

Martial Arts / Music Classes

ADULT BRAZILIAN JIU-JITSU \$65/4 wks.

Brazilian Jiu-Jitsu is a grappling art designed to take your opponent to the ground and make them submit using arm bars; leg locks, wrist locks, and chokes. Brazilian Jiu-Jitsu will teach you how to use your body weight, leverage, and angles to control your opponent and render his attacks useless. **Additional \$20 for combo class**
Jessie Turner Health & Fitness Center (909) 854-5100 | Min/Max: 6/25
Instructor: Anthony Del Valle

Activity #	Ages	Level	Day	Time	Date
3419	15+	Beg.	Fri./Sat.	7:00 pm/12:00 pm	Oct. 2*
3419	15+	Beg.	Fri./Sat.	7:00 pm/12:00 pm	Oct. 23**
3419	15+	Beg.	Fri./Sat.	7:00 pm/12:00 pm	Nov. 20***

* \$48.75/3 week session

** \$57.00. No class on Saturday, Oct. 31

*** No class the week of November 23-29

WOMEN'S ONLY BRAZILIAN JIU-JITSU \$45/4 wks.

Brazilian Jiu-Jitsu is a grappling art designed to take your opponent to the ground and make her submit using arm bars, leg locks, wrist locks, and chokes. This class will teach you how to use your body weight, leverage, and angles to control your opponent and render his attacks useless.

Jessie Turner Health & Fitness Center (909) 854-5100 | Min/Max:6/30

Activity #	Ages	Level	Day	Time	Date
3420	15+	Beg.	Fri./Sat.	6:00 pm/11:00 am	Oct. 2*
3420	15+	Beg.	Fri./Sat.	6:00 pm/11:00 am	Oct. 23**
3420	15+	Beg.	Fri./Sat.	6:00 pm/11:00 am	Nov. 20***

* \$33.75/3 week session

** \$40.00. No class on Saturday, Oct. 31

*** No class the week of November 23-29

MUAY THAI KICK-BOXING \$65/4wks.

Muay Thai Kick-Boxing is known as the most practical striking art in the world. It incorporates the entire body for defense as well as offense, while developing self control and incredible cardio.

Cypress Center | (909) 428-8374 | Instructor: Kru Ron Matthews | Min/Max: 5/35

Activity #	Ages	Day	Time	Date
7401.401	18+	M&T	6:30 pm - 8:00 pm	Sep. 21
7401.402	18+	M&T	6:30 pm - 8:00 pm	Oct. 19
7401.403	18+	M&T	6:30 pm - 8:00 pm	Nov. 16

KARATEDO \$50/4 wks.

A program designed to teach both children and adults traditional Japanese Martial Arts. A philosophy based on respect, self-discipline, self-confidence and camaraderie.

Instructor: Jorge Sosa/9th Degree Black Belt

Jessie Turner Health & Fitness Center (909) 854-5100 | Instructor: Jorge Sosa | Min/Max: 6/25

Activity #	Ages	Level	Day	Time	Date
3401.401	5-65	Beg.	T&Th	5:30 pm - 6:30 pm	Sep. 22
3401.402	5-65	Beg.	T&Th	5:30 pm - 6:30 pm	Oct. 20
3401.403	5-65	Beg.	T&Th	5:30 pm - 6:30 pm	Nov. 17*
3401.405	5-65	Interm.	T&Th	6:30 pm 7:30 pm	Sep. 22
3401.406	5-65	Interm.	T&Th	6:30 pm 7:30 pm	Oct. 20
3401.407	5-65	Interm.	T&Th	6:30 pm 7:30 pm	Nov. 17*
3401.409	5-65	Adv.	T&Th	8:00 pm - 9:00 pm	Sep. 22
3401.410	5-65	Adv.	T&Th	8:00 pm - 9:00 pm	Oct. 20
3401.411	5-65	Adv.	T&Th	8:00 pm - 9:00 pm	Nov. 17*

*No class the week of November 23-29

MUSIC CLASSES

NEW! GUITAR \$20/4 wks.



This class is for beginning or intermediate guitarists who want to further their understanding of the guitar. We will focus on musical theory, playing "the blues", and how these apply to rock and jazz guitar.

