become proficient in Word 2016. Topics include using the ribbon interface and toolbars; creating, editing and formatting text; text selection; the Clipboard; page layout and printing commands; using proofreading tools; custom line spacing and indents; creating custom tab stops; bulleted and numbered lists; working with tables and forms; adding borders and shading; using Find and Replace; and more.

Required: Completion of Essential Computer Skills (pg 52) or equivalent.

A comprehensive manual/textbook is included.

Fri., June 22 OR August 17
9:00 am - 5:00 pm
Room: 516
Room: 515
Register before May 31: $128
Register after May 31: $142
David Nagid - see bio

**Microsoft Word - Level 2**

This intermediate level class covers more complex skills than those presented in Level 1. Topics introduced include creating newsletters using columns; section and column breaks; inserting WordArt and clip art; basic picture editing; formatting text consistently by using styles; Mail Merge documents; creating and working with templates, and more.

Required: Microsoft Word Level 1 or equivalent.

A comprehensive manual/textbook is included.

Fri., May 4
9:00 am - 5:00 pm
Room: 516
Fee: $142
David Nagid - see bio

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**iPad and Android Tablets for Beginners**

Today’s Android and iPad tablets do so much more than the web or send an email. These new devices provide you with a computer, e-book reader, personal organizer and more—all in your lap! Discover what your Android or iPad tablet can really do. Learn how to set up for email, messaging, Wi-Fi networks, and Bluetooth; and discover how to best sync with your computer. Learn how to take terrific pictures and send them to friends, install apps, and figure out what the best apps are for you to make your tablet even smarter. Bring your Android tablet or iPad to class along with its leash (charger).

Additional needs: Students need to bring their Google or Apple user ID and passwords and their email, username and password to download free apps and share/send pictures to our email accounts.

Sat., June 9
2:00 - 5:00 pm
Room: 318
Register before May 31: $35
Register after May 31: $42
Carol Jensen - see bio

**QuickBooks Pro for the Small Business Owner**

QuickBooks Pro is one of the most widely used accounting programs for small businesses. We’ll cover the setup and use of the software for basic accounting functions including printing checks, tracking income and expenses, generating financial statements, accounts payable and receivables, invoicing and more.

The class is in a computer lab so students may work on how to manage files. You will leave with an understanding of the roles of computer hardware and software; operating systems and applications; how to navigate your Windows desktop and control windows; move and copy files; create folders and folder hierarchy; use the recycle bin, and many more essential tools for stress-free success!

A comprehensive manual/textbook is included.

Two dates to choose from:

Fri., May 11 OR Fri., July 20
9:00 am - 5:00 pm
9:00 am - 5:00 pm
Room: 516
Room: 516
Register before May 31: $98
Register after May 31: $110
Register two or more: $90 each
David Nagid - see bio

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**Essential Computer Skills**

Whether you want to update your skills, need to review the basics before progressing to another technology-based class, or are new to computers, this class will give you a solid foundation and clear understanding of essential tools and basic functions. If you’ve ever saved a file but couldn’t find it later, or wanted to cry or curse because your computer was doing something you couldn’t understand, this class will help! If you’ve been using computers for quite some time, but find yourself frustrated when you try to learn new technology tools, this class will help!

We’ll review computer components and their functions, Windows interface for PCs, and then work on how to manage files. You will leave with an understanding of the roles of computer hardware and software; operating systems and applications; how to navigate your Windows desktop and control windows; move and copy files; create folders and folder hierarchy; use the recycle bin, and many more essential tools for stress-free success!

A comprehensive manual/textbook is included.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Photoshop for the Hobby Photographer

You can create the best photos ever digitally, whether you use a digital camera, or scan your photos. Photoshop is a huge application and this is your chance to get acquainted with some of the basic Photoshop tools and techniques most useful for hobby photographers. Find out how to repair damaged photographs, correct color, remove unwanted elements, and transform your photographs into sepia tones or hand-tinted looks, and more.

This class will be taught on a Mac, but is adaptable to Windows.

Students should bring a flash thumb drive and line drawings if desired.

2 Sat., August 4 & 11
9:30 am - 12:30 pm
Room: 317
Register before May 31: $85
Register after May 31: $98
Deborah Cardillo is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.

Intro to Surface Textile Design with Adobe Illustrator

Learn to create detailed, professionally illustrated patterns for fabric using Adobe Illustrator. Whether you draw detailed designs by hand, want to create a pattern from your photos or draw freehand using Illustrator’s tools, this class teaches you how to get your pattern ready for fabric. Illustrator is a large application and this is your chance to focus on Surface Textile Patterns to be printed on fabric. Techniques most useful for graphic artists & Surface Textile designers will be covered. Find out how to vectorize your pencil or ink drawings, add and control colors for related designs, trace and edit your design and turn it into a usable repeating pattern design for printing on yards of fabric. Learn where and how to print or license your surface textile pattern.

Bring a flash thumb drive and line drawings if desired.

This class will be taught on a Mac, but is adaptable to Windows.

3 Tue., June 12 – 26
6:00 - 9:00 pm
Room: 317
Register before May 31: $95
Register after May 31: $110
Alixandra Mullins has been a professional media and graphic designer for over 10 years and has taught Digital Media at Gavilan and Cabrillo College.

Intro to Adobe Illustrator

Learn to create detailed, professional illustrations and drawings digitally, whether you draw by hand or want to create an illustration from your photos. Adobe Illustrator is a large application and this is your chance to get acquainted with some of the basic tools and techniques most useful for graphic artists & photographers. Find out how to vectorize your pencil or ink drawings, convert a photo into editable vectors, create gradients, use layers, create repeating patterns, designer text tricks on a path and more. Much of what will be learned is applicable in Photoshop and InDesign as well.

This class will be taught on a Mac, but is adaptable to Windows.

3 Thu., June 14 – 28
6:00 - 9:00 pm
Room: 317
Register before May 31: $95
Register after May 31: $110
Alixandra Mullins - see bio

Pinnacles National Monument

Pinnacles Monument, our newest National Park, was once part of a huge volcano that migrated from southern California over 23 million years ago. This presents a fascinating platform for tectonic plate geology, diverse and active wildlife, brilliant wildflowers, Native American history, and the recent re-introduction of the majestic California Condor. Join us in the East half of the park for the peak of the annual bird migration and the spring wildflowers.

Sat., May 5
8:30 - 11:30 am
At Pinnacles National Monument - South Entrance
Register before May 31: $85
Register after May 31: $98
Register two or more: $75 each
Bruce Elliott, retired senior Biologist for the California Department of Fish and Game, is considered by many to be the preeminent wildlife guide in Monterey County.

Birding Walk at Elkhorn Slough

At the height of Spring bird migration we’ll be walking in the main reserve, and will also have access to a special forested property on the south bank of Dolan Road, which is not otherwise open to the general public. Bring a lunch, a beverage, plenty of water to drink, and wear comfortable clothes and shoes for a day of walking!

Please see Class Resources web page for map and directions
Sat., May 19
9:00 am - 3:00 pm
At Elkhorn Slough Reserve Center
Register before May 31: $78
Register after May 31: $85
Register 2 or more: $75 each
Bruce Elliott, retired senior Biologist for the California Department of Fish and Game, is considered by many to be the preeminent wildlife guide in Monterey County.

Elkhorn Slough Birding Combo

Elkhorn Slough Reserve, an internationally recognized “birding hot spot”, has over 340 species, including several that are rare and endangered. Both of these field days—one on foot, one on the water—focus on the birds of Elkhorn Slough!

Elkhorn Slough Safari: Migratory Bird Expedition

Observe the many species of water-birds as you explore the calm waters of Elkhorn Slough’s premier wetland habitats from the unique advantage of a comfortable seat aboard a large catamaran pontoon craft. We’ll experience the high point of the migrant shorebird fauna returning from their breeding area to our north.

Please see Class Resources web page for map and directions
Sat., Aug. 4th
8:30 - 11:30 am
At Elkhorn Slough Safari in Moss Landing
Register before May 31: $85
Register after May 31: $92
Register 2 or more: $82 each
Bruce Elliott - see bio

Backyard Astronomer

Learn how to identify the stars and constellations in this fun hands-on workshop. Using the Cabrillo Planetarium and observatory discover the wonders of the universe and learn about astronomy history, methods, equipment, and recent discoveries. We’ll show some of the newest images from the Hubble of Mercury and talk about the 400+ newly discovered planets.

Participants should dress warmly for outdoor observation on the hill. In case of rain or fog, participants should bring an umbrella.

Please go to Extension’s Class Resources web page for map and directions
Sat., May 19
8:30 - 11:30 am
At the Elkhorn Slough Reserve Center
Register before May 31: $85
Register after May 31: $98
Register two or more: $75 each
Map & directions are on the Class Resources web page. $5 park entrance fee, unless you have a National Park Service annual pass or Golden Eagle Passport.

Hiking: The Path Less Traveled

Explore the green belts and State Parks of Santa Cruz County in this fun and challenging hiking class. Learn some natural history, flora and fauna, as we emphasize exercise and movement. Participants should have at least average fitness levels and be able to hike at a fairly fast pace of 2.5 miles per hour. Not for beginning hikers as we will be hiking on steep terrain. Each week features different hikes on trails not commonly known.

Please go to Extension’s Class Resources web page for important information about what to bring and wear.

Bird watching, Natural History, and Hiking in the Pinnacles National Park

5 Sat., June 23 – July 21
8:30 - 11:30 am
At Pinnacles National Park - South Entrance
Register before May 31: $85
Register after May 31: $114
Phil Kaplan has taught in the Kinesiology Department at Cabrillo for 25 years and has been teaching hiking classes for the past 15 years.

I’m retired but still work part time. The techniques learned from Deborah will be very valuable in preparing images in my work.

Deborah Cardillo is a fantastic instructor. She is knowledgeable, very well prepared, engaging and knows how to sequence and pace her class for ultimate learning and interest. I was extremely pleased with this class! Thank you!!!

-Photoshop for the Hobby Photographer students
CABRILLO YOUTH SUMMER PROGRAM

Join us for our inclusive, safe and positive learning environment where kids can dive deep into that hobby or passion that they’re obsessed with, explore careers, learn new skills—and have tons of fun in the process!

All-new, all-day Camp Cabrillo! • Camps Designed Just For Teens
Sports Camps • Science & Engineering • Computers & Technology • Cooking & Baking
Creative Arts & Movement • Academic Enrichment

EXTENDED DAY CAMPS
Monday through Friday and open to campers ages 6 to 12
Campers have the chance to eat the healthy food their parents packed (yum!), play a board game, read their favorite book, make some art with new friends, and play outside. Extension Camp Counselors will escort campers to and from their camps and Extended Day locations.

