It all starts with taking the first step. Take yours with us.

www.powayadultschool.com
Director’s Message

Happy New Year and Welcome to Poway Adult School’s Winter Quarter!

As you develop your 2020 New Year’s Resolutions, keep in mind that Poway Adult School is here to help you achieve your personal, professional or career-enhancing goals. In surveying our growing community, we have learned that you seek more diverse academic, technical and personal enrichment courses. I think you’ll find in this catalog many courses that fulfill those requests; you’ll see that we’ve added over 32 new classes this quarter! We’ve also expanded our successful teaching staff with eight new enthusiastic and talented teachers. A few new highlighted areas include:

• Interior Design – Bathroom remodeling
• Becoming a Phlebotomist
• Cake Decorating
• Trade Show Marketing
• 12 cuisine courses
• GROOVE3 Fitness
• Japanese Hiragana Writing
• Amazing Astrology

There really is no better time than now to set goals and create a new path for yourself. Our staff and teachers are here at the ready - Your success is our goal!

Kathleen Porter
Executive Director

Mission Statement

To provide adults with exemplary learning opportunities by offering timely and relevant courses, programs, and services that are responsive to our community’s needs. Poway Adult School works with students to identify and reach their individual goals, including career advancement, college preparation, and life enrichment.
**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>December 11</td>
<td>Adult Education Winter Registration Begins</td>
</tr>
<tr>
<td>December 23– January 3</td>
<td>Winter Recess, Office Closed, No Classes</td>
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<tr>
<td>January 13</td>
<td>Adult Education Classes Begin</td>
</tr>
<tr>
<td>January 20</td>
<td>Martin Luther King, Jr. Holiday Office Closed, No Classes</td>
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<tr>
<td>January 31</td>
<td>Professional Growth Day, Office Closed, No Classes</td>
</tr>
<tr>
<td>February 17– February 22</td>
<td>Presidents' Holiday, Office Closed, No Classes</td>
</tr>
<tr>
<td>March 25</td>
<td>Adult Education Spring Registration Begins</td>
</tr>
<tr>
<td>April 4</td>
<td>Adult Education Winter Classes End</td>
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**WINTER CALENDAR**

**Would You Like to Teach Others?**

Have you ever considered teaching others? Become part of our PUSD Adult School staff. Anyone with a special knowledge, talent or skill is welcomed to contact us. Learn more about this opportunity by setting an appointment with us at (858) 668-4009 or dguzman@powayusd.com. We are always looking for new teachers, so bring your expertise and enthusiasm to show others how to Live And Learn!

**Special Events:**

**Poway Symphony Orchestra Performance**

Sunday, March 22, 2020, 4:00PM
Poway Center for the Performing Arts
15498 Espola Rd, Poway, CA 92064

$15 per person, purchase at the door

**Poway Symphonette Concert Spring Into Spring**

Saturday, April 4, 2020, 3:00PM
Rancho Bernardo Library
17110 Bernardo Center Dr,
San Diego, CA 92128

FREE
Donations graciously accepted to defer costs

Come enjoy the music!
BUSINESS SUPPORT SERVICES

Conduct classes at your work site! We are the experts in adult education and possess a diverse range of courses designed to meet your business strategy, improve employee performance and morale. Gain knowledge of the tools necessary to plan, implement and manage projects in any business environment. Contact us at dguzman@powayusd.com for further information.

Our Programs, Classes and Workshops:

Administrative Operations
- Google tools – Docs, Sheets, Drives and Sites
- MS Office Professional
- QuickBooks
- Accounting
- Technical writing
- Effective communication techniques

Business Leadership
Improving Business Results Through Performance. Specifically designed Business Leader workshop that presents game-changing techniques to enhance higher performance at all levels: individual, team and organizational. Contact us to setup initial meeting.

English as a Second Language Classes for Employees
From beginner to intermediate levels. A pre-assessment can be conducted to develop the appropriate course and improve communication within your company. Curriculum can also include general technical terms routinely used in the workplace.

"Training tailored to fit your business"

Further enhance employee morale and well-being by conducting on-site yoga, meditation, stress-management or other healthy lifestyle courses. Your possibilities are endless.

www.powayadultschool.com
Internet Basics for a Successful Career Search

Learn current technologies to use the Internet to explore careers, find and apply for jobs, access data, networking opportunities and other relevant resources for successful career planning. Learn about locating job boards and online job resources, creating an appropriate email account for job search and resume use.

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<td>2/5</td>
<td>6:15–8:15PM</td>
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Target Your Resume

Create a resume that focuses on your experience and employer needs. Write compelling Professional Summaries to highlight your skills that meet or exceed job requirements. The Professional Summary becomes your talking points for networking.

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<td>12:30–2:30PM</td>
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Develop Your Career Plan

This workshop focuses on your career goals by completing an interest profile and evaluating options based on three factors: labor market demand, wages and your personal interests. Develop a career plan strategy with research training options.

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Ace Your Interview

This workshop focuses on interview preparation and practices. Topics include reviewing and incorporating transferable skills, exploring various types of interview questions and developing your best answers to avoid interview pitfalls.

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Career Networking

In this two-meeting workshop, you will learn everything about networking at a business or social level. The 2nd meeting is a Networking event with business partners. (Note: Must attend the first session in order to attend the 2nd, or have a letter of reference showing participation experience.)

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Looking for a PUSD Job?

School Bus Drivers Training Class will Start on Tuesday, January 21, 2020

The Transportation Department for the Poway Unified School District is looking for friendly people to become school bus drivers. Our staff of State Certified Instructors is very knowledgeable and will guide you through all of the required instruction to obtain your Special Certificate to drive a school bus. If you like being around children and working independently, you might love driving a school bus with a starting salary of $18.72/hour and medical benefits for permanent employees. Our fleet of 151 school buses is one of the newest fleets in San Diego County and our maintenance record is one of the best in the State of California. If you are interested in an employment opportunity where your work schedule follows the same holidays and school breaks as your children, please come to the orientation class at 10:00 AM. We begin with an overview of the training program and then proceed with the course. Our training classroom is located at the Twin Peaks Center, Transportation Department, Building 800B, 13626 Twin Peaks Road, Poway. Please call if you have any questions at 858-748-0010, ext. 2037, 2059 or 2684.

CAMPUS SECURITY SB1626 TRAINING

Are you a public safety officer, campus supervisor, school security officer or are you interested in pursuing a security guard position? If so, join our training course that meets Senate Bill 1626 training requirements. Emphasis will be placed on security awareness as well as understanding the dynamics of student behavior and conflict resolution. Topics covered by our POST certified instructor will include:

- Role and Responsibility of School Security Officer
- Laws and Liability
- Security Awareness in the Educational Environment
- Mediation/Conflict Resolution
- Disasters and Emergencies
- Dynamics of Student Behavior

1/7–1/30 5:00–8:00pm
8days T, Th PAS 213
8724 $209 HOLLIDAY
Accounting
Level 1
Computerized

This course offers the principles and processes involved in manual double-entry accounting. Employment possibilities include bookkeeping, banking, accounting clerk, accounts receivable clerk and accounts payable clerk.

Instruction includes the following areas:
- Banking
- General ledger
- Special journals
- Income Statement
- Balance Sheet
- Introduction to QuickBooks


To purchase textbook: You may purchase both textbook and working papers with the class for $141.00. If you would like to purchase with the class, please follow the prompts online.

1/23–4/2 6:00–9:00pm
10wks  Th  PAS 502
9620  $99 CADWELL

Auto Maintenance and Light Repair

This course, taught by an ASE certified instructor, serves as a refresher for current technicians or as an introduction for those desiring to enter the auto repair field. This course prepares students for the National Institute for Automotive Service Excellence (ASE) exam in Auto Maintenance and Light Repair (G1). Since about 70% of the work being done in repair shops today is in the area of auto maintenance and light repair, this course is a perfect fit for career training! If you have at least one year of auto repair work experience (half may be met by career training), and you pass the G1 exam, you will achieve ASE certification in Auto Maintenance and Light Repair.

This course provides training in:
- Engine systems
- Automatic transmission/transaxle
- Manual drive train and axles
- Suspension and steering
- Brakes
- Electrical
- Heating
- Ventilation and air-conditioning

1/21–3/19 6:00–9:00pm
16days  T, Th MCHS N13
8671  $159 HARWELL
Adobe Illustrator Basics

Adobe Illustrator is the industry standard for vector graphics. In this class, you will create logos, icons, sketches, typography and illustrations.

2/29–3/7 9:00–11:00AM
2wks Sat PAS 402
8725 $49 SPURLOCK

Google Photos Getting Started

Save your photos anytime, anywhere! You will be introduced to the marvelous Google photos program and all it has to offer. We will explore how to download, share and save photos with just about anybody. You can edit your photos and create albums from anywhere. All you need is a computer, phone or tablet to access the app.

1/30 6:30–8:30PM
1day Th ABX Computer Lab
8648 $35 DURSCHLAG

Adobe Photoshop Basics

Learn the fundamentals of Adobe Photoshop and unlock the ability to create graphics of all kinds. This course starts at the beginning with file types, color modes and resolution. You will learn the capabilities of the Toolbar, Layers, Layer Adjustments, Layers Styles, Layer Masks, Type, Smart Objects and Filters. Understanding the basics will allow you to retouch photos, create social media posts and design print ready graphics.

3/14–3/21 9:00–11:00AM
2wks Sat PAS 402
8716 $49 SPURLOCK

Introduction to Google Suites

Applied Digital Skills

Google products are free. All that you need is a Gmail account to access these tools. This class is an overview of Google Tools. We will explore Google Docs, Google Sheets, Google Drives and Sites. Please have your Gmail account set up before you come to class.

1/18–2/15 9:00–11:00AM
5wks Sat PAS 402
8642 $79 HERNANDEZ

Computer Open Lab

Open to ESL, High School Diploma and Career Technical Education students, the open computer lab allows students to work directly with the computer teacher for personalized instruction. Please come to the open lab with instructions for your assignments or projects that need to be completed.

