

Your Knowledge Matters: Become a Community Education Instructor

Guest:
Sophie Rheinheimer

10/23/25

Flex Day 2025

Megan Garcia, Community
Education Coordinator



Hi!

I'm Megan Garcia

Community Education
Coordinator

About Me

- LPC and SFSU Alum
- Started in English Department (adjunct, Instructional Assistant, RAW Center)
- Community Education Coordinator Oct. 2023



The Fact Files: Com Ed

Fact or Fiction: Community Education offers “not-for-college-credit” courses.

Fact or Fiction: We focus on personal enrichment courses, such as art, fitness, languages, etc.

Fact or Fiction: Community Education is a fee-based program and does not receive financial support from the college.

Fact or Fiction: We are considered an adult school.

Fact or Fiction: You need teaching experience and at least a BA to teach with us.

Fact or Fiction: We have our own registration system and platform.

Who are our students, and what do we offer?

10-55+

Adults: Career Change, upskilling,
personal enrichment

Non-Traditional Students

Job Training

Professional
Enrichment

Upskilling

Summer
Camps, both
closed and
open to the
public

3rd Party
Funding

Contract Ed

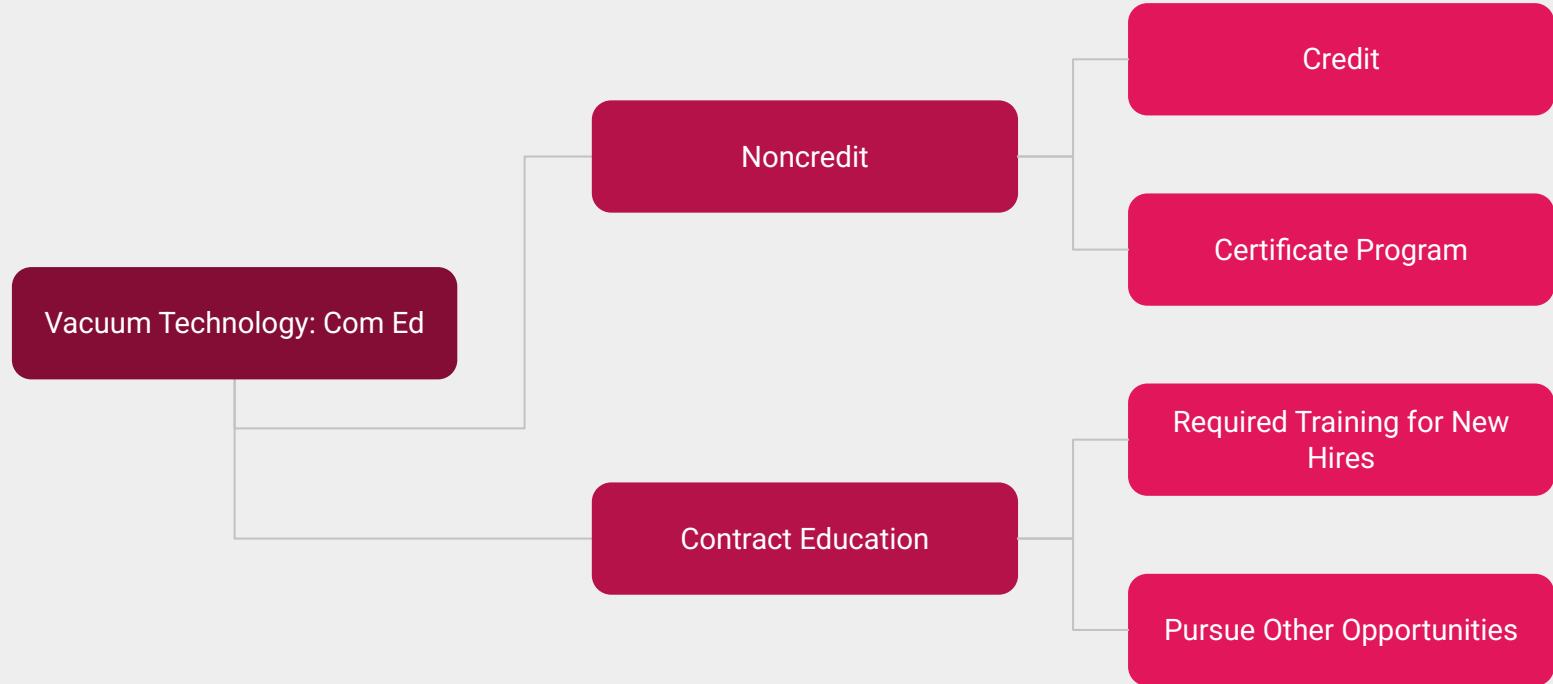
Languages

Travel

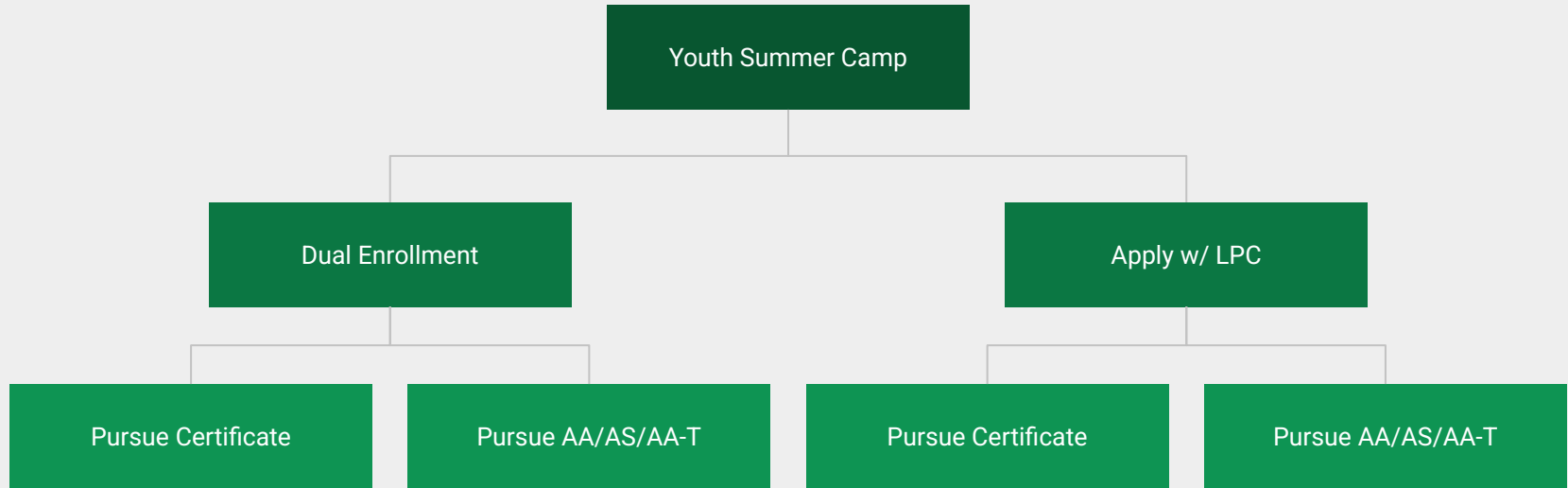
Art

Wellness and
Fitness

Com Ed Pathways



Com Ed Pathways



Steps for proposing a course



**Submit a Course
Proposal**

Submit a Course Request

Course requests are collected twice a year:

- Fall
- Spring/Summer

Review the Instructor Handbook



Teach your class!

While we send a print catalog out to our community, our instructors are responsible for promoting their class as well.

Sophie Rheinheimer

Com Ed Instructor