Pre-Camp, Ages 6-12
Start your day right! Pre-campers will enjoy supervised games and activities, then we walk with campers to their morning camp. Campers can bring a morning snack or breakfast to enjoy before their morning camp.
Mon. - Fri., 7:30 - 9:00 am, Room: 1191, near the stadium.
Fee: $25 per week
PRE-CAMP is available the following weeks:
• June 18-22
• June 25-29

Post-Camp, Ages 6-12
We’ll pick up campers and head to our “base camp” where they end their day with friends, snacks and games, tell stories about their day, until it’s time to head home.
Mon. - Fri., 4:00 - 6:00 pm, Room: 1191, near the stadium.
Fee: $25 per week
POST-CAMP is available the following weeks:
• June 18-22
• June 25-29

Lunch Break!
Ages 6-12
If you just need one extra hour of care from 12:00 pm to 1:00 pm, either after morning camp, or before afternoon camp, the fee is only $25 for one week of Lunch Break Camp. You can register online, or over the phone.
*Lunch Break is FREE if your child is registered for a morning camp that ends at noon, and an afternoon camp that begins at 1:00 pm, both during the same week. Give the Extension office a call, and we’ll get you registered at no charge.
Students need to bring their lunch and a drink.
Mon. - Fri., 12:00 noon - 1:00 pm, Room: 1605
Fee: $25 per week *
LUNCH BREAK is available the following weeks:
• June 18-22
• June 25-29
• July 9-13
• July 16-20

In order to ensure camper safety, online registration for all Extended Day camps ends on the Wednesday prior to the start date. If you want to register on the Wednesday, Thursday or Friday immediately preceding the start date, please call our office, at 831-479-6331, and we’d be happy to get you registered over the phone!
Please note that there will be no video games or use of hand-held electronic devices, including cell phones, during Extended Day Camps.

CAMP CABRILLO! (ages 6-8 & 9-12)
Camp Cabrillo—one simple plan for two weeks of full day camp activities. Campers’ days begin at 9:00 am and conclude at 4:00 pm. But, like an a la carte menu, you have choices! You select the combination of activities that fits your camper’s interests, and create your perfect schedule. Check out the list below, then create your customized schedule!

Please note that all camps are first come, first served, and camps fill fast! Need a few more hours of care? You can also select Pre-Camp or Post-Camp for an additional fee. These offer a few more hours of care in the morning and at the end of the day.

For more information or to register visit: www.cabrillo-extension.org

CAMP CABRILLO SAMPLE SCHEDULE

Week 1 Camp Choices for ages 6-8 June 18-22
MORNING CAMPS: (9:00 am-12:00 Noon)
  • Spy Academy
  • Patterns and Capes and Flags - Oh My!
  • Virtual Reality
  • Basketball Camp (starts at 8:00am)
AFTERNOON CAMPS (1:00-4:00 pm)
  • Discover & Explore Painting
  • Virtual Reality
  • Old School Fun and Games

Lunch Break:  ......................................... 12:00 noon -1:00 pm  ...... FREE with Camp Cabrillo! – see page 2

Fee: $25 per week *

Week 1 Camp Choices for ages 9-12 June 25-29
MORNING CAMPS: (9:00 am-12:00 Noon)
  • Jet Cadets
  • Face Painting
  • Make Your First Video Game
  • Basketball Camp (starts at 8:00am)
AFTERNOON CAMPS (1:00-4:00 pm)
  • Jedi Engineering using LEGO®
  • Patterns & Capes & Flags - Oh My!
  • Old School Fun and Games
  • iPad Creativity

Fee: $25 per week *

Week 2 Camp Choices for ages 6-8 June 25-29
MORNING CAMPS: (9:00 am-12:00 Noon)
  • Jet Cadets
  • Face Painting
  • Make Your First Video Game
  • Basketball Camp (starts at 8:00am)
AFTERNOON CAMPS: (1:00-4:00 pm)
  • Spy Academy
  • Virtual Reality
  • Old School Fun and Games

Fee: $25 per week *

Week 2 Camp Choices for ages 9-12 June 18-22
MORNING CAMPS: (9:00 am-12:00 Noon)
  • SS Underwater ROV’S
  • Design & Create with Coding
  • Basketball Camp (starts at 8:00am)
AFTERNOON CAMPS: (1:00-4:00 pm)
  • Spy Academy
  • Virtual Reality
  • Old School Fun and Games
  • iPad Creativity

Fee: $25 per week *

Week 2 Camp Choices for ages 9-12 June 25-29
MORNING CAMPS: (9:00 am-12:00 Noon)
  • SS Underwater ROV’S
  • Jedi Master Engineering using LEGO®
  • Design & Create with Coding
  • Patterns and Capes and Flags - Oh My!
  • Make Your 1st Video Game
  • Basketball Camp (starts at 8:00am)
AFTERNOON CAMPS: (1:00-4:00 pm)
  • Jedi Cadets
  • Design & Create with Coding
  • Old School Fun and Games
  • Make Your 1st Video Game
  • Face Painting

Fee: $25 per week *
Creative Cooking Camp
(ages 11-15)
This camp is designed to give youth some of the skills they can utilize for a lifetime. The class subject is cooking but the lessons are broader than that. Each day the students will learn a new element of professional cooking that can be applied at home.

Each class session starts with the projects demonstrated to the students. Then they’ll use the kitchen space to organize themselves and execute those same projects (under guidance, of course). Students learn about organizational skills, timelines, and some of the science of cooking. At the same time students will enjoy learning how to make some delicious foods including stock-based soups, risotto, pizza from scratch, and chicken pastrami.

Class runs for a full week and students will have lunch as part of each class day. Parents are encouraged to come for lunch on the final day of camp—prepared by who else—your children!

Please wear long pants, closed toe shoes, an apron, and a hat.

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<th>Ages 11-13</th>
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<td>Mon.-Fri., June 18-22</td>
<td>9:00 am - 2:00 pm</td>
<td>July 9-13</td>
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| Ages 13-15 |
| Mon.-Fri., June 25-29 | 9:00 am - 2:00 pm |
| Room: 908 |
| Register before May 31: $245 |
| Register after May 31: $260 |
| plus $35 material fee paid at registration |

Jeremy MacVeigh
studied culinary arts at Western Culinary Institute and has a B.S. in food science from UC Davis. Since 2003 Chef Jeremy has been teaching at private professional culinary programs.

Advanced Doughlicious Baking Camp
(ages 12-17)
Chef Anne designed this camp just for kids who love to spend time baking and creating in the kitchen. Students do not need to have completed Doughlicious to enroll in this camp.

We start the week with baking and icing chocolate cakes and cupcakes. Students learn how to use the pastry bag and specialty tips. Whole grain yeast rolls, croissants, and French macaroons are also on the menu. Come join the fun while learning new skills and take home treats to share with your family and friends!

Please wear long pants, closed toe shoes, an apron and a hat.

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<th>Ages 12-15</th>
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<td>Mon.-Fri., Aug. 6-10</td>
<td>9:00 am - 4:00 pm</td>
<td>Aug. 13-17</td>
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Anne Baldzikowski
is an award winning instructor in the Cabrillo College Culinary Arts Department. She has owned two wholesale bakeries and brings a wealth of knowledge and enthusiasm to her camps.

Doughlicious Baking Camp
(ages 12-15)
Do you love to bake? Want to spend a week surrounded by sweet and savory treats? Join Chef Anne in Cabrillo’s Culinary Arts Kitchen and Bake Shop and immerse yourself in the wonderful world of baking!

Learn to make quick breads, yeast breads, pate choux, and flaky pastries. Each day we will focus on mastering a skill and learn to bake delicious goodlies to take home to your friends and families. Careers in the baking and pastry arts are also explored.

Please wear long pants, closed toe shoes, an apron, and a hat.

| Mon.-Fri., July 23-27 | OR | July 30 - Aug. 3 |
| 1:00 - 4:00 pm | 1:00 - 4:00 pm |
| Room: 908 |
| Register before May 31: $245 |
| Register after May 31: $260 |
| plus a $35 material fee paid at registration |

Anne Baldzikowski - see bio

Cooking Around the World in Five Days
(ages 11-15)
Explore the cuisine and delights of Morocco, Thailand, Persia, Peru, and India on this five-day culinary adventure around the world. Each day starts with the history and influence of region’s cooking and popular dishes. Aspiring chefs will learn about the important spice trade and how foods from around the world mix, and often create new cuisine.

Students learn knife skills, increase their confidence with kitchen equipment, and practice cooking techniques. Two to three classic dishes will be made each day accompanied by traditional beverages (teas and juices) for a group lunch. Recipes are provided so student chefs may continue their culinary adventure.

No passport required!

Please wear long pants, closed toe shoes, an apron, and a hat.

| Mon.-Fri., July 23-27 |
| 9:00 am - 1:00 pm |
| El Pajaro CDC Kitchen Collaboration in Watsonville, 412 East Riverside Dr. |
| Register before May 31: $245 |
| Register after May 31: $260 |
| plus $35 materials fee paid at registration |

Anne Baldzikowski
has a lifelong passion for food, careers in the baking and pastry arts are also explored.

Teen Chef: Farm to Table Cooking
(ages 11-17)
Perfect for budding foodies, gardeners, and future chefs. Food affects every step of our life, the way we relate to our community, and what we eat really does matter! Students learn where food is sourced, why it is important to support local farmers, how to incorporate foods with the 6 Essential Nutrients into their diet, and the importance of sustainable farming. Essential kitchen skills are covered with a focus on food safety practices, knife handling, food sourcing, and career paths in the food world. Students work with an abundance of fresh summer ingredients to make fresh pesto, proper vinaigrettes, seasonal fruit desserts, and transforming plain vegetables into beautifully seasoned dishes.

Please wear long pants, closed toe shoes, an apron, and a hat.

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<td>Mon.-Fri., July 9–13</td>
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<td>Room: 908</td>
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<tr>
<td>Santa Cruz Food Lounge, 1001 Center Street, Downtown Santa Cruz</td>
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<td>Register before May 31: $245</td>
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Aleah True
is the Culinary Arts teacher at Aptos Jr. High School. She is a Cabrillo College Culinary Arts & Hospitality Management graduate who grew up on a local farm.

“My son loved the great recipes and hands-on cooking experience! Nice instructors!”

“Love the cooking classes in Santa Cruz and the focus on making REAL food.”

-Parents of Creative Cooking students
**SS ROV Camp – Seafloor Science and Remotely Operated Vehicle**

*ages 9-12 & 12-15*

Dive into the world of marine science, technology, and operations with the SS-ROV (Seafloor Science and Remotely Operated Vehicle) camp. Discover the exciting field of ocean exploration from technical and environmental perspectives in this STEM-based camp. We cover the scientific method in geology, oceanology, and ecosystems plus technologies for ocean exploration. Interactive activities incorporate electronics, rovers, designing, building and driving underwater ROVs, sensors, sonars, deep-sea scientific drilling, seafloor geology and more. As an ocean explorer, you will learn teamwork, creative problem solving, and career possibilities, all while discovering the unique underwater world.