On-going 2:00–4:30PM
M PAS 601

On-going 2:00–4:30PM
W PAS 601

On-going 2:00–4:30PM
Th PAS 601

On-going 1:00–3:00PM
F PAS 601
ICT CERTIFICATION

Information & Computer Technology

- ICT High Demand Careers
- Industry Certified

**Computer Concepts and Applications**

Computer Concepts focuses on: basic terminology, computer literacy, hardware, operating systems, structured design techniques, ethics and virus protection and prevention. Students get hands-on practice with the Windows operating system and application software. MS Office is taught using Word, Excel, Access, and PowerPoint. This course prepares you for the IC3 Digital Literacy Certification Exam.

**SKILLS NEEDED:** Windows basic skills. Awareness of mouse functions and usage. Email proficiency. Keyboarding experience. Basic understanding of files, folders and directories.

1/16–5/7 5:00–9:00PM
15wks Th PAS 601
8646 $79 ALLEN

**Networking Fundamentals**

Gain an edge in the industry or further your knowledge in the computer field. Networking Fundamentals provides the skills necessary to enter or advance your career. The course includes the OSI model, sub-netting, features and functions of networking components, and the skills needed to install, configure and troubleshoot basic networking hardware peripherals and protocols. This course helps the student prepare for the Network+ certification exam.

1/13–5/4 5:00–9:00PM
14wks M PAS 601
8644 $169 ALLEN

**Hardware and Operating Systems**

Get a deeper knowledge of computer hardware and operating systems. The course includes multiple hardware and operating system fundamentals, installation, configuration and upgrading, diagnosing and troubleshooting. Other topics include preventative maintenance, portable computing, and basic TCP/IP networking concepts. This course helps you to prepare for the Comptia A+ certification exam.

1/15–5/6 5:00–9:00PM
15wks W PAS 601
8645 $169 ALLEN

Gain new technological skills.
Career and Work Skills Training

Computer Skills for Office Professionals

**Comprehensive**

Learn features of Word and Excel that will increase your efficiency level in the workplace. Expand your knowledge of paragraph/character formatting, tabs, headers, footers, columns, worksheet design, calculations, formulas and much more.

**Skills Needed:** Entry level knowledge of Windows, Excel and Word.

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<td>HERNANDEZ</td>
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Getting Started on Computers

This class is a perfect fit for beginners in the computerized world. We will cover the basics of navigating through your computer. You will learn to search the internet, the fundamentals of emailing and the essentials of Microsoft Word.

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Intro to Programming using JavaScript

In this online course, begin your programming skills. Learn vocabulary unique to the industry and practice a range of computational thinking concepts and fundamentals. Understand statements and variables, loops, functions and events, arrays and objects. These skills easily allow you to transition to C++, Java and other programming languages so you can create apps, develop websites or make web-based projects work.

**Please note:** After registration and before the class starts, your teacher will email you with course details.

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Introduction to Computer Aided Design (CAD) and 3D Printing

Have you ever had a product idea in your head, only to see it on the shelf a short time later? This course will provide skills and tools for you to bring ideas and concepts into reality. You will learn the basics of a state-of-the-art computer-aided design (CAD) software, including sketching, 3D modeling, assemblies, documentation and presentation. Then you will learn how to prepare and 3D print your designs. No previous knowledge or experience is necessary.

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Special Education Instructional Aide Preparation

Prepare to become an instructional aide in Special Education. This class will teach you the terminology, strategies, and theories in special education including: a brief history of special education, understanding the IEP, curriculum strategies, behavioral strategies and the 13 disability categories. While this class prepares you with important information and training in regards to becoming an instructional aide, it does not guarantee you a position.

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Testimonial

**Instructional Aide**

At first I worried a lot about what this class would be, but it was really great. I was especially inspired by the enthusiastic teacher. People who are instructional aides or want to be and never had a class to teach them should take this course, it’s very helpful. I loved it.

www.powayadultschool.com

WINTER 2020 11
Getting Started in Excel

This one-day course gives you an introduction to Excel Level 1. It is geared towards students with no knowledge of Excel. We begin with navigation and command uses of the mouse. By the end of the class, you will be able to create your own spreadsheet with basic formulas.

1/16
1day
Th
ABX Computer Lab
8619
$45
CADWELL

Microsoft Excel 2016

Level 1-The Essentials

Learn the power of Excel in this beginning course. From basic formulas, formatting, charts to organizing and visualizing your data.

1/15–2/12
5wks
W
PAS 402
8640
$135
HERNANDEZ

Level 2-Tables, Pivot Tables and VLookup

Go beyond just numbers. Streamline, work smart and visualize. That’s what we’ll do in this class with tables, PivotTables, VLookup and What If Analysis.

Pre-Requisite: Excel The Essentials or knowledge of Excel

2/26–4/1
6wks
W
PAS 402
8641
$149
HERNANDEZ

QuickBooks Pro 2019

Comprehensive

QuickBooks is the most widely accepted accounting system currently used in businesses. Master this powerful, yet easy-to-use software. Set up a company and continue through accounts receivable and payable, banking and credit, payroll, budgeting, reporting and year-end transactions. Completion of this course will prepare you for the QuickBooks Certified User exam.

Skills Needed: Windows basic skills.

1/23–4/2
10wks
W
PAS 601
8720
$239
de ROCHERMONTE

Website Writing and Optimization

Present your ideas professionally on the Internet. Whether you produce websites, online storefronts, blogs, or newsletters, you can benefit from this course. Topics include writing styles, copyediting and grammar, Search Engine Optimization (SEO), website structure, and copyrights and trademarks.

2/25–3/3
2wks
T
ABX 19
8612
$39
SKALE

teacher profile

Heather Skale

Heather has more than 25 years’ experience writing for news organizations and websites. Her experience ranges from editing positions at national magazines to reporter positions at newspapers in both New York City and Washington, D.C. Ralph Nader used one of her stories as testimony in the U.S. House of Representatives Committee on the Budget. For more than three years, she owned and managed an Internet news publication, The 3 Things, which included an app in the Apple store. She loves teaching Poway Adult School students how to optimize their websites to reach larger audiences.
Entrepreneurship

Integrated Marketing Campaign
The 3Cs, 4Ps and 5Ms that Every Marketing Executive Should Know

Take charge of your digital marketing strategy to grow your new or growing business. Small businesses need an Integrated Marketing Campaign (IMC) to get the word out about your business and drive interests toward your products and services. Take this course to create the big-picture strategy for the rest of the year. Then take the hands-on courses in this series to implement your strategies.

1/13–2/10 6:00–8:00pm
4wks M ABX Computer Lab 8714 $79 JONES

Social Media

In this hands-on course, you will learn to positively boost your brand using social media platforms like Facebook, Twitter, YouTube and Instagram. Then create accounts, upload pictures and video, send messages, use hashtags and more.

2/24–3/16 6:00–8:00pm
4wks M ABX Computer Lab 8713 $79 JONES

Trade Show Marketing

Trade shows can be one of the best sales and marketing tools available for your company if you know how to plan and manage it effectively. Encompassing every sales and marketing tool available, if done correctly, the payoff can be tremendous. The price of failure can be just as high, so it is critical to understand the secrets of getting the most out of your trade show. Companies invest more than $80 billion annually and your success requires intelligent planning and execution. Get the tools you need to maximize your return on investment.

1/28 6:00–9:00pm
1day T ABX 19 8717 $39 NEUMANN

Phlebotomy

Launch your career in this high-demand, fast-growing occupation in healthcare. As a Phlebotomy Technician, you will collect blood samples from patients in a hospital, clinical laboratory, medical office or clinic. Through lectures and hands-on training, learn about venipuncture technique and specimen collection, risk factors, complications, and quality assurance. This course provides a complete learning experience with 45 hours of classroom instruction and a 40-hour hands-on externship training with partners such as UCSD Medical Center and other San Diego institutions. A certificate of completion will be awarded upon successful completion of the course.

Upon classroom instruction completion, you will be prepared to take the National Certification exam (NHA/CPT1) to become a Certified Phlebotomy Technician (CPT1) and be qualified for an externship placement.

In order to start the course, students must:
• Attend a mandatory orientation on January 25, 2020 9:00–10:00am, at Poway Adult School. If you can’t attend the orientation, please contact Jennifer Niess at 951-692-7437.
• Be at least 18 years of age
• Obtain a copy of your High School Diploma or equivalency

Included in class fee:
• Textbooks
• Phlebotomy Supplies
Not included in class fee:
• Scrubs and closed-toe sneakers
• NHA Exam fee: $117
• State License fee: $100

1/25–4/11 8:00am–12:30pm
10wks Sat DNHS P116 8727 $1695 BLEDSoE

www.powayadultschool.com
ARTS AND CRAFTS

Understanding Modern Art
From Abstract Expressionism to Pop Art

Have you ever seen a piece of modern art and thought: “What am I looking at?!” You know what I’m talking about - all of those paint splashes and splatters. In Part 3 of this course, we will explore two movements that emerged after WWII: Abstract Expressionism and Pop Art. We will discuss world-famous artists from Pollock to Warhol and uncover what makes their art and styles part of the legacy of modern art.

2/1–2/8
2wks Sat
10:00am–12:00pm
PAS 100
8670
$49 WRIGHT

Understanding Renaissance Art
Famous Artists

If you’re intrigued by Renaissance Art, join us on this visual tour of the Renaissance Masters and their artwork. Be prepared to explore the artwork of some of the most fascinating artists and wander through the historical context in which they lived. Take this course before your trip to Italy, if you are a budding artist, or if you’ve always wanted to know about the brilliant artists whose works still inspire us.

1/15–2/5
4wks W
6:00–7:30pm
PAS 213
8684 $59 JONES

Michelangelo

Join us on this visual tour of the paintings, sculptures, architecture and poetry of Michelangelo, artist of the Renaissance. Be prepared to explore his artwork and wander through the historical context in which he lived. Take this course before your trip to Italy, if you are a budding artist, or if you’ve always wanted to know about Michelangelo whose works still inspire us.