Heritage Center | (909) 428-8820 | Instructor: Chelsea Grenfell | Min/Max: 6/15

Activity #	Ages	Day	Time	Date
6737.401	Beg. 10+	Mon.	7:30 - 8:10 pm	Aug. 24*
6737.402	Beg. 10+	Mon.	7:30 - 8:10 pm	Sep. 21
6737.403	Beg. 10+	Mon.	7:30 - 8:10 pm	Oct. 19**
6737.404	Beg. 10+	Mon.	7:30 - 8:10 pm	Nov. 16
6737.405	Int. 10+	Mon.	8:20 - 9:00 pm	Aug. 24*
6737.406	Int. 10+	Mon.	8:20 - 9:00 pm	Sep. 21
6737.407	Int. 10+	Mon.	8:20 - 9:00 pm	Oct. 19**
6737.408	Int. 10+	Mon.	8:20 - 9:00 pm	Nov. 16

**No class the week of November 23-29

*No Class Septmeber 7: 3 week session: \$15

GUITAR LESSONS \$40/7wks.

Learn to play guitar in a group setting. Learn tuning, cords and cord progressions to accompany some old and popular song. Levels 2 & 3 build on the fundamentals learned in level 1 with more advanced chording and fingering techniques and more songs.

Heritage Neighborhood Center | (909) 428-8820 | Instructor: Michael Lundy

Activity #	Ages	Level	Day	Time	Date
6728.401	10+	1 (Beg.)	Sat.	9:00 am	Aug. 29
6728.402	10+	1 (Beg.)	Sat.	9:00 am	Oct. 24
6728.403	10+	2 (Int.)	Sat.	10:00 am	Aug. 29
6728.404	10+	2 (Int.)	Sat.	10:00 am	Oct. 24
6728.405	10+	3 (Adv.)	Sat.	11:00 am	Aug. 29
6728.406	10+	3 (Adv.)	Sat.	11:00 am	Oct. 24

*No class the week of November 23-29

GUITAR LESSONS \$50/8 wks.

Learn to play the guitar. Introduction to finger exercises, chords, chord progression and strum. Popular songs provide the vehicle for learning. Students provide their own guitar.

Don Day Neighborhood Center | (909) 428-8383 | Instructor: Josh Cosgrove | Min/Max: 3/10

Activity #	Ages	Day	Time	Date
2715.401	8+	Wed.	6:45 - 7:30 pm	Aug. 26
2715.402	8+	Wed.	6:45 - 7:30 pm	Sep. 21*

*No Class 11/23 - 11/29

PRIVATE GUITAR LESSONS \$60/3 wks.

Come get one-on-one guitar lessons using an acoustic or electrical guitar. Students provide their own instrument. Class times are as follows: 5:30 pm, 6:00 pm, 6:30 pm, 7:00 pm, 7:30 pm and 8:00 pm. Class appointments are on a first come first serve basis. Call for appointment.

Don Day Neighborhood Center | (909) 428-8383 | Instructor: Josh Cosgrove | Min/Max: 1/6

Activity #	Ages	Day	Time	Date
2730.401	6+	Mon.	By appt.	Aug. 31
2730.402	6+	Mon.	By appt.	Oct. 5
2730.403	6+	Mon.	By appt.	Nov. 2
2730.404	6+	Mon.	By appt.	Nov. 30

INSTRUCTORS WANTED

CALL (909) 428-8360

 **Fontana Arts**
 Enriching Life through Art

Music / Speciality Classes

MUSIC CLASSES

PRIVATE PIANO/ACCORDION \$120/4 wks.



These classes teach practical instrument facility, music grammar, sight reading notation, elementary improvisation technique and harmonization of practically all genres of music. Instructor is classically trained and received a Masters degree in Music. Class times are as follows: 11:00am, 11:30am, 12:00pm, 12:30pm, 1:00pm and 1:30pm. Class appointments are on a first come first serve basis. Call for appointment.

Don Day Center | (909) 428-8383 | Instructor: Alexander Lavruk

Activity #	Ages	Day	Time	Date
2216.401	8+	Sat	By appt.	Aug 29
2216.402	8+	Sat	By appt.	Sept 26
2216.403	8+	Sat	By appt.	Oct 24
2216.404	8+	Sat	By appt.	Nov 21*

*No Class 11/23 - 11/29

PIANO See below

Learn note reading, major scales and chords, rhythmic design, visual transposition and the theory of music in private one-on-one 30 minute classes.