**Jedi Engineering using LEGO®**

*ages 6-8*

The Force Awakens in this introductory engineering camp for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

**Jedi Master Engineering using LEGO®**

*ages 9-12*

The Force is strong in this camp! Students build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Our Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

**Robotics using LEGO® EV3**

*ages 9-12*

Build and program robots using the new LEGO Mindstorms EV3 system! Learn about mechanical and software design, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

**Robotics using LEGO® EV3**

*ages 9-12 & 12-15*

Mon. – Fri., July 23-27
9:00 am - 12:00 noon
Room: 1521
Register before May 31: $225
Register after May 31: $240

**Minecraft Master Engineering with LEGO®**

*ages 8-12*

Bring Minecraft to life using LEGO! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of our experienced instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you’ll be hooked on the endless creative possibilities.

**NASA: Journey into Outer Space**

*ages 6-8 & 9-12*

We have teamed up with NASA to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work as we explore the atmosphere on earth and beyond! Watch stardust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. This is an experience that is truly out of this world! Daily themes: Earth and Beyond, Astronaut-in-Training, Solar Launch, Eye on the Sky, and Space Voyage.

**Jung Inventors**

*ages 6-8 and 9-12*

Creative Contraption Warning! This camp is designed by you—the Inventor! Each day, you’ll be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors, and the most important thing of all—your imagination! With a little bit of ingenuity, you’ll construct catapults and forts, then lay siege to the castle. Assemble your own working lightsaber to take home! While Thomas Edison said, “Invention is 10% inspiration and 90% perspiration,” this camp is 100% fun.

**CAMP CABRILLO!**

Camp Cabrillo is one simple plan for two weeks of full day camp activities. The campers’ day begins at 9:00 am and concludes at 4:00 pm. But, like an a la carte menu, you have choices! You select the combination of activities that fits your camper’s interests, and create your perfect schedule.

See pages 56-57 for more details.
With My Own Two Hands–Organic Gardening, Aromatherapy, & Handmade Crafts (ages 12-15)

Spend the week at Cabrillo’s Horticulture Center exploring the state-of-the-art nursery, bee hives, greenhouses, and certified organic farm. Campers will work in the gardens and lab-classroom to make handmade food and crafts from plants they harvest, learn ways to lighten their ecological footprint, explore environmental sustainability, and gain practical gardening skills.

Learn about plants for aromatherapy, pollinators and culinary purposes. Create herb bundles, and crafts, custom salve, poultices, and tea. Explore a working, thriving organic garden, learn to winnow seeds, and how to start and maintain compost. Plant native, vegetable, bee-friendly, and wildflower seeds to take home as a starter garden. Take an in-depth look at a beehive, and learn about pollinators. Make natural dye, and practice shibori pattern-making.

This will be an enriching, empowering, hands-on experience that will give campers inspiration and practical skills to grow, nurture and create.

Students will have the opportunity to view and handle bees from the working hives at the Horticulture Center. Please see the website for details. Students need to wear closed-toed shoes, and comfortable clothes that they can get messy! A hat, sunscreen and a water bottle are recommended.

Mon. - Fri., June 25-29
9:00 am - 12:00 noon
Room: 2100B

Register before May 31: $210
Register after May 31: $225
plus a $35 material fee paid at registration
(covers take home materials too!)

Jet Cadets (ages 6-8 and 9-12)

Explore the basic principles of flight, ride a hovercraft, build airplanes, and construct balloon copters! This hands-on program teaches you all about aerodynamics and the world above us! Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you build yourself! Daily themes: Wright Stuff, Rockin’ Rockets, Milky Way, Up, Up & Away, and Space Day.

Ages 6-8
9:00 am - 12:00 noon
Room: 2100B

Register before May 31: $210
Register after May 31: $225
plus a $35 material fee paid at registration
(covers take home materials too!)

Ages 9-12
1:00 - 4:00 pm

Spy Academy (ages 6-8 and 9-12)

Decoding messages, metal detectors, and night vision—campers have the opportunity to check out spy equipment and take home lots of gadgets! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis. Figure out the science of forensics and reveal who is behind those crazy capers. Become a super spy and learn clever ways of performing tasks as we take a hands-on view of the science that spies use! Daily themes: Discover Detection, Funky Forensics, Science of Security, Sleuths on the Scene, and Spy Academy.

Ages 6-8
9:00 am - 12:00 noon
Room: 2100B

Register before May 31: $210
Register after May 31: $225
plus a $35 material fee paid at registration
(covers take home materials too!)

Ages 9-12
1:00 - 4:00 pm
Mon. - Fri., June 18-22
Room: 2100B

Build Your Own Arduino Robot (ages 13-17)

Using a combination of mechanical, electrical and software engineering, learn how to design, assemble and program a robot using your own Arduino microcontroller, included in the Sparkfun RedBot kit. With RedBot, an electrical engineering prototyping platform, you’ll learn about electronics and how circuits function. Plus, you will rapidly create and deploy your ideas as you bring your robotic creations to life!

Use controllers to operate lights, motors and LEDs, and then test your engineering skills in a series of competitive challenges with your classmates using the robot you’ve designed. This course teaches kids the basics of electrical engineering and programming. They design, build, test, and program their robot to complete various challenges. They’ll experiment with different types of circuits while learning how robots interpret inputs from sensors and commands from their human operators. They will showcase their robots at the end of the week and take home the Arduino kit to tinker with!

This project-based approach to learning sparks curiosity, builds confidence, and fosters teamwork as students seek solutions to real-world problems. At the end of camp, students go home with a completed project in addition to their new skills and experience.

Students will learn the “Design Thinking” process taught by Stanford University.

Please note students need to bring a lunch, a drink, and a snack, and wear closed toe shoes and comfortable clothes that they can get messy! A hat, sunscreen and a water bottle are recommended.

Mon. – Fri., July 9-13
1:00 pm - 5:00 pm
Room: Horticulture S110

Register before May 31: $195
Register after May 31: $210
plus a $50 materials fee paid at registration

Melody Overstreet is a Master Gardener of California and certified California Naturalist. She teaches through UCSC’s Arboretum, the Natural History Museum, and Kids in Nature. Melody has nearly 10 years of teaching experience.

Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild.
iPad Creativity Camp (ages 9-12)
Love animated movies? Create one of your own! Learn to create drawings on your iPad and bring them to life using simple techniques such as timelines and keyframes. You will also learn to add music and text to create your own short film. This camp is full of opportunities to use your creativity and imagination! You'll learn to create your own 3D character and on the final day you'll bring your creation to life in an eBook to share with friends and family.
Get ready for a truly exciting and unique camp. Register early, seats are limited to 12!
Students must bring their own iPad. Minimum requirements are an iPad Air (first generation: Released October 2013). Anything released after will be supported.
Prior to camp, parents will need to download four apps which cost approximately $15 total. For more information, visit our Class Resources webpage for full instructions.
Mon. – Fri., June 18-22 OR August 6-10
1:00 - 4:00 pm
Room: 1521
Register before May 31: $225
Register after May 31: $240

Explore Computer Building (ages 11-15)
In this one-week camp students will have the opportunity to gain hands-on experience disassembling and then reassembling a computer. Each student takes apart and rebuilds a computer system from beginning to end, learning all major and necessary component names and the functions of these components. Students disassemble the computer to the smallest component, format/erase a disk, load and configure the operating system, and other tasks associated with getting a computer "user ready".
This is an in-depth look at all components of a computer system along with the necessary software. Students will finish the class with the pride and confidence of being able to build their own new computer. Students with an aptitude for discovery and inquiry, and who like hands-on problem solving, will enjoy this full week experience!
Ages 11-13
Mon. – Fri., July 9-13 OR July 16-20
9:00 am - 12:00 noon
Room: 1304
Register before May 31: $210
Register after May 31: $225
plus a $15 material fee at registration

Girls Code! Generative Art and Game Design in JavaScript (ages 8-10 and 11-13)
In general, female and male students perform equally well in mathematics and science on standardized tests, although women remain underrepresented in the science and engineering workforce. Girls Code camp aims to help change that, as girls learn to code their way to create their own unique projects.
Programming is a process of relaying instructions to a computer to get the outcome you're looking for, but you can't relay instructions if you don't know what you want it to do! So… plan before you program! Students will learn JavaScript, the planning process, problem solving, troubleshooting skills, as well as tools for collaborating with others.
This is a project-based camp. Students outline ideas for what they'd like to build and work with instructors to learn the concepts necessary to bring their ideas to fruition. Students learn to write JavaScript within the Code Naturally web app and get their own account so they can continue coding from home during the camp. Each student will create a portfolio of work based on their own unique and creative ideas. Materials fees include Code Naturally worksheets and guides to help students work independently, and a full year of access to the Code Naturally app to help them keep coding! Handbook included.
Ages 8-10
9:00 am - 12:00 noon
Mon. – Fri., July 23-27
Room: 2502
Register before May 31: $195
Register after May 31: $210
plus a $45 material fee at registration
Ages 11-13
1:00 - 4:00 pm
Mon. – Fri., July 23-27
Room: 2502
Register before May 31: $195
Register after May 31: $210
plus a $45 material fee at registration

Make Your First 3D Video Game! (ages 8-14)
Go well beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, add music and text to create your own short film. This camp is full of opportunities to use your creativity and imagination! You'll learn to create your own 3D character and on the final day you'll bring your creation to life in an eBook to share with friends and family.
Get ready for a truly exciting and unique camp. Register early, seats are limited to 12!
Students must bring their own iPad. Minimum requirements are an iPad Air (first generation: Released October 2013). Anything released after will be supported.
Prior to camp, parents will need to download four apps which cost approximately $15 total. For more information, visit our Class Resources webpage for full instructions.
Mon. – Fri., June 18-22 OR August 6-10
9:00 am - 12:00 noon
Room: 1521
Register before May 31: $225
Register after May 31: $240

Design and Create with Coding (ages 9-12)
Implement design and express your creativity through coding! This camp introduces campers to JavaScript coding in a way that’s designed to let students lead their own learning. Students work one on one with educators to outline ideas, break them down, and learn the concepts necessary to bring them to life. Students learn at their own pace while creating a portfolio of projects that represent all that they’ve learned.
Materials fees include Code Naturally worksheets and guides to help students work independently, and a full year of access to the Code Naturally app to help them keep coding! Handbook included.
4 sessions to choose from:
Mon. – Fri., June 18-22
9:00 am -12:00 pm OR 1:00 - 4:00 pm
Room: 2502
Register before May 31: $195
Register after May 31: $210
Plus a $45 material fee at registration
OR
Mon. – Fri., June 25 - 29
9:00 am - 12:00 pm OR 1:00 - 4:00 pm
Room: 2502
Register before May 31: $195
Register after May 31: $210
Plus a $45 material fee at registration

Generative Art and Game Design in JavaScript (ages 8-10 and 11-13)
Code your way to creating your own unique projects. Programming is a process of relaying instructions to a computer to get the outcome you’re looking for, but you can’t relay instructions if you don’t know what you want it to do! So… plan before you program! Students will learn JavaScript, the planning process, problem solving, troubleshooting skills, as well as tools for collaborating with others.
This is a project-based camp. Students outline ideas for what they’d like to build and work with instructors to learn the concepts necessary to bring their ideas to fruition. Students learn to write JavaScript within the Code Naturally web app and get their own account so they can continue coding from home during the camp. Each student will create a portfolio of work based on their own unique and creative ideas. 
Ages 8-10
9:00 am - 12:00 noon
Mon. – Fri., July 9-13
Room: 2502
Register before May 31: $195
Register after May 31: $210
plus a $45 material fee at registration

Ages 11-13
1:00 - 4:00 pm
Mon. – Fri., July 9-13
Room: 2502
Register before May 31: $195
Register after May 31: $210
plus a $45 material fee at registration

To register call 479-6331 or visit us online at www.cabrillo-extension.org
**Virtual Reality: The Future is Now** *(ages 7-9 & 10-12)*

Embark on an EPIC adventure in virtual reality! In this cutting edge class, you will learn the foundations of VR design by creating your own virtual worlds, exploring simulated environments, and crafting memorable 3D experiences. At the end of the week, take home your first cardboard VR headset to show friends and family the new worlds you created.