2/26–3/18
4wks W
6:00–7:30pm
PAS 213
8685 $59 JONES

teacher profile

Chelsea Wright

Hi! My name is Chelsea, and my passion for art began as a child from visiting San Diego’s various art museums with my family. During my first formal art history course in college, I became officially hooked! I have a B.A. in Art History and Religious Studies from Scripps College in Claremont, CA and an M.A. in Art History from the University of Texas at Austin. My career is focused on the fine arts with much of it spent working for museums. My goal is to make art interesting and approachable for anyone. I hope you will join my course!
**Book and Paper Arts**

**Fancy Fold Cards**

Spring Card-in-a-Box

In our Fancy Fold series, we’ll make a spring-themed card from start to finish. You’ll want to make many more at home. Some supplies are included in the class fee. See our website for supply information under the Community Ed and Student Resources section.

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**Stamping Techniques Galore**

Stamping and paper-crafting techniques can be hours of fun. Join us as we go through a variety of techniques that you can do at home. We will start with seasoning your stamps and go through ghost stamping. Nothing is too hard once you know how to do it. You will go home with a 40-technique sample ring. Supplies are included in class fees. Please bring scissors.

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**Ceramics**

**Fundamentals of Ceramics**

Explore the wonderful world of ceramics through construction, decoration and glazing techniques. Focusing on the fundamentals of pottery, you will make various pottery pieces using a variety of hand and wheel thrown techniques. All supplies are included in course fee. Beginners and experienced potters are welcome. Come join the fun!

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<td>BOURDETTE</td>
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<td>BOURDETTE</td>
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**Testimonial**

Ceramics

Eric does an excellent job of balancing beginner thru advanced instruction. His projects are interesting and he is great at teaching even brand new people how much fun ceramics can be. He is also wonderful about encouraging us to try new things. I love the class.

**Teacher Profile**

Eric Bourdette

Eric has been teaching pottery for 30 years in the Poway Unified School District. His work has been shown in San Diego, Orange County and Los Angeles. Many of his students have taken top awards in almost every ceramics show they have entered. He is well versed in both hand and wheel thrown work with a wide range of experience in high and low fire clays and glazes. He loves sharing his knowledge and helping students develop their talents.

www.powayadultschool.com
# Drawing and Painting

## Abstract Acrylic Art

Acrylic painting can be daunting if you don’t have the right technique. Abstract art frees you from these boundaries. Learn to paint without fear or need to interpret a specific thing. In this class, we will explore different techniques, materials, compositions and textures. No prior skills or experience required. Some supplies are provided. For additional supplies, see our website for supply information under the Community Ed and Student Resources section.

- 2/25–3/31 (no class 3/10)  
- 6:30–9:00 pm  
- 5wks  
- 8692  
- $125  
- POWELL

## Acrylic Pouring

Introduction

The acrylic pouring technique has created some truly awesome pieces of art. The acrylic paints react with each other when combined together to make interesting and visually organic motifs. Between the vibrant, complex color combinations and the dreamy, flowing patterns, artwork created through acrylic pouring can look absolutely stunning. Though these pieces seem intense and challenging, they’re actually easy and fun to create. Some supplies are included in the class fee. See our website for supply information under the Community Ed and Student Resources section.

- 2/26–4/1 (no class 3/11)  
- 6:30–8:30 pm  
- 5wks  
- 8691  
- $109  
- POWELL

## Acrylic Painting

This fun and relaxing class is designed with a goal - you painting! Whether you’re a beginning student or a continuing painter, this class will offer an opportunity for you to explore the potential of this wonderful material. You may work on your own art, as well as on class projects. Continuing students are welcome. See our website for supply information under the Community Ed and Student Resources section.

- 1/14–2/25  
- 6:00–9:00 pm  
- 6wks  
- 8576  
- $139  
- LESBERG

- 1/15–2/26  
- 10:00 am–1:00 pm  
- 6wks  
- 8577  
- $139  
- LESBERG

- 1/15–2/26  
- 2:00–5:00 pm  
- 6wks  
- 8578  
- $139  
- LESBERG

- 1/15–2/26  
- 6:00–9:00 pm  
- 6wks  
- 8579  
- $139  
- LESBERG

- 1/16–2/27  
- 10:00 am–1:00 pm  
- 6wks  
- 8580  
- $139  
- LESBERG

## Animal Portraits in Colored Pencils

Combine your love of art and your love for animals all in one class! This class introduces the foundations of creating an animal portrait in colored pencils. You will be shown how to take great reference photos and then guided through the process of drawing your animal portrait in colored pencils. You will also learn how to build up layers of colored pencil so that the final drawing resembles a painting. All supplies are included in the class fees.

- 2/24–3/30  
- 6:00–8:00 pm  
- 6wks  
- 8523  
- $149  
- HENRY
**Charcoal and Pastel Drawing**

**Mixed Media**

There is nothing wrong with painting or drawing on white cartridge paper. But, sometimes, experimentation and creativity with media brings considerable advantage. Come and join us, using charcoal and pastel, to paint or draw on different surfaces, such as collage papers, textured papers, and other decorative surfaces. It could be a wonderful aesthetic discovery. All supplies are included in class fee.

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**Drawing Fundamentals**

Learn classical drawing techniques that will help you draw and paint more realistically than ever before. Develop a strong understanding of how to portray light and shadow over form so that what you draw looks real. This class will teach you the basics of working in charcoal and help you find ways to incorporate art and creativity into your daily practice. The skills and techniques that you learn along the way will improve your drawing, regardless of subject or medium that you like to work in. All supplies are included in the class fees.

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**Oil Painting with the Masters**

**Vermeer’s Girl with a Pearl Earring**

Yes, you can! Learn to paint like Vermeer by understanding how meticulously he designed his paintings and used light to bring his subjects to life. You’ll learn some tricks of the trade with step-by-step demonstrations and individual instruction. Serious beginners to advanced students are welcome. Bring rags and an apron. All other supplies are included in the class fee.

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**Oil Painting**

**A Bird and A Landscape**

Let’s create oil paintings of those sweethearts of the skies, birds. In this class, you’ll create two paintings. The first painting will be a close up of a bird. The second will feature that bird in a landscape. You’ll learn from a step-by-step demonstration and personal instruction with enough time to fly solo as you enjoy the art of oil painting. All levels welcome. Bring rags and an apron, all other supplies are included in the class fees.

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**Van Gogh’s Portrait of Joseph Roulin**

We’ll continue with portraiture by learning to paint like Van Gogh. You’ll understand the vision of his paintings and how he painted with such vibrancy. You’ll learn by following a step-by-step demonstration along with individual instruction. Serious beginners to advanced students are welcome. Bring rags and an apron. All other supplies are included in the class fees.

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**The Cherry Blossom and Blossom Landscape**

We’re going to create two paintings in this class. First, we’ll paint a lovely cherry blossom then we’ll incorporate it into a landscape to celebrate Hanami, the cherry blossom festival in Japan. You’ll learn from a step-by-step demonstration and personal instruction. All levels welcome. Bring rags and an apron. All supplies are included in the class fees.

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www.powayadultschool.com

**WINTER 2020**
**Watercolor**

**Beginning Florals**

You will create lovely and interesting backgrounds for your flowers. You will set up a still life and learn to make pleasing compositions. We will work with live flowers and photographs. You will leave this class with an understanding of the intricate beauty of flowers. Some supplies are included in the class fee. See our website for additional supply information under the Community Ed and Student Resources section.

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**Introduction to Resin Coating**

Get comfortable with using resins and epoxies for art application. We will learn about mixing and applying a resin seal to your artwork. Your art will have a professional look to it. You must bring a piece of your art, less than 14” square, that you want to coat. All supplies are included in the class fee.

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**Water-Soluble Mixed Media**

Learn tips and techniques for using various user-friendly materials that clean up with or dissolve in water. Among others, you can use water-soluble colored pencils and oil pastels, as well as acrylic paint and watercolors. There will be exercises as well as time to work on your own art and one class project for the county fair. Some supplies are included in the class fee. See our website for supply information under the Community Ed and Student Resources section.

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**Testimonial**

**Watercolor**

This has been an inspiring class. I never imagined that I would want to wake up every morning and want to sketch and paint if it wasn’t for Carol Ravy’s encouragement, enthusiasm, and guidance. She sure has opened my eyes to the detail and color that I normally would have taken for granted that surround me daily.
Fiber Arts

**Crochet 1-2-3-4**

*Beginning*

Use your creativity to learn a new rewarding hobby, crochet. Learn four basic stitches as well as how to join squares, add a border and read pattern instructions. See our website for supply information under the Community Ed and Student Resources section.

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**Fiber Arts**

**Crochet**

*Infinity Scarf or Cowl*

With knowledge of the basic crochet stitches, in this two-day class you will learn how to make a stylish and comfy infinity scarf or cowl for yourself or as a gift. Using the appropriate yarn, this can be just what is needed for a chilly evening out or as a light addition to a casual outfit. See our website for supply information under the Community Ed and Student Resources section.

*Pre-Requisite:* Basic Crochet Skills or completion of the Beginning Crochet class

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**Sewing**

*Level 2- Basics*

Take your sewing to the next level. In this class we will focus on building and sharpening your skills by making a skirt, simple top or dress using a commercial pattern. Learn what styles flatter different body types before selecting a pattern, how to interpret pattern layout and assembly instructions plus where to adjust pattern pieces to achieve a personal fit garment. Demonstrations on waistband, invisible zipper, sleeve and closure installations will be covered. Students will supply and bring a pattern, fabric and notions to the second class.

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*Level 3- Intermediate to Advanced*

Increase your fitting and sewing knowledge and skills in this intermediate to advanced class. Discover tips and tricks for working with difficult fabrics such as silkies, knits and faux leather. Learn how to fit more tailored couture garments and expand your construction skills to include set-in sleeves, collars, plackets, French seams and more. Choose your project based on your skill level including pants, tailored shirts, dresses or jackets. Bring your pattern, supplies and sewing kit to the first class.

*Pre-Requisite:* Sewing Basics.

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**Testimonial**

*Sewing*

I was very satisfied with how Cathy Fowler conducted the class! She was very informative and professional! I have learned so much taking her class. I look forward to taking another one in the future. Thank you for have such qualified instructors!
Metal Arts

Metal Art

Beginning Decorative Art

Experiment with traditional metalsmithing techniques in creating decorative art. We will learn about forming, surface embellishment and finishing. No experience necessary. Some supplies are provided. See our website for supply information under the Community Ed and Student Resources section.