Sophie Rheinheimer is the founder and senior coach of the Las Positas Fencing Center. Sophie has fenced competitively at both the national and international levels. She won a bronze medal at the 1998 Nike World Master Games and was a member of the USA team competing at the 1999 and 2000 Veteran's World Fencing Championships in Siofok and Godollo, Hungary. Sophie is also a founding faculty member at LPC, where she began teaching PE in 1975. She began teaching fencing classes at LPC in the early 1980s and founded the Fencing Center in 2002.



Thank, Pair, Share

1. ***HOW?*** How might Com Ed be leveraged in a way that benefits my department, and/or what am I good at? What skills, interests, or hobbies may be of interest to our community?
2. ***What?*** List a few potential classes (2-3)
3. ***WHY?*** Choose one to two that you listed above, and write a sentence or two explaining your *WHY*.

Community Education may be a place for us to test out our Vacuum Technology course. This is an in-demand skill that has the potential to become a non credit or for-credit class. I myself have been practicing Muy Tai for over 10 years and have been thinking of teaching it.

- Vacuum Technology
- Muay Thai for Beginners
- Self-Defense for Teens

There is a growing demand for expertise in vacuum technology training since this expertise is needed in a variety of industries.

What to look forward to!

Spring/Summer 2026

First Aid/CPR Training

CPR (BLS)/ First Aid

Babysitter CPR/ First Aid

Sports CPR/First Aid

Career Readiness

Strategic Job Search in the Modern Market

Building a Professional Identity That Opens Doors

Using AI and Technology to Get Ahead

Improv. w/ Faith Alpher

Improv Your Confidence: From Stage to Everyday Life

Language Classes

Beginning French Language and Culture 1

French for Travelers

Korean Language and Culture

Q & A



Thank you!



Workshop Evaluation

