

## Dragon Den MMA Classes

**Location:** Dragons Den MMA, 2843 Whipple Road, Union City  
Visit our website at [www.DragonsDenMMA.com](http://www.DragonsDenMMA.com) or  
call (510) 477-6800.

### USA Boxing • Age 10+

Learn the "sweet science of boxing". Participants will learn the basic footwork, punches, defense and countering in the Olympic sport of boxing. Boxing equipment is mandatory and available for purchase at the first class. \$35 fee to USA Boxing for annual membership.  
**Instructor:** Jeff and Liza Macalooloy. • (510) 477-6800

Code	Day	Dates	Time	Classes	Fee
39791	Mon/Fri	1/4-1/29	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		
39792	Mon/Fri	2/1-2/26	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		
39793	Mon/Fri	3/1-3/30	4- 5:00 pm	14	\$75/\$85
	Tue		4- 5:30 pm		
39794	Mon/Fri	4/2-4/30	4- 5:00 pm	13	\$75/\$85
	Tue		4- 5:30 pm		
39795	Mon/Fri	*5/3-5/28	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		

\*No class on Monday, May 31 (Memorial Day)

### Cardio Kickboxing - Women only • Ages 15+

Learn basic kickboxing techniques while getting a great cardiovascular workout! This class includes circuit training and ends with an abs workout. This class requires hand wraps and bag gloves, available for purchase during the first class.

**Instructor:** Jeff and Liza Macalooloy.

Code	Day	Dates	Time	Classes	Fee
39774	T/TH	1/5-1/28	6:30- 7:30 pm	8	\$85/\$95
39775	T/TH	2/2-2/25	6:30- 7:30 pm	8	\$85/\$95
39776	T/TH	3/2-3/30	6:30- 7:30 pm	9	\$85/\$95
39776	T/TH	4/1-4/29	6:30- 7:30 pm	9	\$85/\$95
39778	T/TH	5/4-5/27	6:30- 7:30 pm	8	\$85/\$95

### USA Wrestling • Ages 8-14 years old

Learn the Olympic Sport of Wrestling. Participants will learn the basic takedowns, escapes, reversals, and pinning combination techniques of wrestling. Participants will learn Freestyle, Folkstyle, and Greco-Roman style wrestling.

**Instructor:** Art Flores, Chester Chen, & Jeff Macalooloy

Code	Day	Dates	Time	Classes	Fee
39799	Thu	1/7-1/28	4:00-5:15 pm	4	\$40/\$45
39800	Thu	2/4-2/25	4:00-5:15 pm	4	\$40/\$45
39801	Thu	3/4-3/25	4:00-5:15 pm	8	\$55/\$65
	& Fri		5:00-6:30 pm		
39802	Tue	4/1-4/30	4:00-5:00 pm	14	\$95/\$105
	& Wed		4:00-5:15 pm		
	& Fri		5:00-6:30 pm		
39803	Tue	5/5-5/28	4:00-5:00 pm	12	\$80/\$90
	& Wed		4:00-5:15 pm		
	& Fri		5:00-6:30pm		

### Competitive Freestyle Wrestling • Ages 8-14

Learn the Olympic Sport of Wrestling. Participants will learn the basic takedowns, escapes, reversals, and pinning combination techniques of wrestling. Participants will learn Freestyle, Folkstyle, and Greco-Roman style wrestling. Competitions will be every Saturday concluding with the CA State Wrestling Meet. Tournament Schedule available at the first practice.

**Instructor:** Art Flores, Chester Chen, & Jeff Macalooloy

Code	Day	Dates	Time	Classes	Fee
39790	Thu	3/4-5/28	4:00-5:15 pm	4	\$225/\$240

## NEW! Computer and Internet Safety Protect Yourself

**Instructor:** Joalice Green

**Location:** Union City Sports Center

This 6-week course will cover the ins and outs of protecting yourself and your children from predators of all kinds. We will demystify firewalls, monitoring, instant messaging, forums and email, as well as the constant threat of spyware, adware, malware, Trojans, viruses and worms. The course is designed to put you in control of the computer activity in your home or office. We will go over the following things and how to protect yourself from: Identity theft, Phishing, Spam, Online Predators, Cyber bullies, Effectively Blocking Sites and Filtering Content. A computer is not necessary for this course as all the material covered will be provided for you to take home, however, you are welcome to bring a laptop if that is more convenient for you.

Code	Day	Dates	Time	Classes	Fee
39426	Tue	1/19-2/23	7:00- 7:55 pm	6	\$65/\$75
39427	Tue	3/30-5/04	7:00- 7:55 pm	6	\$65/\$75

## NEW! Getting Your Business Online for under \$200

**Instructor:** Joalice Green

**Location:** Union City Sports Center

This 6-week course is designed to help small business owners avoid the common pitfalls of getting their businesses online. We will focus on explaining, in plain English, how the web works. We will go over how to setup your own website, make it look professional and avoid the additional costs often thrown into the process. We will explore the different options available and discuss the differences between a successful site and one that is not much better than a business card. We will go over the following E-Commerce and getting your place on the web, deciding what is good content, site set up, security, search engine optimization and putting a store online with different payment methods. A computer is not necessary for this course as all the material covered will be provided for you to take home, however, you are welcome to bring a laptop if that is more convenient for you.

Code	Day	Dates	Time	Classes	Fee
39428	Tue	1/19-2/23	8:00- 8:55 pm	6	\$75/\$85
39429	Tue	3/30-5/04	8:00- 8:55 pm	6	\$75/\$85

## NEW!! The Social Internet: Google, Social Networks and Free Tools

**Location:** Union City Sports Center

Can you imagine having access to every library, music store, and video collection wrapped up in a community of all your friends? Having it all available 24 hours a day, 365 days a year. That is what the Internet of today is. Come and learn how to get access to almost any media (print, audio or video) in many cases 100% free and you can do this from your phone, your home computer or a portable device. This is a workshop for the beginner to intermediate user who wants to make more out of their media experience. This is a FUN workshop. Be prepared to learn and laugh along the way and bring your computer, your phone or other portable media device and find a way to get more out of it.

**Instructor Kyle Brumbaugh:** Kyle has been teaching computer classes to high school students and adults for over 10 years. He is one of the first "Google Certified Teachers" and still spends time teaching teachers, school administrators and college professors how to leverage technology in education. He has been a keynote speaker and lecturer at technology conferences around the country and provides many tools on his web site at: [www.guerrillalearning.org](http://www.guerrillalearning.org)

Code	Day	Dates	Time	Classes	Fee
39766	M/W	5/10-5/19	7- 9:00 pm	4	\$60/\$70