2/26–3/25 6:00–8:30pm
5wks W MCHS N6/Lab
8603 $125 ANDERSEN

Intermediate Jewelry Soldering and Fabrication

In this hands-on course, we will be building upon the foundations learned in Beginning Jewelry. You will learn the basics of soldering and explore different techniques while using a small jewelers torch to create your own jewelry. All supplies are included in the class fee.

Pre-Requisite: Beginning Jewelry Making

1/15–2/12 6:00–8:30pm
5wks W MCHS N6/Lab
8604 $135 ANDERSEN

Adobe Lightroom

Introduction

Adobe Lightroom is photo editing software which allows you to organize, edit, and manage your photos quickly and efficiently like a pro. You will see why no photographer should be without Lightroom. No experience with either Photoshop or Lightroom is necessary. This class is organized into 8 quick instruction modules, taking you from set-up, importing, correcting, and editing, all the way to exporting images ready for sharing on social media or sending to print. One of the chapters will introduce you to jumping with your photo directly from Lightroom into Photoshop and back.

1/14–1/21 6:00–8:30pm
2wks T MCHS N8
8708 $59 SHEFFLER

Beyond the Basics

Continue learning Lightroom with skin retouching, removing unwanted elements of a photo, black and white treatments using the color adjustments; synchronizing adjustments, cropping, and color correction, creating HDR images and Panoramas; applying watermarks, publishing directly to the web.

Pre-Requisite: Adobe Lightroom Introduction or experience using Lightroom.

2/10–2/24 6:00–8:30pm
2wks M MCHS N8
8709 $59 SHEFFLER

Photography and Graphic Arts

NOTE: Students will be using MAC computers however the instructor is well-versed in Lightroom and Photoshop in both MAC and PC and will cover the differences in keystrokes and shortcuts. The differences are minor, however. If you have Lightroom and Photoshop on a PC laptop and would prefer to bring it, you may.
Cell Phone Photography

The best camera is the one you have with you. Your phone has become a sophisticated image-making device in the past few years. Learn how to take better photographs with your phone/camera. Learn ways to manipulate and create great images anywhere you happen to be. You will see how to use the latest editing and photo-sharing apps.

**NOTE:** A working knowledge of basic cell phone usage, App Store accessibility and data connection necessary.

3/4
1day
W
MCHS N8
8721
$39
SHEFFLER

Landscape Photography

We will discover the five elements of a great landscape photograph, and implement them in our own work. Understand how we take the depth and expanse of a real environment and translate the scene into the illusion of depth in a 2-dimensional photo. There is a homework assignment in between the two weekly meetings.

**Pre-Requisite:** A working knowledge of DSLR camera and basic photography process.

**NOTE:** Bring your camera and manual, and make sure your battery is charged.

2/12–2/26
2wks
W
MCHS N8
8712
$59
SHEFFLER

Photo Walk With Model

In this two week session, you will meet with the Instructor and a model at a location each week. You will learn how to set up and light a portrait shoot on location for an editorial fashion-style look. You will learn how to work with the model and assistants and get an opportunity to shoot directly with your own camera, using the instructor’s lighting gear. Be ready for a fun and fast-paced professional style shoot. Possible locations are Penasquitos Canyon, Balboa Park, Marine Street Beach and others. The instructor will contact you at least 3 days prior to class for location information. Bring your DSLR camera with you with a fully charged battery.

**Pre-Requisite:** A working knowledge of your DSLR camera or previous photography experience.

3/14–3/21
2wks
Sat
8706
$49
SHEFFLER

Testimonial

Photography

Mr Sheffler is very knowledgeable, excited & enjoys teaching the topic! Makes the class engaging, fun & intriguing. He provides information in an easy to understand manner. I have learned a lot about photography.
Digital Photography

NOTE: Bring your camera and its manual to this workshop. Please make sure your battery is charged.

An Introduction to Your DSLR Camera
Get to know the menus and settings on your camera in this hands-on class.

1/13  6:00–9:00pm
1day  M  MCHS N8
8703  $39  SHEFFLER

Beginning DSLR
Go beyond “Auto” mode on your DSLR camera. In this two-week course, you will become comfortable in using the manual settings to get the exposures and the looks you want in your photography. We will see how the three exposure settings - Aperture, ISO, and Shutter Speed - work together, and how each of them affects the way your photo looks. We will go over your camera’s focusing modes, exposure metering, white balance, and more, so you can get your images exposed correctly and looking sharp. We’ll talk about different kinds of photography, like sports, portraiture, and landscape, and how to choose the best settings for anything you want to shoot.

1/27–2/3  6:00–8:30pm
2wks  M  MCHS N8
8704  $59  SHEFFLER

Beyond Beginning DSLR
In this class we’ll start by reviewing full manual settings, and discuss how to best see light and how to approach various styles of photography. We’ll then explore more of the functionality built into your DSLR. We’ll discuss RAW files vs jpegs. We’ll look at the various focusing modes, learn what flash compensation and exposure compensation do, white balance, and dealing with low-light situations. We’ll also see how we can use bracketing, slow shutter and long exposures to expand how we capture images with our DSLR. Bonus: We’ll talk file management and processing and preserving your images.

3/2–3/9  6:00–8:30pm
2wks  M  MCHS N8
8705  $59  SHEFFLER

Black & White Photography, A to Z
This two-week course consists of a historical survey of great photography (composition and thematic approaches) and application to modern cameras and genres. You’ll have a week to explore various styles on your own and then in week two we will go through editing processes, black and white treatment tricks, and will review our work!

1/28–2/4  6:00–8:30pm
2wks  T  MCHS N8
8707  $59  SHEFFLER

Focus on Lenses
Confused about which lenses will work best in various situations? Or even about which lenses work with your camera? No idea about focal lengths and apertures? Let’s shed some light on how lenses work, the difference between zoom lenses and “prime” lenses, which lenses are perfect for portraits, travel, sports, etc. We’ll even discuss how and where to find lenses or how to rent lenses to try out with your camera. After this 3-hour seminar you’ll have a clear picture of what your “go-to” lenses should be for your style and preferences.

3/11  6:00–9:00pm
1day  W  MCHS N8
8710  $39  SHEFFLER

Dance and Motion Photography
If you’ve ever wanted to try to photograph dance, either live on-stage or in-studio with lighting, this is your chance to learn with no pressure. We will go over everything from how to work with a dancer or other movement-oriented subject, how to pose your subjects, how to capture motion using static lights and flash, and of course what gear to use to do the job, from cameras and lenses to lighting and accessories. We will have live subjects modeling and moving for us, and this is very much an experiential class. You can shoot with your own camera or try the instructor’s.

3/16–3/23  6:00–8:30pm
2wks  M  MCHS N8
8711  $59  SHEFFLER
Mastering the Art of Basic Knife Skills

A good knife is one of the most important tools in your kitchen. Knowing how to select and use the best knife for the job will make cooking all the more pleasurable. With the right selection of knives you’ll be able to chop, dice, slice, julienne and chiffonade with the best of chefs. Knife care and sharpening will be covered. Bring a sharp chef’s knife, paring knife, apron and three kitchen towels.

1/15  6:00–9:00pm  
1day  W  RBHS 807  
8605  $49  HEINEKE

Awesome Super Bowl Appetizers

Score your own touchdown for your Super Bowl party with these fun and tasty appetizers. Sausage and Herbed Cheese-Stuffed Mushrooms, Prosciutto-wrapped Shrimp with Cucumber-Melon, Satay with Peanut Sauce. The Black and Blue Cheese Brochette will have people cheering you instead of the game! Bring an apron, chef’s knife, three kitchen towels and containers to take any leftovers home.

1/29  6:00–9:00pm  
1day  W  RBHS 807  
8607  $65  HEINEKE

Mediterranean-Style Winter Vegetables

If you think vegetables are dormant in the winter months, come see what you’ve been missing. Celebrate winter with colorful and healthy Mediterranean dishes using seasonal winter vegetables. We will make squash soup (one vegan gluten-free and one gluten-free), roasted vegetables and a beets salad and a roasted vegetable salad. Please bring your favorite chef's knife, an apron, kitchen towels and containers to take any leftovers home.

1/21  6:00–9:00pm  
1day  T  RBHS 807  
8683  $49  JAUODE

Hearty Soups and Savory Muffins

Hearty soups make a satisfying meal paired with a savory muffin. We will focus on the basics of making a rich stock and a variety of soups from broth to cream soups. Our chef will share easy-to-make muffins to compliment any meal. Please bring a chef’s knife, three kitchen towels and containers to bring your soup home.

2/5  6:00–9:00pm  
1day  W  RBHS 807  
8610  $65  HEINEKE

Let’s Brunch

Make the most important meal of the day, the most delicious meal of the day. Go beyond the basics and add flavor and variety to your next breakfast or brunch with delicious quiches, stratas, omelettes and sweet breads. Bring an apron, a chef’s knife, three kitchen towels and containers to take any leftovers home.

1/22  6:00–9:00pm  
1day  W  RBHS 807  
8606  $65  HEINEKE

New Orleans Mardi Gras Adventure

Bonjour y’all! Let’s prepare for a Mardi Gras party in the “Big Easy” style! New Orleans Barbecued Shrimp; Fried Green Tomatoes with Rémoulade Sauce; Chicken and Andouille Jambalaya; Bananas Foster with Vanilla Bean Ice Cream. Bring an apron, three kitchen towels, a chef’s knife and containers to bring any leftovers home.

2/12  6:00–9:00pm  
1day  W  RBHS 807  
8609  $65  HEINEKE
**Cooking to Impress**

Go beyond basics and learn how to cook a tasty meal to excite your palate and impress your guests. Let’s make some dishes tonight that are tasty and healthy. 

On tonight’s menu: Romaine with Walnuts and Gorgonzola Salad, Chicken Wellington, Tri-Tip, Red Roasted Potatoes and Glazed Carrots. Bring an apron, chef’s knife, three kitchen towels and containers to take any leftovers home.

