

LTCC launches community ed with classes for athletes

By Kathryn Reed

Don't be surprised if competitors in next month's Iron Girl triathlon have better times than they did at the inaugural event in 2010.

This could happen because of three classes designed with the Sept. 18 South Lake Tahoe event in mind. The swim clinic, tri interval speed clinic, and tri circuit workshop are the first three classes offered through the resurrected Community Education program at Lake Tahoe Community College. They are geared toward improving performance.



They are three of the first four classes the college board of education has approved. It's likely at most of their meetings going forward they will be asked to OK community ed classes. Ed code requires the board sign off on them.

Megan Waskiewicz, who works 20 hours a week coordinating the program, said having these types of classes to start the program fit with what survey takers said they want. Nearly 80 percent of the 100 respondents said health-fitness-wellness type classes are what they want.

A recent *Lake Tahoe News* "Question of the Week" also asked people what kinds of classes they would like.

The college also queried the 500 participants in this month's Spanish Institute what they would take in the future. With many of them from out of town, this taps into the destination visitor.

Waskiewicz envisions weekend classes that could involve part or the whole family. It might involve cooking, hiking or both.

Culinary programs were high the list of desires in the community survey.

Next summer she wants swimming programs to be part of community ed. As a former employee in the local ski industry, she is ready to tap that area – perhaps a women’s ski class or something geared toward kids.

Community partnerships

Cynthia Preston, dean of Instruction at LTCC, told the board last week that Barton Health and Lake Tahoe Visitors Authority approached the college about putting on the three classes related to triathlon training.

“I would have liked it last year,” board member Karen Borges said. “My friends and I were saying if we get a flat, we’re done.”

She did the tri last year and welcomes a lesson in changing a flat tire as part of the Sept. 17 class.

This particular tri is geared toward newbies, with nearly 90 percent of the 600 registrants competing in their first triathlon.

The college’s website will have detailed information about the various classes, while clicking on tri classes brings up the PDF for those particular ones.

Barton has an internal boot camp that LTCC will be part of when it comes to instruction.

That is one of the unique things about community ed compared to the regular college – classes don’t have to be offered to everyone.

Nuts and bolts

Plus, grades are not involved. However, curriculum is written for each class.

This week the website will have an instructor proposal form added so anyone who wants to teach a class may fill that out. Then a committee will decide whether to pursue it.

Cost for classes and instructor pay will depend on what is being offered, the number of students, materials required and other factors.

For instance, the Aug. 20 and Aug. 27 tri classes are each \$18, while the Sep. 17 tri circuit workshop is \$35.

This compares to the three-day SAT prep class that runs \$200, plus \$25 for the text. That is the fourth class the community ed program is offering. Right now South Tahoe High doesn't offer such a class, so the college is hoping the Sept. 11-18-25 sessions are well received. It's being taught by Frances Lord, an LTCC instructor who has taught the subject elsewhere.

And the requirements to teach have nothing to do with what it takes to be a full-time or adjunct instructor.

"We have a lot of flexibility. Why not try some things that are different?" Waskiewicz said.