VR projects can be viewed on a website or a mobile device. Students do not need a mobile device to take the class, but to use the VR headset after class students need access to an Android or Apple mobile device.

**Students will work in pairs or teams and VR projects will be available on a password protected website to share with friends and family.**

**Ages 7-9**

- Mon.–Fri., June 18-22
- 9:00 am - 12:00 noon OR 1:00 - 4:00 pm
- Room: 515
- Register before May 31: $225
- Register after May 31: $240
- Plus a $25 fee at registration for Google VR headset

**Ages 10-12**

- Mon.–Fri., July 23-27
- 9:00 am - 12:00 noon
- Room: 516
- Register before May 31: $225
- Register after May 31: $240
- Plus a $25 fee at registration for Google VR headset

**Program Your Robot!** *(ages 8-12)*

Learn to program a robot with your team to overcome daily class challenges using visual and text based programming. You will see firsthand how your program translates into action as you attempt to control your robot sensors and maneuver around obstacles. With a teammate, you will apply different coding concepts while using the scientific method to formulate, observe, experiment, test, and modify your robot.

**Students will work in pairs or teams for most of the week.**

- Mon.–Fri., July 23-27
- 1:00 - 4:00 pm
- Room: 514 & 516
- Register before May 31: $245
- Register after May 31: $260

**Minecraft© Designers** *(ages 8-14)*

If you love the game Minecraft, and always wanted to design your own world, this camp is for you! Learn how to create a custom map, the basics of creating 3D models using new software to design your very own objects, how to build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends.

**To access their project at home, students must own a PC/MAC version of Minecraft. Tablet, phone, and game console versions of Minecraft are not compatible. Parent email address is required to use 3D modeling software. Students will work in pairs or teams for most of the week.**

- Ages 11-14
  - 9:00 am - 12:00 noon
  - Mon.–Fri., July 16-20
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240
- Ages 8-10
  - 9:00 am - 12:00 noon
  - Mon.–Fri., July 16-20
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240

**ROBLOX® Makers-Coders-Entrepreneurs!** *(ages 8-14)*

Discover how to code in the Lua language while playing and designing worlds in ROBLOX®, an online universe where you can create anything you dream of. This new camp combines game design concepts, coding, and fun! Young entrepreneurs will also learn how to navigate ROBLOX’s fast growing marketplace to publish their games.

Student-created games will be available on a password protected website to share with friends and family. Students will work in pairs or teams for most of the week.

- Ages 8-10
  - 9:00 am - 12:00 noon
  - Mon.–Fri., July 9-13
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240
- Ages 11-14
  - 1:00 - 4:00 pm
  - Mon.–Fri., July 9-13
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240

**Make Your First Video Game!** *(ages 8-14)*

If you love playing video games, this is the camp for you! Make your first video game in this one-of-a-kind class that shows the keys to designing your first 2D platformer game. Conceptualization, play experience, level design, graphics, sounds, and simple coding are just some of the concepts that we’ll explore. No prior experience necessary, just a desire to have fun.

Student created games will be available on a password protected website to share with friends and family. Games are only compatible on PC computers; Mac versions can be created after the camp for $15 conversion fee. Students will work in pairs or teams for most of the week.

- Ages 8-10
  - 9:00 am - 12:00 noon
  - Mon.–Fri., June 25-29
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240
- Ages 11-14
  - 1:00 - 4:00 pm
  - Mon.–Fri., June 25-29
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240

**Minecraft© Modders** *(ages 8-14)*

Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft.

Student projects will be available on a password protected website to share with friends and family. To access their project at home students must own a PC/MAC version of Minecraft. Tablet, phone, and game console versions of Minecraft are not compatible. Students will work in pairs or teams for most of the week.

- Ages 8-10
  - 9:00 am - 12:00 noon
  - Mon.–Fri., August 6-10
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240
- Ages 11-14
  - 1:00 - 4:00 pm
  - Mon.–Fri., August 6-10
  - Room: 515
  - Register before May 31: $225
  - Register after May 31: $240
**SUMMER YOUTH PROGRAM – COMPUTERS & TECHNOLOGY**

*Create Your Own Chess Set (ages 8-10)*

Design and fabricate a chess set in the new Cabrillo Makerspace and Fab Lab. Learn the fundamentals of Tinkercad and 3D printing, including the board and all the pieces. Make a knight riding a dragon or a rook that looks like a castle. For beginners, the basics of chess will be taught at the end of the week. If you are experienced you will have the chance to play with your own designer set!

Mon.-Fri., July 23 – 27
1:00 - 4:00 pm
Room: 1302 (Makerspace)
Register before May 31: $195
Register after May 31: $210 plus a $20 materials fee paid at registration

*3D Printing Inventors (ages 8-10)*

Bubble blowers, bubble-ology, stomp rockets, digital fabrication, and creativity! We’ll use the amazing tools in the all-new Makerspace to design and produce a bubble blower, mix your own bubble formula, and make a 3D printed stomp-rocket.

Learn the basics of Tinkercad and 3D design to make and print your own creation. Students will have their own Tinkercad account to practice at home. Come ready to learn, create, and fabricate!

Mon.-Fri., July 23 – 27
9:00 am - 12 noon
Room: 1302 (Makerspace)
Register before May 31: $195
Register after May 31: $210 plus a $20 materials fee paid at registration

**SUMMER YOUTH PROGRAM – LEADERSHIP & ACADEMIC ENRICHMENT**

*The Youth Leadership Academy (Grades 6-8 and 9-12)*

It’s never too early to start developing as a leader!

You can make a difference as a youth in today’s world. Taking initiative and leading the way can help you make a difference for friends, family, your community and even the world. You can also get a head-start on preparing yourself for high school, college and your career by working on your leadership.

Research shows that:

- College admissions officers rate leadership as one of the most important qualities they consider. Building your leadership skills gives you an advantage! - *The Atlantic, 1/22/14*

In this dynamic, strengths-based, five-day program, participants will discover and develop their inner leaders using proven methods and leadership concepts.

Over the course of 5 days, participants will:

- Develop a positive model of leadership
- Identify their own values and guiding principles, and align them with actions
- Learn social & emotional tools to help them take charge of their own emotional safety
- Practice advocating for themselves and others
- Develop relationship skills of collaboration, advocacy, gratitude, and empathy
- Understand the power of gratitude, empathy, and appreciation in building relationships

Don’t miss this unique opportunity to launch your leadership journey!

**Grades 9–12**
- OR

**Grades 6–8**

*Grades 9–12*
- July 30–Aug. 3
- 9:00 am - 12:00 noon
- Room: 1522
- Register before May 31: $270
- Register after May 31: $295 plus a $10 material fee at registration

*Grades 6–8*
- Aug. 6–10
- 9:00 am - 12:00 noon
- Room: 1522
- Register before May 31: $270
- Register after May 31: $295 plus a $10 material fee at registration

*LeAnn Copriviza* has been a middle and high school instructor for over 10 years. She has a B.A. in Interpersonal and Organizational Communication and is currently completing Kidpower Instructor training.

*Accelerated Learning Techniques for Students (ages 12–17)*

In today’s rapidly changing technological society, knowing how to learn is one of the most valuable skills we can have. Unfortunately, most of us were never actually taught how to learn. Because of this, many people find learning to be an unpleasant chore rather than a fun and exciting adventure. Well, no more! Learning is fun, especially when you know how to do it quickly and efficiently.

It doesn’t matter if you are a straight A student or barely passing, you can do better in less time! This interactive and entertaining funshop teaches you how to learn faster and have fun while doing it. You will learn the tools and techniques necessary to unlock the amazing potential of your brain and start achieving more than you ever thought possible.

We’ll focus on the skills necessary to help you right now, as well as prepare you for the transition to either high school or college!

**Ages 12–14**
- 9:00 am - 12:00 noon
- Room: 825
- Register before May 31: $68
- Register after May 31: $75

**Ages 15-17**
- 1:00 - 4:00 pm
- Room: 825
- Register before May 31: $68
- Register after May 31: $75

*Dr. Joe McCullough* is the Physics Program Chair at Cabrillo College where he has been teaching for the last 15 years. He is also a certified trainer and best-selling author of Accelerated Learning Techniques for Students.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Inside the Art Studio with Famous Artists (ages 6-12)
Paint like the modern masters! Come explore painting and “meet” five famous artists inside Cabrillo's state-of-the-art studio space: Pablo Picasso, Monet, Van Gogh, Rousseau, and Georgia O'Keeffe. Each day features a new painting technique and different materials where young artists create their own artworks inspired by these masters. Art studio time covers painting and drawing principles, brushstroke techniques, and explores monoprinting, pastels, plein air (outdoor) painting, and proper care for art materials.
This fun-filled week inspires students to see, think, and imagine like an artist!

**Ages 6-8**

- **Ages 9-12**
  - **9:00 am - 12:00 noon 1:00 - 4:00 pm**
  - **Room: VAPA 2015**
  - **Mon.– Fri., June 25-29**
  - **Register before May 31: $180**
  - **Register after May 31: $195**
  - **plus $40 materials fee paid at registration**
  - **Susan Trimmingham - see bio**

Creating Comic Books (ages 10-14)
Comic books are fun to make! We’ll walk you step by step through creating your own comic book story. Starting with only blank paper and a healthy imagination, we will develop new characters and story ideas. Students will create a multi-page comic, while learning skills and techniques like character design, the narrative arc, 9 panel grids, how to use rhythm and pacing, and the importance of panel transitions.
Beware—participants will be encouraged to be silly, imaginative, expressive, and thoughtful!

- **Mon. – Fri., July 9-13**
  - **9:00 am - 12:00 noon 1:00 - 4:30 pm**
  - **Room: VAPA 2020**
  - **Register before May 31: $195**
  - **Register after May 31: $210**
  - **plus $45 materials fee paid at registration**
  - **Katelyn Byrne is a visual artist focused on painting, jewelry and crafts. She has been teaching youth in Santa Cruz through Mariposa’s Arts, William James Association, and Branchforte’s Arts Alive program.**

Discover and Explore Painting (ages 6-12)
Come learn the fundamentals of painting under the guidance of a professional artist! Each day, students discover the elements of basic brush techniques along with the elements of line and color. Over the course of the week, young artists explore tinting, color mixing, textures and shading. Music, poetry, and paintings by master artists give class guidance and individual attention to help each new and/or aspiring artist develop their drawing and painting skills. Much like professional artists, our young student artists will prepare and install their artwork for an exhibition on the final day.