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**A Night in Barcelona**

Try the bold and zesty cuisine of Spain. Pa amb Tomàquet (Toasted Bread with Garlic, Tomato and Olive Oil, Topped with Serrano Ham); Chicken and Seafood Paella and fried milk (Leche Frita) dessert. Bring an apron, a chef’s knife, three kitchen towels and containers to take any leftovers home.

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**Instant Pot® Cooking**

**Instant Pot® 101**

Got an Instant Pot and don’t know what to do with it? Confused by all the buttons and accessories? In this hands-on class, you will learn how the Instant Pot works and how to use it to cut cooking time, make healthy meals, and save energy and money. If you hate to cook but love to eat, this class is for you. We’ll make pulled pork, a bean dish, and applesauce. Bring a 6 or 8 quart Instant Pot, an apron, a chef’s knife, three kitchen towels and containers to bring any leftovers home.

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**Easy Indian Food with Instant Pot®**

Let’s make Indian curry in a hurry. In this hands-on course, learn to make easy and savory Indian dishes with your Instant Pot. We’ll make a curry, a vegetable side dish, rice and a dessert. Bring your 6 or 8 quart Instant Pot, an apron, a chef’s knife, three kitchen towels and containers to bring any leftovers home.

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**Quick Comfort Foods with Instant Pot®**

Hearty stews and chilis can be made quickly with an Instant Pot. Learn how to transform inexpensive cuts of meat into delicious entrees. Learn how to feed your family with winter comfort foods quickly and easily. On tonight’s menu are chili, beef stew and chicken stew. Bring your 6 or 8 cup Instant Pot, an apron, a chef’s knife, three kitchen towels and containers to bring any leftovers home.

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**Easy Mexican Food with Instant Pot®**

Would you like to expand your Mexican recipes beyond Taco Tuesday? Join us in this hands-on class and make easy and savory Mexican dishes with your Instant Pot®. We’ll make a chicken dish, refried beans from scratch, street tacos and sweet corn cake. Bring your 6 or 8 quart Instant Pot, an apron, a chef’s knife, three kitchen towels and containers to bring any leftovers home.

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Cake Decorating

Cake Decorating 101

Learn the basics of working with buttercream. We will focus on how to ice a cake smooth, work with different tips to pipe borders, flowers, leaves and how to write on a cake. We'll work with fondant in week three and finish off the class by decorating a cake from start to finish in the last week. Come join the fun of cake decorating using your creativity and imagination. Make it your cake! Most supplies are included in the class fee. See our website for supply information under the Community Ed and Students Resources section.

2/27–3/19 6:00–8:30pm
4wks 6:00–8:30pm
$99

Sarah Gladow

Sarah has been baking for over 28 years and is a certified working pastry chef through the American Culinary Federation and Mesa College program. She regularly continues her studies by taking many cake decorating and pulled sugar classes. The art of baking is her passion and she wants to share it with like-minded people.

Desserts

Valentine's Perfect Chocolate Cake

We know the language of love is chocolate, now find out why. We will make a decadent chocolate cake from scratch, filled with fresh strawberries and whipped cream, drizzled with chocolate ganache and decorated with tuxedo strawberries. Please bring your favorite spatula, chef's knife, an apron, kitchen towels and containers to take any leftovers home.

2/4 6:00–9:00pm
1day T
RBHS 807
$59

Mardi Gras King Cake

The fun and gluttonous celebration of Mardi Gras would not be complete without a King Cake. We will learn the culture behind this custom and how to make this traditional cake from scratch! Please bring your favorite spatula, chef's knife, an apron, kitchen towels and containers to take any leftovers home.

2/11 6:00–9:00pm
1day T
RBHS 807
$59

Beautiful Baklava

Making baklava is a lot simpler than you think! Come discover simple techniques that will make this delicate dessert the start of every gathering! Please bring your favorite chef knife, an apron, kitchen towels and containers to take any leftovers home.

3/24 6:00–9:00pm
1day T
RBHS 807
$59
Adult Ballet

Introduction

Have you ever dreamed of taking a ballet class, but felt it was too late or were too intimidated to do so? Here’s your chance to learn the basics of ballet from top-level former professional ballet dancers. You will learn the basic terminology, positions, port de bras (arm positions) and some of the steps. No previous experience required. Comfortable breathable clothes should be worn. Appropriate footwear (ballet slippers) is preferred but not required. Socks are suitable. Class located at 12285 World Trade Drive, Suite K.

1/27–3/2
5wks  M  7:15–8:30PM
$69  BATLEY

Beyond Beginning

Go beyond the basics and continue with your ballet lessons. Comfortable breathable clothes should be worn. Appropriate footwear (ballet slippers) is preferred but not required. Socks are suitable.

2/6–3/12
5wks  Th  10:00–11:15AM
$69  BATLEY

Ballroom Dancing

Beginning/Intermediate

Bring out the mirrored ball and enjoy ballroom dancing through instruction in the Fox Trot, Waltz and Rumba. Get ready for a cruise or an evening out on the town, dancing under the stars or with them! **Partners are recommended, but not required.** Each person must register separately. Wear dance shoes or sneakers (no sandals please).

2/25–3/31
6wks  T  6:00–7:30PM
$69  BATLEY

Beyond Beginning

Go beyond the basics and continue with your ballet lessons. Comfortable breathable clothes should be worn. Appropriate footwear (ballet slippers) is preferred but not required. Socks are suitable.

2/6–3/12
5wks  Th  10:00–11:15AM
$69  BATLEY

Latin Dancing

For spicy good fun, put some Merengue, Mambo and Cha Cha rhythms in your dancing. With a touch of Salsa you’ll be moving to the infectious Latin beats. **Partners are recommended, but not required.** Each person must register separately. Wear dance shoes or sneakers (no sandals please).

2/25–3/31
6wks  Th  7:30–9:00PM
$69  KOLLENBORN

Night Club 2-Step

Enjoy this pleasant flowing dance, similar to a waltz (not the country two-step). You will dance to slower more romantic music like “Lady in Red”. This is an easy dance to learn to lead and follow. Recommended for celebrations of all kinds, including wedding dances. **Partners are recommended but not required.** Each person must register separately. Wear dance shoes or sneakers (no sandals please).

2/27–4/2
6wks  Th  6:15–7:45PM
$69  KOLLENBORN

Argentine Tango Playshop

Beginning

You’ll love this dance for all levels of dancers. This is the dance with the “Wow” factor! It offers ochos, ronques, cortes and quick-stepping fun. This class is sure to be enjoyable as we’re not going to take ourselves too seriously, but we will learn techniques of connection, lead and follow. **Partners are required and must register separately.**

2/27–4/2
6wks  Th  7:45–9:15PM
$69  KOLLENBORN

Registration Information on Last Page
Line Dancing

Level 1

Line dancing is great exercise; healthy for your mind and body. And pssst... you don’t need a partner. Enjoy an evening of fun. It’s all about good music, good people and good fun! You’ll quickly learn the basics and you will be dancing on your first night.

1/14–3/24
(no class 1/28 and 3/3)
8wks
6:30–7:30pm
8547 $69
RH MPR
BOSSALLER

1/15–3/25
(no class 1/29 and 3/4)
8wks
6:15–7:15pm
8548 $69
CH MPR
BOSSALLER

1/15–3/25
(no class 1/29 and 3/4)
8wks
7:30–8:30pm
8549 $69
CH MPR
BOSSALLER

Level 1.5

Do you already have experience as a line dancer and feel comfortable with line dance terminology and protocol? Would you like to add some new dances that are being done locally to your dance repertoire in a fast-paced class geared for the high improver/intermediate dancer? Then come join us because this is the class for you!

Note: This is not a beginner level class.

1/14–3/24
(no class 1/28 and 3/3)
8wks
7:30–8:30pm
8550 $69
RH MPR
BOSSALLER

Fitness

Barre Workout

Barre Workout is a ballet-inspired workout that will exercise every muscle group of your body. We’ll begin with simple, graceful warm-up movements to connect body and breath. Upper body exercises follow with high repetitions and light weights (or none) to tone your arms, shoulders, chest and upper back. Barre exercises will strengthen, tone and lift the lower body. The class ends with Pilates-style core exercises. The result: long, lean muscles and a strong core! Do not eat for two hours before class. Please bring a mat, towel, water and a pair of one or two pound weights.

1/13–3/30
10wks
9:30–10:30am
8528 $89
M PAS 503
CRETELLA

Forever Young

30-Minute Workout

As we age it’s easy to lose our muscle density as well as run the risk of bone loss due to inactivity. In this fun 30-minute workout we’ll use light weights, resistance bands and your own body weight to gain flexibility and increase muscle strength. We’ll incorporate stretches, standing and seated exercises that you can also do at home.

1/17–4/3
10wks
8:45–9:15am
8525 $59
F PAS 503
TAYLOR

GROOV3

Dance, Sweat, Live

Try this amazingly fun and accessible hip-hop dance class. In this judgment-free zone you will learn choreographed routines broken down to your favorite music. This class is taught at two speeds-slow, then fast- making learning easy. Then we put it all together for three times the empowerment, watch as you DANCE, SWEAT and LIVE far beyond this class.

1/16–4/2
11wks
6:00–7:00pm
8559 $99
Th BHMS MPR
STRACHAN

Testimonial

Barre

Carol Creteella is a great instructor. She pays attention to details and makes sure you get the full benefit of the work out by demonstrating it in the class with clarification and emphasis.

www.powayadultschool.com
Indoor Cycling

Beginning Spin
This class is designed to combine aspects of speed, strength and cardio training in one workout. This is an hour of fun, energy and endurance that will help you start your week in a positive productive way. Wear comfortable clothing, bring a towel and water.

1/13–2/10 6:00–7:00pm
4wks M $49 DNHS B125
8568
2/24–3/30 6:00–7:00pm
6wks M $65 LUNA
8569

Interval Spin
Indoor cycling workouts are a great way to get in a vigorous workout, burn calories and keep your muscles in shape- and you don’t have to wear a helmet. Your instructor will guide you through workout phases, while you control the resistance on your bike, making pedaling easy or difficult. We’ll turn down the lights, pump up the music and get a great workout. Wear comfortable clothing and bring a towel and water.