Jessie Turner Health & Fitness Center (909) 854-5100 | Private Lessons

Instructor: Joan Hsu

Activity #	Ages	Level	Day	Time	Date	Class Fee
3723.401	5-18	Primer	W or F	By appt.	Sep. 23	\$60.00
3723.402	5-18	Primer	W or F	By appt.	Oct. 21	\$60.00
3723.403	5-18	Primer	W or F	By appt.	Nov. 18*	\$60.00
3724.404	5-18	Gr. One	W or F	By appt.	Sep. 23	\$75.00
3724.405	5-18	Gr. One	W or F	By appt.	Oct. 21	\$75.00
3724.406	5-18	Gr. One	W or F	By appt.	Nov. 18*	\$75.00
3725.407	5-18	Gr. Two	W or F	By appt.	Sep. 23	\$80.00
3725.408	5-18	Gr. Two	W or F	By appt.	Oct. 21	\$80.00
3725.409	5-18	Gr. Two	W or F	By appt.	Nov. 18*	\$80.00

*No class the week of November 23-29



Enriching Life through Art

SPECIALTY CLASSES

NEW! A TASTE OF GIRL SCOUTING \$20/4 wks.

Come and experience a taste of Girl Scouting. Program staff will help your daughter discover the perfect pathway to her own personal Girl Scout journey.

Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/20

Instructor: Girl Scouts of San Geronio

Activity #	Ages	Day	Time	Date
6738.401	5-17	Fri.	6:00 pm - 7:00 pm	Aug. 27
6738.402	5-17	Fri.	6:00 pm - 7:00 pm	Sep. 24
6738.403	5-17	Fri.	6:00 pm - 7:00 pm	Ocy. 22
6738.404	5-17	Fri.	6:00 pm - 7:00 pm	Nov. 19

*No class the week of November 23-29

NEW! FEAR FREE PUBLIC SPEAKING \$28/4 wks.

Learn how to overcome your fear of public speaking. Train your subconscious mind to deliver dynamic presentations.

Heritage Center | (909) 428-8820 | Min/Max: 6/20 | Instructor: Akua Maat

Activity #	Ages	Day	Time	Date
6739.401	18+	Fri.	7:00 pm - 8:30 pm	Aug. 28
6739.402	18+	Fri.	7:00 pm - 8:30 pm	Sep. 25
6739.403	18+	Fri.	7:00 pm - 8:30 pm	Oct. 23
6739.404	18+	Fri.	7:00 pm - 8:30 pm	Nov. 20

*No class the week of November 23-29

BASIC DOG OBEDIENCE AND PROBLEM SOLVING \$45/4 wks.

All breeds welcome, 4 months and older. This class is designed to begin breaking down the communication barrier between you and your dog, basic commands: sit, down, stay, wait, leave-it, loose-leash walking, problem solving: digging, barking, chewing, play nipping/biting. Proof of vaccination required.

Heritage Neighborhood Center | (909) 428-8820

Instructor: Patricia Beach

Activity #	Ages	Day	Time	Date
6602.401	16+	Thurs.	6:00 pm - 7:00 pm	Aug. 27
6602.402	16+	Thurs.	6:00 pm - 7:00 pm	Sep. 24
6602.403	16+	Thurs.	6:00 pm - 7:00 pm	Oct. 22
6602.404	16+	Thurs.	6:00 pm - 7:00 pm	Nov. 19

*No class the week of November 23-29

REAL ESTATE LOAN MODIFICATION \$25/2 wks.

This class will teach the fundamental rules and steps to foreclosures. Discuss hidden truth to what banks don't want to happen. At the end of the course participants will know what steps to take for a successful short sale. Min/Max: 6/15

Heritage Neighborhood Center | (909) 428-8820 | Instructor: John Abad

Activity #	Ages	Day	Time	Date
6712.401	18+	Thurs.	7:15 pm - 8:15 pm	Aug. 27 & Sep. 17
6712.402	18+	Thurs.	7:15 pm - 8:15 pm	Sep. 24 & Oct. 15
6712.403	18+	Thurs.	7:15 pm - 8:15 pm	Oct. 22 & Nov. 12
6712.404	18+	Thurs.	7:15 pm - 8:15 pm	Nov. 19 & Dec. 17

NEW! DECORATING WITH STYLE \$35/4 wks.

This class is designed to help individuals learn the basic of color tones, texture patterns and balance to create an even yet pleasing environment within their home. Individuals will explore traditional, contemporary, and casual themes of interior decorating while improving their creativity by strengthen and building confidence in their vision while decorating on a budget.

Heritage Neighborhood Center | (909) 428-8820 | Min/Max: 6/20

Instructor: Ilka Omaris Hall

Activity #	Ages	Day	Time	Date
6740.401	18+	Tues.	7:30 pm - 8:30 pm	Aug. 25
6740.402	18+	Tues.	7:30 pm - 8:30 pm	Sep. 22
6740.403	18+	Tues.	7:30 pm - 8:30 pm	Oct. 20
6740.404	18+	Tues.	7:30 pm - 8:30 pm	Nov. 17

INSTRUCTORS WANTED

CALL (909) 428-8360