- **Ages 6-8**
  - **Ages 9-12**
  - **9:00 am - 12:00 noon 1:00 - 4:30 pm**
  - **Room: VAPA 2015**
  - **Mon.– Fri., July 9-13**
  - **Register before May 31: $180**
  - **Register after May 31: $195**
  - **plus $15 materials fee paid at registration**
  - **Susan Trimmingham, MA, has over 20 years’ experience as a visual artist, artist mentor, art teacher, and facilitator of professional development programs.**

Patterns and Capes and Flags - Oh My! (ages 6-8 & 9-12)
Join us for a week of printmaking, cape-making, patterned flags, and other hands-on, messy, creative printing projects, just right for little hands and bouncy bodies. Students can create patterns and images to reflect their own personalities, interests, or favorite colors. Students will learn to design and make their own stamps, then print on fabric and paper to create their own printed capes, printed flags, and prints on paper.
Students are encouraged to wear clothes they can get messy in, and bring their imagination!

- **Ages 6-8**
  - **9:00 am - 12:00 noon**
  - **1:00 - 4:00 pm**
  - **Mon. – Fri., June 18-22**
  - **OR**
  - **Ages 6-8**
  - **9:00 am - 12:00 noon**
  - **1:00 - 4:00 pm**
  - **Mon. – Fri., June 25-29**
  - **Room: VAPA 2014**
  - **Register before May 31: $180**
  - **Register after May 31: $195**
  - **plus $45 material fee paid at registration**

Face Painting Basics (ages 7-12)
Explore face painting basics using safe high-quality products. This fun, unique camp covers art techniques, line work, color theory, and sponge work to create a variety of face designs. Tools and makeup selection will be covered including split cakes, stencils, proper hygiene, and creating face and body bling. The possibilities are endless from swirls, teardrops, leaves, flowers, and masks (butterflies and tigers) to superheroes, princess designs, costume makeup, and more. Each student goes home with their own face painting kit to practice their new art skills for a party, gathering, school event, Halloween, or just for fun! Your child may also be interested in: Patterns and Capes and Flags - Oh my!

- **Ages 6-8**
  - **9:00 am - 12:00 noon**
  - **1:00 - 4:30 pm**
  - **Mon. – Fri., July 9-13**
  - **Register before May 31: $180**
  - **Register after May 31: $195**
  - **plus a $40 material fee paid at registration**

To register call 479-6331 or visit us online at www.cabrillo-extension.org

**CAMP CABRILLO**

is one simple plan for two weeks of full day camp activities. Campers’ days begin at 9:00 am and conclude at 4:00 pm. But, like an a la carte menu, you have choices. You select the combination of activities that fits your camper’s interests, and create your perfect schedule!

Please note that all camps are first come, first served, and camps fill fast!

**Need a few more hours of care?**
You can also select Pre-Camp or Post-Camp for an additional fee.
These offer a few more hours of care in the morning and at the end of the day. See pages 56-57 for details.

**CAMP CABRILLO!**

is a fun, unique camp covers art techniques, line work, color theory, and sponge work to create a variety of face designs. Tools and makeup selection will be covered including split cakes, stencils, proper hygiene, and creating face and body bling. The possibilities are endless from swirls, teardrops, leaves, flowers, and masks (butterflies and tigers) to superheroes, princess designs, costume makeup, and more. Each student goes home with their own face painting kit to practice their new art skills for a party, gathering, school event, or to start their own business.

- **Ages 9-12**
  - **9:00 am - 12:00 noon**
  - **1:00 - 4:00 pm**
  - **Mon. – Fri., July 9-13**
  - **Register before May 31: $180**
  - **Register after May 31: $195**
  - **plus a $40 material fee paid at registration**

Alison SooHoo Daniel - see bio
Creative Clay Play (ages 6-8)

Get messy and creative with shape, texture and color as we play with clay! Explore fun projects with wet clay, including cups, animals, and masks. Individual designs and creativity are encouraged!

Roll up your sleeves and get ready to get dusty, techy, wet, and messy as you spend a week in the 3D art studio, Makerspace, and Fab Lab at Cabrillo College. We'll dive into an array of hands-on "old-school" traditional tools and mediums, as well as state-of-the-art, technologically advanced, 3-dimensional tools and mediums. Learn how to manipulate and shape each medium and how it occupies 3 dimensional space. Explore paper and cardboard models, laser cutting and vinyl stickers.

Ideal for middle school through high school students considering careers or majors in engineering, art, manufacturing or design—or those who just want to shape, make and build!

Registration:
Mon - Fri., July 10-12, 17 & 19
10:00 am - 12:00 noon
Room: 1302 (Makerspace)
Register before May 31: $235
Register after May 31: $220
plus $25 materials fee paid at registration

Payson McNett, MFA, is an Art Studio Instructor and the Makerspace and FabLab Director at Cabrillo College.

Printmaking (ages 13-17)

Printmaking is fun, playful, and one of the most satisfying mediums around—and it's a lot simpler than it looks! With linocut we'll explore cutting patterns into linoleum blocks. With collagraphs we'll glue a variety of materials onto a printing plate to form a relief surface full of textures. We will learn about basic printmaking tools, use them to create bold patterns and colorful images, and then print on paper, fabric, and other cool items. Students will leave with an entire edition of prints, a class exchange portfolio, and the knowledge to set up their own little printmaking studio at home!

Registration:
Mon - Fri., July 23-27
1:00 - 4:00 pm
Room: VAPA 3004
Register before May 31: $180
Register after May 31: $195
plus $45 materials fee paid at registration

Dana Peters - see bio

Re-Purposed and Re-Imagined Making Art from Recycled Material (ages 9-14)

Recycled and found materials like soda cans, candy wrappers, water bottle caps, buttons, and more are used by artists around the world to create amazing art. Discover these artists and their wild materials, and work with a SCRAP artist to build and transform your trash into treasure, and junk into art. Learn to create amazing sculptures and collages using re-purposed disposable goods, basic art supplies like glue, adhesive, string, and hardware, and your imagination!

The instructor will provide recycled materials to work with, and each student is required to bring their own recycled and repurposed items to create a shared collection of materials.

Registration:
Mon - Fri., July 23-27
9:00 am - 12:00 noon
Room: VAPA 3004
Register before May 31: $180
Register after May 31: $195

Dana Peters, MFA, is the Arts Hub Coordinator for the Santa Cruz Boys and Girls Clubs, a mixed media artist, printmaker, and performance artist.

Re-Purposed and Re-Imagined Making Art from Recycled Material (ages 9-14)

Leatherwork Camp Belts, Journals, Bags and More! (ages 12-15)

Each day students have the opportunity to create a variety of leather items from soft, supple leather. No machines necessary! Projects include a leather covered art journal, leather jewelry, tool belts, a simple bag, wallet, and a belt. Each item can be decorated to fit your size and personal style, or as a gift for someone special. While creating personalized leather objects, learn basic leather-working skills, leather dyeing using water-based dyes, and how to use the skills to make other leather projects at home.

Students are required to wear long pants and closed toe shoes.

Registration:
Mon - Fri., July 16-20
1:00 - 4:00 pm
Room: 1520
Register before May 31: $180
Register after May 31: $195
plus $45 materials fee paid at registration

Terry McInerny - see bio

Costumes, Cosplay and Creativity for Atypical Learners (ages 8-12)

Students have the opportunity to design and create cosplay costumes, murals, masks, and other creative projects at their own pace, based on characters and imagination. We will use a variety of materials such as leather, metal, fabric, and Tyvec. Projects are flexible, and the goal is for every student to feel safe, be successful, and have fun. This camp will offer behavior support and structure for students that have difficulty maintaining positive behavior in a less structured environment. Two instructors are present at all times, and the class is limited to 8 students. Students should bring ideas, any unfinished cosplay projects, and their enthusiasm!

Students are required to wear long pants and closed toe shoes.

Registration:
Mon - Fri., July 23-27
9:00 am - 12:00 noon
Room: VAPA 3004
Register before May 31: $180
Register after May 31: $195
plus $45 materials fee paid at registration

Terry McInerny, MSW, is the artist/owner of Nuala, a local leather accessory business. She has been working in education for over 6 years. She loves to share the craft of leatherwork, costumes and creativity with others.

Sew, Stitch and Make: Cool Summer Projects Made by Hand (ages 12-16)

Come let your creativity flow and grow your sewing skills in this fun sewing and making camp. We will work our way through three custom designed projects that include a stuffed creature, a cross body tote bag, and pajama pants or shorts. We will cover basic sewing skills as well as explore our own creative visions by mixing textiles, trims and buttons to make our projects. Our classroom is a great space to create and sew with Bernina sewing machines, large cutting tables, ironing boards, irons, and basic sewing supplies.

Students must bring one bag of poly-stuffing for their creature, and 2 yards of a cotton of their choice for the pajama pants. Your materials fee covers fabric for your other projects, and all of your notions.

Registration:
Mon - Fri., July 16-20
9:00 am - 12:00 noon
Room: 1520
Register before May 31: $180
Register after May 31: $195
plus $25 materials fee paid at registration

Kiki Barrett is a local designer and sewing instructor with a passion for helping others get past the fear and frustration of sewing. She enjoys helping others grow as a designer and/or seamstress.
**Small Metal Jewelry** *(ages 13-17)*

In this fun, creative week, students learn basic jewelry fabrication and small metal skills as they create their own jewelry designs. Students will learn soldering with a gas torch, filing and polishing, and will use copper sheet, copper wires, and some fine silver. We will complete at least 3 projects, including a ring, earrings, and a pendant. Tool skills and studio safety practices will be covered.

Students will have access to the state-of-the-art tools and equipment in Cabrillo’s Small Metals and Jewelry studio, one of the finest equipped studios in California.

Please note that students must wear long pants and closed-toed shoes in the studio.

**Digital Photography I: Shooting with Natural & Studio Light** *(ages 12-15)*

Learn the basics of shooting great photographs with digital cameras. Topics covered include image composition, getting the correct exposure for shooting outdoors, as well as working with basic studio lighting and portable backdrops. Walks around campus will cover landscape photography, florals, architecture style images, portraits and more.

DSLR camera recommended, though cell-phone cameras are fine. Basic processing of photographs from camera to the digital darkroom will also be covered.

- Bring a USB flash drive to store and take home edited images (1GB or larger)
- Mon. – Fri., July 16-20 OR July 23-27 9:00 am - 1:00 pm
- Room: VAPA 2021
- Register before May 31: $195
- Register after May 31: $210
- plus a $35 material fee at registration

- Pablo Cubangbang is a member of the Monterey Bay Metal Arts Guild and is the president of the Cabrillo Seahawk Metals Art Club.