1/15–2/12 6:00–7:00pm
5wks W $59 DNHS B125
8570
2/26–4/1 (no class 3/25) 6:00–7:00pm
5wks W $59 DNHS B125
8571

Total Fitness Workout
Is your workout in a rut? Have your results plateaued? Or, are you new to exercise and want to get started in a safe and friendly environment? Well you’re in luck! This Certified Personal Trainer-directed workout is designed for both males and females at all fitness, exercise and age levels. Come for a fun and energetic 60-minute workout, increasing muscle tone and shaping and defining your total body. Resistance bands are available in class. Optional hand weights may be used. Please bring a towel or mat as well as water and a great attitude...We will supply the rest!

1/14–3/31 6:00–7:00pm
11wks T $99 PAS 503
8574
1/15–4/1 6:00–7:00pm
11wks W $99 SD MPR
8572

Zumba
Beginning
Join us for this dance fitness program that is sweeping the nation. Zumba features interval training with fast and slow Latin music rhythms. Wonderful for all body types and ages. No rhythm required!

1/13–3/30 6:15–7:15pm
10wks M $89 BHMS MPR
8539
1/14–3/31 6:00–7:00pm
11wks T $99 OVMS MPR
8540

teacher profile

Elyse Stone
With over twenty-five years of consistent fitness industry experience in various roles, including Group Exercise Instructor, Personal Trainer, and Group Fitness Program Coordinator/Manager, Elyse Stone has developed a proven history of long-term success in the creation and implementation of fitness programs in group and one-on-one settings. Elyse uses current industry standard best practices to achieve results, ensure client safety, and motivate long-term client adherence. Elyse is known for her ability to overcome the naturally impersonal setting of a group exercise class to make lasting impactful connections with individual members.
Bowling

**Bowling for Fun**

This class will introduce you to the game of bowling and is geared toward those who want to learn Bowling rules and regulations, game etiquette, proper usage of the equipment, keeping score and overall bowling fundamentals of the game. Most importantly, you get the opportunity to have great fun while learning! Poway Fun Bowl will provide all equipment, including bowling balls and shoes. Students must bring a pair of socks. This is an exciting way to stay active within a social and friendly setting.

1/23–3/5  
6wks  
Th  
$85  
8715  

Poway Fun Bowl  

**Health Made Simple**

**The Power of Plant-based Nutrition**

A whole food, plant-based diet can help you achieve good health, including balancing your immune system and decreasing your risk of diseases, allergies, asthma, anxiety and depression. Learn how easy it is to incorporate whole food plant-based nutrition into your life. This class includes delicious food sampling. Walk away with family-friendly delicious recipes, valuable meal-prep guides and simple solutions you can enjoy today.

1/18  
1day  
Sat  
$45  
8617  

PAS 501  
CORREIA/TAWODA  

3/10  
1day  
T  
$45  
8618  

ABX 5  
CORREIA/TAWODA  

Mahjong

**Beginning**

Mahjong is a tile-based game that was developed in China during the Qing dynasty. It is a game of skill, strategy and calculation that involves a degree of chance. Learn rules, strategies and even a bit of Chinese while you play this fun game. Come and give your brain a workout and have some fun.

1/18–2/1  
3wks  
Sat  
$65  
8624  

PAS 610  
YUEN  

**Testimonial**

**Health Made Simple**

The best and most useful class I have ever taken and the instructors were superb. They were informative with delicious samples to emphasize their points. The set of resources they shared are extremely valuable in trying to incorporate more healthful eating into our diets.

**Testimonial**

**Mahjong**

I loved this class. The instructor was extremely knowledgeable and easy to understand. Handouts were extremely helpful. Ms. Yuen teaches a fun and well-paced class where I also learned some of the Chinese culture and language related to the game.
Healing Arts

HeartSpace Dream Collage Workshop

Do you want a powerful process to illuminate your heart’s desires and clarify your goals? In this workshop you will create a unique vision board that will keep the joyful excitement alive and turn it into fuel to manifest your dreams. We will also use a combination of techniques such as non-judgemental exploration, guided visualization, journaling and intention setting. See our website for supply information under the Community Ed and Student Resources section.

1/22–1/29 6:00–8:30pm
2wks W ABX 18
8630 $59 CRETELLA

Mindfulness Meditation

Enjoy a simple sitting, standing, or walking meditation practice that uses breath awareness to be in the present moment. It helps to enhance stillness of mind, deepens awareness and improves memory and concentration. Different styles of meditation like guided or visualization, mantra practice develops and strengthens the state of mindfulness and eventually we are able to remain peacefully in our mind without struggling. Our mind naturally feels calm. Wear soft, comfortable clothing and flat-soled shoes or socks. Please bring a bottle of water.

1/27–3/9 6:00–7:00pm
6wks M PAS 503
8632 $59 KAUR

Manifest Your Heart’s Desires

The Gentle Process

Do you want to create forward momentum in your life? If the thought of new possibilities on your horizon creates mild interest, excitement and/or trepidation-then this class is for you. Follow the gentle 5-step process to identify new ideas, illuminate your joy, activate your energy and create a system of accountability to help you manifest your dreams.

2/8–2/15 9:00–11:30am
2wks Sat PAS 403
8631 $59 CRETELLA

Sha-Butsu

Japanese Healing Art

The practice of Sha-butsu is the art of tracing sacred images using a thin brush in black sumi ink. Focusing on slow and gentle hand movements, Sha-butsu allows one to reflect on yourself, or to attain mental well-being. We can cherish quiet and serene moments fostered by Sha-butsu through calligraphy, and look introspectively at ourselves. No art experience necessary. All supplies are included.

1/21–1/28 2:30–4:00pm
2wks T PAS 501
8669 $49 KITADA
Chair Yoga for Seniors

Chair yoga safely improves senior health. It is a great way while you are seated to loosen and stretch painful muscles, reduce stress, improve circulation and joint mobility. Come for a fun and safe way to practice yoga. You will enjoy amazing benefits and feel great.

1/14–3/31 1:00–2:00 PM
11wks T PAS 503
8542 $105 DINEVA

Deep Restorative Stretch

Restorative stretch helps restore the nervous system and release deeply held tension from the body and mind. Start your day refreshed and renewed. Bring a yoga mat, towel and a soft strap or belt.

1/15–4/1 (no class 3/11) 9:00–10:00 AM
10wks W PAS 503
8530 $99 CRETELLA

Dhurva Yoga

The class is taught at the same pace as Gentle Yoga classes, but with the addition of using a prop. The use of a Dhurva Yogistick® benefits external physical alignment and internal mental awareness. The stick allows for extra support, balance, and flexibility without over-compensating. Dhurva is a unique style of opening and strengthening yoga flow utilizing the Yogistick® to get the maximum benefit from your asanas. Dhurva yoga helps build confidence in your balancing poses and gives you a deeper stretch to build functional mobility and strength. Please bring a yoga mat and a small blanket or towel.

1/13–3/30 6:00–7:15 PM
10wks M RBHS SW7
8557 $115 BOZORGCHAMI
1/14–3/31 (no class 3/10) 11:05 AM–12:35 PM
10wks T PAS 503
8531 $129 CRETELLA
1/15–4/1 (no class 3/11) 11:10 AM–12:40 PM
10wks W PAS 503
8532 $129 CRETELLA
1/16–4/2 (no class 3/12) 11:35 AM–1:05 PM
10wks Th PAS 503
8533 $129 CRETELLA
1/16–4/2 (no class 3/19) 6:00–7:15 PM
10wks Th RBHS SW7
8558 $115 BOZORGCHAMI
1/16–4/2 6:00–7:15 PM
11wks Th PAS 503
8651 $119 IVANOVA

Gentle Yoga

Have you been searching for a gentler, slower paced yoga practice? In this class, people of all fitness levels, sizes and ages can enjoy practicing yoga in an atmosphere of safety and comfort. Gentle Yoga will offer you the benefits of stress reduction, spinal health, muscle tension release, and increased range of movement. Chairs will be available to those who may prefer to practice while seated. Please bring a yoga mat and a small blanket or towel.

1/13–3/30 6:00–7:15 PM
10wks M MID MPR
8565 $99 SARMIENTO
1/15–4/1 7:30–8:30 PM
11wks W WW MPR
8567 $105 SARMIENTO
**Hatha Yoga**

**Beginning The Adventure**

Hatha Yoga is a unique system of exercise for the optimal functioning of your body and mind. Practice dynamic postures, movement and coordinated breathwork to extend and flex the spine. Muscles are lengthened and strengthened, circulatory, digestive, nervous and endocrine systems are stimulated. The results are weight control, suppleness, tone and enhanced vitality. Do not eat for two hours before class. Please bring a sticky yoga mat.

**Important note:** Participants must be able to easily transition from standing to sitting to lying down postures.

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**Pilates Mat**

Streamline your body and focus your mind with classic Pilates mat exercises. Pilates is an exercise discipline based on stability with motion. Students learn to stabilize the spine and pelvis while strengthening core muscles, realigning the body, improving flexibility, balance and coordination. Do not eat for two hours before class and bring a thick Pilates mat.

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**PiYo Pilates/Yoga Fusion**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. If you are looking for a calorie burning workout that can be done with shoes on or off, then PiYo is for you. As you get familiar with the movements, you work at a faster speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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<td>MID MPR</td>
<td>SARMIENTO</td>
</tr>
<tr>
<td>1/15–4/1</td>
<td>W</td>
<td>WW MPR</td>
<td>SARMIENTO</td>
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</tbody>
</table>

**POP Pilates**

POP Pilates is a fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This mat-based workout challenges participants to rhythmically flow from one exercise to the next, developing a solid core while leaving no muscle untouched. Bring a mat with you to class.

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<td>1/15–4/1</td>
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<td>WW MPR</td>
<td>SARMIENTO</td>
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</tbody>
</table>

**Hatha Yoga Flow**

**Important note:** Participants must be able to easily transition from standing to sitting to lying down postures.

**Intermediate**

If you have a good understanding of basic yoga postures, movement and coordinated breathwork, begin to explore a wider variety of poses and styles. This class is more vigorous than Gentle Yoga. Do not eat for two hours before class, bring a sticky yoga mat and a large towel.

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<td>DOHRN-SIMPSON</td>
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</table>

**Multi-Level**

Do you have some yoga experience or have you completed a beginning yoga class? Dynamic postures, movement and coordinated breathwork, flexing and extending the spine, strengthening muscles, increasing flexibility and balance are part of this class. Postures are sequenced for a flowing and vigorous practice. Do not eat for two hours before class, bring a sticky yoga mat and large towel.

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<th>Date/Time</th>
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<td>1/14–3/31</td>
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<td>CR MPR</td>
<td>DOHRN-SIMPSON</td>
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</table>
Sports: Golf, Tennis and Pickleball

Golf Academy

Learning the game of golf can be therapeutic and a stress reliever. It is a sport that allows us to be competitive long after other sports are not possible for us. Golf allows all players, regardless of the level of ability, to compete. If this sounds like something you want in your life, plan to enroll today. Our Golf Academy is offering a five-class series, “From the Classroom to the Golf Course”.

Introduction to Golf

This class is designed to look at golf’s rich history, explore the advances in equipment and course development and to equip you with the four swing packages necessary to get the ball in the hole in the fewest number of strokes possible. You will be introduced to the three basic elements of the grip, address and basic swing components.

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<th>Date</th>
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<tbody>
<tr>
<td>1/15–1/29</td>
<td>6:00–7:30pm</td>
<td>ABX LC3</td>
<td>$49</td>
</tr>
</tbody>
</table>

The Short Game

The three skills associated with the short game are putting, chipping and pitching. The fastest way to lower your score is to understand and apply the components of each of these skills. This six-week course is designed to explain, demonstrate and practice each of these. You will learn the appropriate grip, address, point of contact and finish for each of these. Each Wednesday we will meet in a classroom for instruction and application of skills. Each Saturday morning, we will meet at a local golf course (fees not included).

Pre-Requisite: Golf Introduction class or previous learning of basic golf skills.

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<th>Date</th>
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<td>$149</td>
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</table>

Preparing to Take it to the Course

In the classroom on Wednesdays, we will review the five basic components of putting, chipping, pitching, full swing irons and full swing woods. We’ll move on to the concepts involved in shaping the golf shot. Mastering the ability to move and shape the ball will give you a sense of accomplishment and a feeling of great pride. Saturdays will be at a local golf course, (fees are not included).

Pre-Requisite: Successful completion of Golf Intro and the Short Game or previous learning of basic golf skills.

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</table>

Testimonial

Ed is an excellent instructor with an infectious enthusiasm for the game. We are looking forward to the next section. Coach Giles is an excellent instructor to multiple skill levels.
**Tennis 1**

Tennis is a great way for you to meet new people, have fun and live longer. Learn forehand, backhand, ground strokes, volleys, lobs, overheads and serves, as well as rules, scoring, and etiquette. Bring a tennis racket, water, hat or visor and sunscreen. Join us and surprise yourself!

1/18–3/28

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<thead>
<tr>
<th>8:00–9:30AM</th>
<th>Sat</th>
<th>WVS Tennis Cts</th>
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<tr>
<td>10wks</td>
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**Tennis 2**

This class is about developing more control when you hit the ball, for those who have already taken Tennis 1. We’ll include instruction, traditional tennis plus special games designed to accelerate learning skills and techniques. Bring a tennis racket, water, hat or visor and sunscreen. Tennis-Exercise you can enjoy!

**Skills needed:** Decent control of the tennis ball.

1/18–3/28

<table>
<thead>
<tr>
<th>9:30–11:00AM</th>
<th>Sat</th>
<th>WVS Tennis Cts</th>
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**Tennis 3**

**Competitive Drills and Games**

This class is for those who play tennis, but want to learn to hit better and move faster. Designed to be more effective and more fun than just playing tennis, the class includes some instruction of traditional tennis plus special games designed to accelerate learning skills and techniques. Games include 4-Square, Olympics, and Offense/Defense. Bring a tennis racket, water, hat or visor and sunscreen. Join us and surprise yourself!

**Note:** Class not recommended for Beginners.

1/18–3/28

<table>
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<tr>
<th>11:00AM–12:30PM</th>
<th>Sat</th>
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**Pickleball**

**Introduction**

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton and table tennis. Come enjoy this new interactive craze. Bring your own paddle, balls will be provided.

1/18–3/21

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<td>9wks</td>
<td>$119</td>
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</table>
**Tai Chi and Qigong**

**Eight Essential Energies and Five Steps**

Tai Chi and Qigong are ancient healing arts widely practiced around the world. Tai Chi, originally a style of Martial Art, focuses on meditative movements that are known for improving one's balance, body awareness, and overall wellness after longtime practice.

- **1/13–3/30**  
  - 6:00–7:00pm  
  - 10wks  
  - $99  
  - M  
  - SC MPR  
  - 8551  

- **1/14–3/24**  
  - 6:00–7:00pm  
  - 10wks  
  - $99  
  - T  
  - DC MPR  
  - 8552  

- **1/17–4/3**  
  - 9:30–10:30am  
  - 10wks  
  - $99  
  - F  
  - PAS 503  
  - 8553

**Yang Style 24 Steps**

Continue your Tai Chi and Qigong practice in this class. We will practice the famous “Yang Style 24 steps”.

- **1/13–3/30**  
  - 7:00–8:00pm  
  - 10wks  
  - $99  
  - M  
  - SC MPR  
  - 8554  

- **1/14–3/24**  
  - 7:00–8:00pm  
  - 10wks  
  - $99  
  - T  
  - DC MPR  
  - 8555  

- **1/17–4/3**  
  - 10:30–11:30am  
  - 10wks  
  - $99  
  - F  
  - PAS 503  
  - 8556

**Senior Beginning Tai Chi**

Take time to work on your balance of mind and body. This graceful moving meditation develops essential skills for healthy living - relaxed breathing, postural alignment, good balance, improved circulation, better coordination and ultimately experiencing the harmony of a peaceful mind.

- **1/15–4/1**  
  - 1:00–2:00pm  
  - 11wks  
  - $99  
  - W  
  - PAS 503  
  - 8638

**Testimonial**

**Tai Chi**

Peter is wonderful in all respects. He is very patient with his students and takes the time to make sure they learn all the moves properly. It’s a pleasure to attend his classes. Please consider keeping this course and instructor. Stress relief is important to health and well-being.
LANGUAGES

American Sign Language

**Beginning 1**
This fun introductory course is designed to teach you basic expressive and receptive conversational skills. Whether it’s for personal communication or in a work setting this class if for you. Deaf culture and history will also be explored.

1/13–3/30
10wks  M  PAS 502
8656  $129  MANNING
1/13–3/30
10wks  M  ABX 22
8657  $129  MANNING

**Beginning 2**
This class provides a transition from the introductory level. It will focus on more in-depth conversational, expressive and receptive skills. An emphasis on fingerspelling practice as well as discussions of Deaf history and culture is explored.

1/15–3/25
10wks  W  PAS 502
8658  $129  MANNING
1/15–3/25
10wks  W  ABX Media Center
8659  $129  MANNING

Chinese

**Beginning Conversation 1**
Learn Chinese the easy way! In this introductory course you will focus on basic Mandarin Chinese conversation, vocabulary and grammar. The course emphasizes conversation. We will also delve into Chinese culture.


1/14–3/24
6:30–8:30pm
10wks  T  ABX 3
8667  $159  FONG

**Beginning Conversation 2**
Continue learning Chinese. If you have taken Chinese Beginning or have some previous knowledge of the language join us. Emphasis is on every day social conversations using more sophisticated vocabulary.


**Pre-Requisite:** Completion of Chinese Conversation 1 and instructor recommendation, or basic Chinese language knowledge.

1/16–3/26
6:30–8:30pm
10wks  Th  ABX 3
8668  $159  FONG
French

**Beginning**
This class is designed for people with no knowledge of French, but it can also be a very good refresher for long ago high school classes. You will learn the greetings, how to introduce yourself, some basic social conversation, useful words and expressions. You will obtain basic language foundation and master the main verbs that are used in every language: to be, to have, to do, to go. Also discover how to be comfortable with the numbers and the calendar: dates, days of the week, seasons.


- **2/5–4/1** 1:00–2:30pm
- **8wks** W PAS 502
- **$109** BILANGE

- **2/5–4/1** 6:00–7:30pm
- **8wks** W ABX 4
- **$109** BILANGE

**Intermediate**
You are comfortable with all the concepts we've been studying in the beginning classes, now it's time to focus on improvements to your reading, speaking, writing, grammar and pronunciation. Express yourself in the present, future and the past. Let’s acquire the city vocabulary so you can be more comfortable when you travel to a French-speaking country.


- **2/4–3/31** 6:00–7:30pm
- **8wks** T ABX 4
- **$109** BILANGE

**Beyond Beginning**
Once we’ve learned the basic French foundation, we’ll discuss your family, favorite activities and entertainment. We’ll learn additional ways to express ourselves, describe people and how to provide your information. In class, we will travel together around the world, learning the names of the countries and nationalities, as well as talking about our origins. We will also talk and read about everyday activities and future plans. Last but not least, you will work on a personal project.


- **2/4–3/31** 1:00–2:30pm
- **8wks** T PAS 502
- **$109** BILANGE

- **2/5–4/1** 7:30–9:00pm
- **8wks** W ABX 4
- **$109** BILANGE

**Advanced**
In this immersion class, you will put your knowledge to work. We’ll learn cultural aspects of France and discover new vocabulary. A bientôt!


- **2/4–3/31** 7:30–9:00pm
- **8wks** T ABX 4
- **$109** BILANGE
German

Beginning Conversation 1
Hallo Freunde! Sprechen Sie Deutsch?
Whether you’re planning a trip to Germany or simply wish to learn a new language, this class is for you! We’ll have fun learning basic conversation and German customs. You’ll be surprised at how much German you already know. No experience required.