**Digital Photography II: Creativity in the Digital Darkroom** *(ages 12-15)*

Learn the basics of processing your digital photography and advanced image editing with Adobe Photoshop to take your digital photographs to the next level. Short walks around campus will focus on gathering image elements for a final project done with compositing techniques in Photoshop. Students learn how to color correct, process, edit, dodge/burn, make selections and cut-outs, as well as enhanced layer blending modes, collage, apply special effects to enhance an image and more. Students will also learn how and where to print their photographs on canvas, metal and more.

DSLR camera recommended, though cell-phone camera is fine.

- Bring a USB flash drive to store and take home edited images (8GB or larger)
- Mon. – Fri., July 16-20 2:00 - 5:00 pm
- Room: 317
- Register before May 31: $210
- Register after May 31: $225
- plus a $10 material fee at registration

**Creative Digital Illustration** *(ages 12-15)*

For students who enjoy drawing and sketching, learn to take your drawings to a whole new level. Turn your sketches into cool graphics that can be printed on t-shirts, hats, bags, stickers, skateboard designs or even made into repeating patterns for leggings, tapestries & more. Draw your own little characters for storybooks or trading cards. Learn to transform sketchpad drawings and photos into print-ready graphics using Adobe Illustrator.

Students will be able to draw at camp or may also bring drawings from home. We will take short walks around campus to take photos to incorporate into their illustration imagery. Students learn how to edit their illustrations with colors and strokes, manipulate vector paths, apply colorful gradient effects, and how to incorporate type into their designs for finished artwork. We will also cover where and how to format their files in order to print correctly. Students will be able to set up their own online portfolio storefront and preview how their designs will look on many products in the marketplace.

- Bring a USB flash drive to store and take home edited images (8GB or larger)
- Mon. – Fri., July 16-20 2:00 - 5:00 pm
- Room: 317
- Register before May 31: $210
- Register after May 31: $225
- plus a $10 material fee at registration

- Marco Lucadano is the ROP Graphic Design and Digital Photography instructor, Assistant Technology Coordinator at Soquel High, and a Technical Support Specialist with the County Office of Education.

**Creative Visual Design - Graphic Design and Illustration** *(ages 14-17)*

Do you love surf and skate graphics, garment graphics, or posters? Do you love to design and illustrate, or to edit photos? Then this camp is for you! Through a series of fun and fast-paced exercises students will explore photo editing, learn tools and techniques to manipulate type, and experiment with digital illustration. Students will translate their creative and visual design ideas into digital art with Adobe Photoshop and Adobe Illustrator, and use Wacom Intuos 4 digital drawing tablets to see how professional designers illustrate. Students will use DSLR cameras to take portraits, which they will edit. This is a fun introduction for students interested in learning more about graphic design. Take your creative design ideas from concept to reality in this hands-on, activity based camp!

Some DSLR cameras are available for students to share, or they may bring their own to class.

- Mon.-Fri., June 18–22 9:00 am - 12:00 noon
- Room: 1097
- Register before May 31: $210
- Register after May 31: $225

**EXTENDED DAY CAMPS**

**Monday through Friday and open to campers ages 6 to 12**

Campers have the chance to eat the healthy food their parents packed (yum!), play a board game, read their favorite book, make some art with new friends, and play outside. Extension Camp Counselors will escort campers to and from their camps and Extended Day locations.

See page 56 for details

**Pre-Camp**
7:30 - 9:00 am

**Lunch Break!**
12:00 Noon - 1:00 pm

**Post-Camp**
4:00- 6:00 pm

- Marco Lucadano is the ROP Graphic Design and Digital Photography instructor, Assistant Technology Coordinator at Soquel High, and a Technical Support Specialist with the County Office of Education.

**Jewelry, Beads, and Macramé** *(ages 9-13)*

Create a brand new collection of personally designed jewelry pieces. Macramé is back in vogue! Various macramé-knotting techniques will be taught to thread stylish bracelets, necklaces, earrings, and keychains using hemp and embroidery floss. Students learn bead-making techniques using paper, Sculpey, and Shrinky Dinks to incorporate into the delicate macramé knots. These design and patternmaking skills will last a lifetime and the jewelry you take home is the perfect gift for friends and family!

- Mon. - Fri., July 9-13
- 9:00 am - 12:00 noon
- Room: VAPA 3004
- Register before May 31: $180
- Register after May 31: $195
- plus $45 materials fee paid at registration

**TAKES BOTH DIGITAL PHOTOGRAPHY INSTITUTES FOR JUST:***

- Register before May 31: $410
- Register after May 31: $440
- plus a $20 material fee at registration
Kuumbwa Summer Jazz Camp
(grades 8-12)

For over 25 years Kuumbwa's Summer Jazz Camp has been a destination for dedicated young musicians to learn about the thrilling creativity and limitless possibility of jazz! Over nine days of study, listening, and collaboration this camp covers jazz, improvisation, and jazz appreciation, and will help students grow as musicians.

Students will receive both one-on-one and group instruction by professional music educators in the state-of-the-art Cabrillo Performing Arts complex. The camp focuses on live performance, basic improvisation, theory, soloing concepts and phrasing, along with jazz history and appreciation.

We conclude the camp on the final Thursday with a student performance on the famous Kuumbwa Jazz Center stage!

Students are required to know at least 3 major scales and have experience with an instrument. Drummers must know standard jazz rhythms.

Please check the Class Resources web page for important information about what campers must bring to camp on the first day, a link to the required survey that campers must complete prior to camp, and for a final day performance schedule.

Steve Wilson has been a director of Kuumbwa Jazz Camp for over twenty years. He is a long-term music instructor at Cabrillo College and performs with many local ensembles.

Terrel Eaton has taught music in Santa Cruz County for three decades. He currently directs the Kuumbwa Jazz (high school) Honor Band, and co-directs the Kuumbwa Jazz Camp.

To learn more about Kuumbwa's music education programs go to www.kuumbwajazz.org/education

Cabrillo Youth Chorus Voice Camp
(ages 8-18)

Love to sing? Love theater and musicals? Then the Cabrillo Youth Chorus Voice Camp is the place for you!

Spend a week singing great choral music from around the world! Explore music theory, dance, movement, and rhythm! At the end of the week, join everybody on stage for our own musical production with lots of solo singing and speaking roles! Past productions include Heartland, Songs of America; Not my Circus, Not my Monkey; and Harry Potter and the Circle of Fifths! Have fun with Crazy Hair Day, Come as Your Favorite Superhero Day, and everybody’s favorite, Gutter Sundae Day!

Make music with kids from dozens of area schools and see if the Cabrillo Youth Chorus is right for you when CYC starts up in the fall! Come meet new friends and find a whole new passion!

Our camp director, Cheryl Anderson, is joined by a cadre of Teaching Assistants who are majoring in music or have graduated as music majors from Cabrillo College. Our high staff-to-camper ratio ensures that each camper gets individual attention and instruction throughout the week.

Students provide their own lunch.

Each camper is also required to purchase a Cabrillo Youth Chorus polo shirt for $20, unless your camper already has one.

Mon.-Fri., August 6-10
9:00 am - 3:00 pm
Room: VAPA 5148
Register before May 31: $235
Register after May 31: $250

Cheryl Anderson is the Director of the Cabrillo Youth Chorus and is an active member of the American Choral Directors Association and the National Association for Music Educators.

Intermediate Guitar
(ages 11-17)

Mastered guitar basics and ready for a more advanced camp? This camp focuses on learning the most common chords used in contemporary music as well as an introduction to scales, modes, improvisation, and finger style guitar. Discover common song forms like blues, pop, and jazz by playing together as a group. We will study rhythm guitar charts as well as reading single note lines and melodies. Music theory and ear training is explained and explored in a way that makes sense to young guitarists.

Mon - Fri, July 16 – 20
9:00 am - 12:00 noon
Room: VAPA 5137
Register before May 31: $195
Register after May 31: $210
Plus $5 materials fee paid at registration

Jered Fox – see bio

SCHOLARSHIPS

Cabrillo Extension is happy to offer a limited number of scholarships for our youth program. Scholarships provide students and families the opportunity to enjoy our camps and classes at reduced registration fees.

See page 85 for more information.

All of our Cabrillo Extension Youth Program summer music camps are held in Cabrillo College’s state-of-the-art music facilities.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Street Hip Hop Dance (ages 12-17)

Hip Hop style is urban, it is street, and it is diverse. Our safe and inclusive dance environment is an opportunity for youth to see that there are many different ways to express yourself, build confidence and a sense of character, be a part of something, and be among good and positive energy. New and experienced dancers explore their own sense of style, movement, and self-expression. Dancers learn and understand musicality along with the rhythm and movement to create their own combinations/chorography to showcase at the end of the week.

5 Tue., July 10 - Aug. 7 (meets once a week)
4:00 - 6:00 pm
Watsonville Center Room, Room A130
Register before May 31: $95
Register after May 31: $95

Rachele Chenowith is currently the Cheer Coach for Watsonville High and taught at Cabrillo College.

Mexican Folk Dance / Baile Folclórico (ages 12-17)

Learn about Mexican culture through its music and dance! The basic steps to learn two different styles of dances from regions of Mexico will be taught. Folclórico dancing is a great way to exercise and learn about Mexican culture through its music.

5 Mon., July 9 – August 6
(meets once a week)
4:00 pm - 6:00 pm
Watsonville Center Room, Room A130
Register before May 31: $80
Register after May 31: $95

Ruby Vasquez has been dancing Mexican folkloric dance since the age of 5. She is currently the assistant director of the adult Mexican folk dance company, Esperanza del Valle and the instructor of Estrellas de Esperanza, the kids/youth dance group.

Jazz and Tap Combination: for All Levels (ages 12-17)

Lace up those jazz and tap shoes! No experience is required as teens learn basic movements in both jazz and tap, two styles that actually have a lot in common. Each week builds on the previous to develop coordination and technique through warm ups, floor center work and progression, and body placement.

This class focuses on the joy of movement and dance along with the exploration of two similar styles of dance passed down through the decades. Recommendations to purchase new or slightly used tap shoes before camp can be provided.

5 Wed., July 11 - Aug. 8 (meets once a week)
4:00 - 6:00 pm
Watsonville Center Room, Room A130
Register before May 31: $80
Register after May 31: $95

Rachele Chenowith performs throughout the Bay Area and has taught jazz/tap to a variety of age groups, including locally at Agape Dance Studio.

All Sports Camp (ages 8-14)

Join us for the inaugural Cabrillo College Athletic Department ALL SPORTS CAMP. Have a fun and dynamic week playing a variety of sports and games with Cabrillo Athletic Department coaches and student athletes. Activities include, but are not limited to, wiffle ball, kickball, volleyball, flag football, soccer, basketball and more!

Coaches provide leadership and guidance on how to be successful in sports and life. We are excited to have student-athletes of both genders working with us to ensure appropriate supervision and coaching of all campers. We look forward to working with your child and providing a safe environment that promotes fun competition, movement, health and wellness.

Men’s and women’s locker rooms will be available for campers to change.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
SUMMER YOUTH PROGRAM – SPORTS CAMPS

**Baseball Camps (ages 7-14)**
This is the 12th year of our summer baseball camp offering. Our camp is designed to address all of the areas for a great experience: skills, one on one instruction, game play and great fun.
We ensure that all of our campers leave with a sound knowledge and skill level. At no time, will any camper be in an environment either beneath or above their skill level. It is of the utmost importance that we provide a safe and meaningful experience.
Please bring a hat, mitt, sport-appropriate attire and a lunch daily.
Two Sessions to choose from!
Mon. – Fri., July 16-20 OR July 23-27
9:00 am - 2:00 pm
Baseball Field

**Summer Soccer Camps (ages 4-14)**
Welcome! Cabrillo College Athletics invites you to come have fun, learn some new skills from top-level instructors, and enjoy our all-weather facility.
Our camp offers a comprehensive, informative week of instruction on our beautiful playing surface in the stadium. The camp will focus on individual and team skills needed to be successful in this wonderful game. Camp is staffed by the men’s coaching staff of Cabrillo College—professional, nationally licensed coaches and former professional players who are attuned to the needs of all ages and abilities.

Camps are Monday-Thursday and will be held at the Cabrillo College Carl Conelly Stadium.

Session 1: Mon.-Thu., June 25-28
Session 2: Mon.-Thu., July 23-26

Boys & Girls Camps (ages 7-14)
9:00 am - 12:00 noon
Fee: $165 each session

Wee-Hawks (ages 4-6)
9:00 - 10:30 am (will train separately from older kids)
Fee: $75 each session
Fee: $195

**Basketball Shooting Camps (ages 7-17)**
Our shooting camps are a great opportunity for your child to focus on a particular skill and the development of that skill; SHOOTING. The entire camp will be devoted to improving the shooting technique and ability of each player. Proper fundamentals and footwork will be coached to help maximize development and experience.
Each camper is coached by members of the Cabrillo College Men’s Basketball Team and Staff. Each day will consist of individual and group instruction, drill work, shooting competitions and position specific workouts. Throughout the camp you will learn a number of take home drills that will help you continue to improve upon your shooting long after the camp has ended.
There will be a certified athletic trainer, plenty of water and rest breaks.
Bring shorts, athletic shoes and your love for the game. Lunch, drinks and snacks will be available for purchase.

Locaton: Gymnasium
Fee: $200 each session

**Basketball Skills Camps (ages 7-17)**
Our day camp provides a tremendous environment for your child's skill improvement. The skills camps offer a solid foundation of offensive and defensive fundamentals for all age groups and skill levels. We provide positive feedback, instruction, motivation and techniques to help develop your son or daughter as a complete basketball player.
Our staff, which consists of members of the Cabrillo College Men’s Basketball Team, works with each player on the proper shooting, ball handling, passing, rebounding and footwork technique. Our emphasis on sound fundamentals immerses each camper in the sport, giving them the kind of focused, intensive training that is essential for improvement. Over the course of the camp you will see a drastic improvement in their self-confidence, sport specific skills and overall love for the game.
There will be a certified athletic trainer, plenty of water and rest breaks.
Bring shorts, athletic shoes and your love for the game. Lunch, drinks and snacks will be available for purchase.

Locaton: Gymnasium
Fee: $200 each session

**Extended Day Camps**
Camps have the chance to eat the healthy food their parents packed (yum!), play a board game, read their favorite book, make some art with new friends, and play outside.

Extension Camp Counselors will escort campers to and from their camps and Extended Day locations.

Pre-Camp
7:30 - 9:00 am
Lunch Break
12:00 noon - 1:00 pm
Post-Camp
4:00- 6:00 pm

For more information about Sports Camps please contact:

Soccer: DJ Driscoll at (831) 479-6402 or by email at dadrisco@cabrillo.edu
Volleyball: Gabrielle Neville at (831) 419-2082 or by email at ganevill@cabrillo.edu
Football: Eric Gerlach (831) 479-6592
Baseball: Bob Kittle at (831) 234-9824
Basketball: James Page at (831) 479-5024 or by email at japage@cabrillo.edu
Swimming Lessons or Camps: Jim Triplett at 688-3613 or willtriple@aol.com

**Seahawk Football Camp (ages 6-14)**
Non-contact skills football camp for any experience level from beginner to all-stars!

Areas of Instruction:
- Quarterbacks: Stance, Exchange, Drops, Set-Up, Sprint Out, Play Action, Screens, Ball Handling, Option, Reading Defenses, and Field Leadership
- Wide Receivers: Stance, Start, Release, Route Running, Cuts, Receiving, Blocking, and Reading Defenses
- Running Backs: Stance, Start, Football Handling, Football Security, Pass Protection, Run Blocking, Route Running, Play Action, Screens, and Reading Defenses
- Offensive Linemen: Stance, Snap Accuracy, Reading Defenses, Run Blocking and Pass Blocking
- Defensive Backs: Stance, Reading Offenses, Anticipating the QB, Backpedaling, Executing Single and Zone Coverage, and Disrupting Pass Routes
- Defensive Linemen: Stance, Reading Offenses, and Rushing the QB
- Linebackers: Stance, Reading Offenses, Rushing, and Blitzing

Please bring: cleats, mouth guard, shorts or sweats, athletic/football shirt

Mon. – Fri., June 11-15
8:30 am - 12:30 pm
Football Stadium
Fee: $210

**FOR MORE INFORMATION ABOUT SPORTS CAMPS PLEASE CONTACT:**

**SUMMER YOUTH PROGRAM – SPORTS CAMPS**
SUMMER YOUTH PROGRAM – MOVEMENT & ATHLETICS

Old School Fun and Games (ages 6-8 and 9-12)
When we say "old-school" we mean cooperative, interactive games like sack races, tug of war, pool noodle baseball, parachute games, obstacle courses, treasure hunts, and other fun and engaging activities. This exciting week will keep campers moving, excited, and involved in a safe and comfortable atmosphere. We'll be outside in the fresh air and sunshine, and will have an "everybody-plays—everybody wins" attitude. We'll focus on inclusion and teamwork, while campers build independence and self-esteem—and most of all have fun!

Please wear comfortable shoes to run and play in, and bring a water bottle.

Ages 6-8 and Ages 9-12
Mon. – Fri., June 18-22 OR June 25-29
1:00 - 4:00 pm
Multi-purpose Field
Register before May 31: $180
Register after May 31: $195

Aerial Arts and Circus Camp (ages 9-12 & 13-17)
Ready to fly? This camp introduces future aerialists to silks, hammocks, trapeze and lyra as well as partner acrobatics, hula hooping, and more. Students become acquainted with a different style of movement introduced through obstacle courses and games on the ground first and graduating to spinning and swinging on silks, lyra, and trapeze by the end of the week. Emphasis will be placed on movement and strength building, while working at your own pace and comfort level. A heavy importance is placed on safety and fun. Be amazed at the tricks you will perform!

Ages 9-12
Mon. – Fri., July 6-10
9:00 am - 12:00 noon
Santa Cruz Circus Arts
103 G Whispering Pines Drive, Scotts Valley
Register before May 31: $210
Register after May 31: $225

Caitlin Lackey enjoys teaching all ages, levels, and abilities. She has been involved with Aerial and Circus Arts classes for over four years, performing internationally and locally. She is committed to encouraging students to overcome fears, gain confidence, and have fun.

Petite Circus Camp (ages 6-8)
Step right up! Students learn basic circus skills and begin to gain confidence to spin and swing on silks, lyra, and trapeze. Fundamental ground and skill work is covered through fun partner acrobatics, hula hooping, land-based aerial games, and obstacle courses. Together, students begin to put together small routine sequences of movement. A heavy emphasis is placed on safety, fun, movement, and gaining confidence!

Register Early! This camp is limited to 12 participants.

Mon. – Fri., July 9-13
9:00 - 10:30 am
Santa Cruz Circus Arts
103 G Whispering Pines Drive, Scotts Valley
Register before May 31: $110
Register after May 31: $125

Caitlin Lackey - see bio

MINI MERMAIDS RUNNING CLUB

Mini Mermaids Running Club Camp (ages 7-12)
The finish line is just the beginning! In small groups, girls learn about self-compassion and self-worth through the lens of two characters, Mini Mermaid and Siren. They each represent the two voices heard in the world and in our own hearts. Telling the difference between the two characters leads to clarity and mindfulness which leads to greater self-compassion and empathy. Girls are taught the value of exercise and moving their bodies regardless of size, shape, or ability.

Each day includes games, activities, and workouts aimed at preparing girls for a race at the end of the week. The workouts are not focused on being first or running fast, but rather on each girl finding HER OWN PACE so she can run her own race. Runners will be divided into the following age groups: 7-9 year olds and 10-12 year olds.

Mon. – Fri., July 9-13
1:00 - 4:00 pm
Track and Field
Fee: $105
Heidi Boynton - see bio

Mini Mermaids Running Club Junior Coaches Camp (ages 13-17)
Middle and High School girls learn to lead and mentor younger girls through their Mini Mermaid running journey. Learn leadership and mentorship tools by working alongside experienced Mini Mermaids Running Club coaches. Junior Coaches help support games, activities, and workouts aimed at preparing girls for a race at the end of the week. No coaching or running experience is required. Mini Mermaid Running Club teaches kids the value of exercise and moving their bodies regardless of size, shape or ability.

Mon. – Fri., July 9-13
1:00 - 4:00 pm
Track and Field
Fee: $105
Heidi Boynton is the founder of the Mini Mermaid and Young Triton Running Clubs. She is working to change the lives of girls and boys by shifting their internal experience and the way they interact with the world around them through innovative character driven fitness based curriculum.

Circus Camps are held at Santa Cruz Circus Arts, 103-G Whispering Pines Drive in Scotts Valley.
This brand new aerial acrobatics studio is a space where everyone feels welcome, included, inspired, and safe to learn new skills while making new friends.

EXTENDED DAY CAMPS

Monday through Friday and open to campers ages 6 to 12
Campers have the chance to eat the healthy food their parents packed (yum!), play a board game, read their favorite book, make some art with new friends, and play outside. Extension Camp Counselors will escort campers to and from their camps and Extended Day locations.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
SUMMER YOUTH PROGRAM – SWIMMING

Swimming Lessons
If swimmers have their own goggles that fit them well, it would be very helpful that they bring them. Swimming with your hair in your face and eyes is very difficult. Caps for swimmers with long hair are highly recommended. We do have spare caps and goggles if needed.

Beginners Level 1-A (ages 5-10)
This is a class for beginning non-swimmers. Classes take place in the shallow pool lanes. Each lesson has eight meetings.

We keep our 1-A classes to a maximum of 3 swimmers.

Two sessions to choose from:

Session 1: Mon.-Thur., June 18-21 and June 25-28 (8 lessons)
Session 2: Mon.-Thur., July 9-12 and July 16-19 (8 lessons)

Times options:
1:30 - 2:00 pm OR 2:30 - 3:00 pm

Swimming Pool
Fee: $115

Beginners Level 1-B (ages 6-12)
This class is a beginning level class but is not for complete beginners. Student should have developed some use of arm strokes in freestyle. A test would be having the swimmer go 20 feet with arms, even if is not very pretty. There is a maximum of 4 swimmers per class.

Two sessions to choose from:

Session 1: Mon.-Thur., June 18-21 and June 25-28 (8 lessons)
Session 2: Mon.-Thur., July 9-12 and July 16-19 (8 lessons)

Times options:
2:00 - 2:30 pm OR 3:00 - 3:30 pm

Swimming Pool
Fee: $115

Summer Swimming Camps!
Cabrillo College invites you to attend our Summer Swimming Camps! Introduction to Competitive Swimming will give young swimmers, who are not competitive swimmers, instruction in the 4 competitive strokes and a chance to learn how swimmers train. Coaching will include relaxation and meditation techniques, basic training and conditioning, plus starts and turns. For the current competitive swimmers we offer an Advanced Skills Development Camp. Camps will be run by current Cabrillo College, Aptos High and Aptos Cabrillo Swim Club (ACSC) head swim coach Jim Tripplett and his ACSC coaching staff and top older swimmers.

Introduction to Competitive Swimming (ages 7-18)
These two sessions below are at the pre-competition level, for those who have graduated from the swim lesson program. They are not a beginning swim program. Camps are open to girls and boys 7-18 years old. Swimmers learn proper stroke technique for each of the four strokes, and basic training methods. Coaching will include relaxation and meditation techniques, basic training and conditioning, plus starts and turns.

Goggles and caps for swimmers with long hair are also recommended. We will have spare goggles and caps available. If you have your own fins and/or snorkel please bring them to class daily.

Prerequisite: Swimmers must demonstrate the ability to swim 50 yards of freestyle and 50 yards of backstroke non-stop.

Two sessions to choose from:

Session 1: Mon.-Thur., June 18-21 and June 25-28 (8 meetings)
Session 2: Mon.-Thur., July 9-12 and July 16-19 (8 meetings)

Times:
1:30 - 3:30 pm Cabrillo Pool
Fee: $220

Advanced Skills Development Camp (ages 9-18)
This camp is for current competitive swimmers on USA Swimming club teams OR swimmers who swim for their High School teams. It is open to girls and boys 9-18 years old. Swimmers are coached on more advanced techniques, drills, and other skills necessary to excel in competitive swimming.

It is recommended that swimmers have a competitive suit but any style is acceptable. Goggles and caps for swimmers with long hair are also recommended. We will have spare goggles and caps available. If you have your own fins and/or snorkel please bring them to class daily.

Prerequisite: Swimmers must demonstrate the ability to swim 25 yards of freestyle, backstroke, butterfly and breaststroke non-stop.

Two sessions to choose from:

Session 1: Mon.-Thur., June 18-21 and June 25-28 (8 meetings)
Session 2: Mon.-Thur., July 9-12 and July 16-19 (8 meetings)

Times:
1:30 - 3:30 pm Cabrillo Pool
Fee: $220

SUMMER YOUTH PROGRAM – SCHOLARSHIPS
Cabrillo Extension is happy to offer a limited number of scholarships for our summer youth program. Scholarships provide students and families the opportunity to enjoy our camps and classes at reduced registration fees.

Scholarship applications are available on our website at http://www.cabrillo.edu/services/extension/youthscholarships.html, or from the Extension office. We are located on lower campus in building 2100A. Please see Campus Map on page 86.

Please note the important dates below.

• Monday, February 13: Link to Scholarship Application Form, including application checklist, posted on our website at http://www.cabrillo.edu/services/extension/youthscholarships.html
• 5pm, Monday, April 17: Application submission deadline
• 5pm, Friday, April 20: Applicants notified via email
• 5pm, Friday, April 27: Deadline to complete registration using a scholarship

Please note that the Scholarship Application requires a recommendation/letter from a teacher, counselor, or community member who is not related to the child. This must be submitted with the application.

Spanish language scholarships are available on the website, or can be picked up from the Extension office.

APPLICATION PROCESS:
Submit the Scholarship Application one of three ways:
1. Email COMPLETED application packet to extension@cabrillo.edu with the subject “Youth Scholarship Application”.
2. Mail COMPLETED application packet to:
   Cabrillo Extension
   6500 Soquel Drive, Building 2100A
   Aptos, CA 95003.
3. Drop off COMPLETED application packet in the Extension office during our business hours, Monday through Friday, 9am to 5pm. We are located on lower campus in building 2100A. Please see map on page 86.

AWARDS:
Award announcements will be made via email only. Scholarship will reduce the regular class fee by 50% and all remaining registrations fees and any materials fees must be paid by the above noted deadline.

AWARD CRITERIA:
Scholarships are awarded to students for camps or classes in the Cabrillo Extension Summer Youth Program. Awards are based on:

• Students’ eligibility for free or reduced lunch program at their current school, or whether your family receives any needs-based state or federal assistance.
• Whether students have previously received a scholarship from Cabrillo Extension
• Available scholarship funds
• Only one scholarship per household will be awarded. Students who have previously received a scholarship for the same camp are not eligible.

We do our best to accommodate camp preferences, but cannot guarantee your first choice.

Scholarships may not be applied to previously purchased camp sessions. All paid sessions are non-refundable.

For more information, please see the Scholarship Application on our website at http://www.cabrillo.edu/services/extension/youthscholarships.html.
CAMPUS MAP & PARKING

PARKING

Everyone parking on the Cabrillo campus must have either a semester permit or day pass—parking regulations are enforced 24/7. Day passes cost $4 and are available in vending machines located in student lots. These vending machines are well marked. Parking is permitted ONLY in spaces that are marked for "STUDENTS."

Check out the Interactive Google map of our APTOS Campus

You can click on the buildings to view room numbers!

www.cabrillo-extension.org

LOOKING FOR CABRILLO EXTENSION?

Office Location: Building 2100A, on lower campus | Office Hours: Monday-Friday 9 am - 5 pm
Phone: 831.479.6331 | Online: www.cabrillo-extension.org

MAIL-IN FORM for ADULT REGISTRATION—please send the completed form below to:
Cabrillo College Extension, Bldg. 2100A, 6500 Soquel Drive, Aptos, CA 95003

Name ____________________________
Address ____________________________
City ____________________________ State, Zip ____________________________
Work phone ____________________________ Home phone ____________________________ Cell phone ____________________________
Email Address ____________________________

☐ Check enclosed (Payable to Cabrillo College)  ☐ Charge my credit card  ☐ Visa  ☐ MasterCard

Card # ______________  ______________  ______________  ______________
Expiration Date ____________________________  Signature ____________________________

PLEASE NOTE:
Summer Youth Program and Motorcycle Safety Training Program have separate registration forms, and different refund policies.
Please see our website for more information.

Registration is Easy!

• The fastest way is to use our online registration at: www.cabrillo-extension.org, which is available 24 hours a day, 7 days a week.
• Or, charge by phone using Visa or MasterCard. Call: 831-479-6331.
• Or, fill out the form below and mail it with your check or credit card information.

Discounts for Registration

All classes have regular fees listed. Some have "Early Bird" or "Bring a Friend" discounts. Discounts do not apply to all classes. Registrations that are mailed in must include the appropriate fee, based on how many people you register, and any materials fees. Late registrants may find a class full, and delayed registration may result in a cancelled class. If you have questions, please call us and we'd be happy to help!

Refunds

There's no fine print in our refund policy. Classes canceled by Cabrillo will be refunded in full. We will gladly process your request for a refund if it is received in our office at least five (5) business days prior to the beginning of the class. There is a 10% service fee, subject to a $5 minimum. We cannot accept requests for refunds if they are received fewer than five (5) business days prior to the start date.

If you find at the last minute that you are unable to attend a class, you may send someone in your place by notifying the Extension office by phone or email, prior to class start, who will attend in your place.

Refunds

The Cabrillo Extension program strives to deliver a wide variety of programs and services to supplement the college's instructional program. Classes offered through the Extension program are responsive to community need and interest, although they do not generate college credit, grades, transcripts, nor are they transferable. These fee-supported classes are presented for information and enjoyment and do not necessarily reflect the views of the Cabrillo College District. The college does not endorse any product or the services of any presenter.

Mail-in form for ADULT REGISTRATION—please send the completed form below to:
Cabrillo College Extension, Bldg. 2100A, 6500 Soquel Drive, Aptos, CA 95003

Name ____________________________
Address ____________________________
City ____________________________ State, Zip ____________________________
Work phone ____________________________ Home phone ____________________________ Cell phone ____________________________
Email Address ____________________________

☐ Check enclosed (Payable to Cabrillo College)  ☐ Charge my credit card  ☐ Visa  ☐ MasterCard

Card # ______________  ______________  ______________  ______________
Expiration Date ____________________________  Signature ____________________________

Please see our website for more information.
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Looking for a convenient and affordable location to hold a meeting, event or conference? Cabrillo College can help!

Centrally located in the heart of Santa Cruz County, Cabrillo College offers state-of-the-art facilities and outdoor spaces to rent for any special occasion, meeting, corporate event, or performance. Small or large. Dressed up or down. Night or Day. Weekday or Weekend. Cabrillo College is easily accessible by public transportation and major highways, making it an ideal place to host your next event.

Facilities include smart classrooms, lecture halls, state-of-the-art theaters, a sports complex, weddings in the historic Sesnon House, and parking lots for ancillary community events. Both Watsonville and Aptos campuses offer a range of facilities, rental equipment, and support services all provided at reasonable rates.

General Facility Rentals including the Horticulture Center
Phone: 831.479.6332 | Web: cabrillo-extension.org

VAPA Performing Arts Complex including Crocker Theater & Samper Recital Hall
Phone: 831.479.6146 | Web: cabrillovapa.com

Historic Sesnon House located on the Aptos Campus
Phone: 831.479.6229 | Web: sesnonhouse.com

Cover Photo: Reflections, by Nick Borelli
Summer Youth Camps
All new, all day Camp Cabrillo and Extended Day camps, sports camps, science & engineering, computers & tech, cooking & baking, and creative arts. Scholarships are available. See page 56.

Health & Wellness
Start your summer with wellness! Ayurveda for Self-Care, Raw Food Vegan Diet, Fitness Nutrition, Pain Relief workshop, Meditation, Thai Yoga, Aromatherapy and Essential Oils. See page 36.

Cabrillo Arts
Color your summer with creativity! Basketry and Woodworking for Women, Printmaking, Illustration, Marquetry, Decorative Paper, Leatherworking, Stained Glass and Jewelry. See page 1.

Photography
New workshops just in time for summer! Rivers, Streams and Tides, Image Editing classes with Lightroom, Night Photography, Travel Photo, Mastering Your Digital Camera, and so many more! See page 20.