Recommended textbook: Willkommen! German Beginner’s Course, Coursebook (2nd or 3rd edition), by Paul Coggle.
Willkommen! German Beginner’s Activity book (2nd or 3rd edition), by Paul Coggle.
1/15–3/25 5:30–7:00pm
10wks W ABX 22
8486 $129 VON NYSEN

Beyond Beginning
Deepen your level of reading comprehension, grammar and conversation. We’ll have fun learning how to speak about time, how to shop, how to order in a restaurant and continue learning adjectives.

Recommended textbook: Willkommen! German Beginner’s Course, Coursebook (2nd or 3rd edition), by Paul Coggle.
Willkommen! German Beginner’s Activity book (2nd or 3rd edition), by Paul Coggle.
1/15–3/25 7:00–8:30pm
10wks Th ABX 22
8487 $129 VON NYSEN

Intermediate
This class is an extension of Beyond Beginning. We will continue with our speaking and listening skills. Dive into more adjective endings, discuss the pros and cons of city versus country life. Learn how to give advice in German. Let’s chat about fashion. We will read about Dino and his adventures. Viel Spass!

Recommended textbook: Willkommen! German Beginner’s Course, Coursebook (2nd or 3rd edition), by Paul Coggle.
Willkommen! German Beginner’s Activity book (2nd or 3rd edition), by Paul Coggle.
Learn German with Stories. Karneval in Köln- 10 Short Stories for Beginners, by Andre Klein.
1/16–3/26 5:30–7:00pm
10wks Th ABX 6
8488 $129 VON NYSEN

Cultural Conversation
Experience Germany beyond its language through games, discussions and videos. We will learn about common traditions, funny words, tongue twisters and unique geography. This class, which is open to all levels, offers an opportunity to practice speaking skills and/or build vocabulary. Come and enjoy our fun and interactive learning group.

1/16–3/26 7:00–8:30pm
10wks Th ABX 6
8489 $129 VON NYSEN

Testimonial
German
Stephanie is wonderful—or I should say “wunderbar”! She is everything you would want in a language instructor: knowledgeable, enthusiastic, encouraging, and patient. I feel so lucky have her as my teacher. Dankeschön, Stephanie!
**Beginning**

Ciao! Are you planning a trip to Italy, or would you enjoy learning about Italian culture and language? This class is the place for you! This is a course for “absolute beginners” with no experience or very minor exposure to the language, or for those who need a review course before moving to Beginning 2. You’ll be able to utilize the basic conversation and grammar tools necessary to communicate and understand.


1/14–3/24 1:00–2:30pm
10wks T PAS 404
8501 $129 GRATZKE

1/14–3/24 7:30–9:00pm
10wks T ABX 6
8502 $129 GRATZKE

**Beyond Beginning**

Once you have completed Beginning Italian 2, you will move beyond to focus more on comprehension, grammar and conversation. You will read a book at levels of A1, A2 or B1. You will learn how to speak in the past tense, which is very important in conversation.

**Recommended textbook:** To be Advised

1/15–3/25 7:30–9:00pm
10wks W ABX 6
8504 $129 GRATZKE

1/16–3/26 1:00–2:30pm
10wks Th PAS 404
8503 $129 GRATZKE

**Beginning 2**

This class provides a transition from the introductory level and will focus on commonly used vocabulary, articulated prepositions, a variety of verbs, adjectives and Italian idioms. We will focus on constructing simple sentences, listening to short dialogues and developing reading and comprehension skills. This course will prepare you for Beyond Beginning.

**Recommended text:** Living Italian Language Complete Edition, by Laura Riggio and Giulia Bencini

1/15–3/25 1:00–2:30pm
10wks W PAS 401
8700 $129 GRATZKE

**Intermediate**

This class is aimed at deepening the textbook program and advancing you to a higher level of reading comprehension, more difficult grammar concepts and conversation. Pronunciation and vocabulary will improve while working on your ability to speak, use grammar, and write effectively.

**Recommended textbook:** To be Advised

1/15–3/25 6:00–7:30pm
10wks W ABX 6
8505 $129 GRATZKE

**Advanced**

If you have advanced knowledge of the language, this immersion class will take you to a higher level of cultural exploration and listening comprehension. You will have the opportunity to practice and reinforce all verb tenses.

**Required textbook:** La Sciarpa Ricamata, by Susan Meissner and Elisa Banti, ISBN:13-978-8867024315

1/14–3/24 6:00–7:30pm
10wks T ABX 6
8506 $129 GRATZKE
Japanese

Beginning
Conversational Japanese can be easy and fun. In this introductory course, we will focus on conversation and commonly used vocabulary. The main focus is to practice speaking using weekly vocabulary. You can start using your Japanese at sushi restaurants and Japanese markets locally in San Diego. No previous experience necessary.


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Beginning 2
This second class in our series continues with simple sentences and new vocabulary. We’ll learn a variety of verbs, adjectives, objects and work on phrases.


Pre-Requisite: Japanese Beginning 1 or previous Japanese language experience

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Hiragana Writing

Beginning
Continue with your Japanese classes by learning Hiragana, Japanese characters writing. Learn how to write each letter in correct order. We will write simple vocabulary and also your name.

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Russian

Beginning
This is an introductory course in the Russian language and its cultural aspects. Develop the knowledge to participate in basic conversations on various topics. We will start by learning the alphabet, numbers, basic grammar, reading and conversation. The course is designed for the absolute beginner with no previous experience.

Recommended Textbook: Russian Step-by-Step, Beginner Level 1, by Natasha Alexandrova.

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Beyond Beginning
Continue to expand your Russian vocabulary. We will continue developing our grammar, speaking and listening. We will learn phrases for everyday life and get acquainted with the peculiarities of ancient and modern Russian culture and traditions.

Pre-Requisite: Russian Beginning

Recommended Textbook: Russian Step-by-Step, Low Intermediate Level 2, by Natasha Alexandrova.

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<tr>
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Cultural Conversation
Experience Russia beyond its language through games, discussions and videos. We will learn about common traditions, funny words, tongue twisters and unique geography. This class, which is open to all levels, offers an opportunity to practice speaking skills and/or build vocabulary. Come and enjoy our fun and interactive learning group.

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# Spanish

## Spanish Conversation

### Beginning 1

Are you completely new to Spanish? Learn painlessly and confidently how to carry on basic conversations in various settings and situations. Grammar is minimal. English is spoken to support learning.

**Recommended textbook:** *Easy Spanish Step by Step*, by Barbara Bregstein  

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<tr>
<th>Session</th>
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<th>Instructor</th>
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<td>1/18–3/28</td>
<td>9:00–10:30AM</td>
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<td>$129</td>
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## Spanish Immersion

### Level 1

This class is for those who want to begin speaking Spanish the first week. We focus on conversation, pronunciation and understanding natives speaking at a normal speed. We conjugate verbs and learn new words, then use them in sentences. Mainly Spanish is spoken in this class.

**Previous Experience Recommended:** Spanish Beginning 1 or equivalent.

**Recommended textbook:** *Spanish Now, Level 1*, 8th Edition. ISBN 10: 1438075235

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</table>

### Level 2

You will really be able to practice your Spanish language skills in this class. We will emphasize comprehension, speaking, reading, pronunciation and composition.

**Previous Experience Recommended:** Spanish Immersion Level 1

**Recommended textbook:** *Spanish Now, Level 1*, 8th Edition. ISBN 10: 1438075235

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<td>6:30–8:00PM</td>
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<td>$129</td>
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### Immersion Level 3

Spanish only will be spoken in this class. You will bring stories and anecdotes from home and read them in class. Focus will be solely on speaking and pronunciation.

**Skills needed:** Spanish Immersion Level 2 or a strong knowledge of Spanish.

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<th>Session</th>
<th>Time</th>
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<th>Instructor</th>
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<tr>
<td>1/14–3/24</td>
<td>6:30–8:00PM</td>
<td>ABX 23</td>
<td>$129</td>
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PERSONAL ENRICHMENT

Astrology and Tarot Reading

Amazing Astrology

Introduction to the Basic Concepts

Gain an understanding of astrology as practiced in the West. Understand how an astrological chart is related to the astronomy of the sky and planet. Learn about core symbolism used in an astrological chart: planets, signs, houses and aspects. Learn about yourself by learning your chart. Join us for some fun!

1/21–2/1 6:00–8:00pm
4wks T PAS 502 $79 BROWN

Restoring Personal Connections Affected by a Digital World

Do you feel that people around you don’t communicate effectively anymore? Or they have shorter attention spans when you speak to them? Would you like to be able to successfully communicate with others beyond texts, emails or numerous social media apps? What we need to restore is effective communication techniques and this class can help you personally reconnect with others. We will study the various personality styles and ways to approach people to get desired results. So put down the phone and join us in creating an engaging and positive learning environment.

2/4 6:00–8:30pm
1day T ABX 19 $39 STEINBERG

Terrific Tarot

Have you always wanted to learn how to read the Tarot cards? The only requirement is a Tarot deck and the principles that are the same no matter what type of Tarot deck you use. We’ll cover the basics of how to do readings for yourself and friends. Readings can provide hope in re-envisioning life’s journey, plus support and reaffirmation of what is already known. Readings can help us to answer some of life’s biggest questions, and so much more. You do not need to have a well-developed spiritual connection or ‘psychic power’ in order to get valuable information from the Tarot.

2/25–3/17 6:00–8:00pm
4wks T PAS 502 $79 BROWN

What’s in a sign?

Can you hear me now?

Kickstart Your Creative Writing

This fun, interactive class will inspire even a novice to write. Whether you intend to write a memoir, a novel, a short story or just to write to be more creative - this class is for you. We will have fun writing exercises and techniques that will motivate you. The goal is to encourage imagination thus promoting a journey of creative writing. Learn about structures, genres and styles of writing. You will have plenty of time to write and read your work. Bring a notepad and pen and let your creative juices flow.

1/15–2/12 6:00–8:30pm
5wks W ABX 19
8916 $115 LORING

De-Clutter Your Life
Easy Home and Office Organization

Are you a professional pilot? Do you “pile it” here, and “pile it” there? It’s easy to get overwhelmed when you’re facing a cluttered home or office. Relax, you can do this! All you need is a common-sense approach and a few simple steps to declutter, organize, and maintain any area. Okay, you may need a couple of clever Pinterest ideas, too. Getting organized will help you enjoy your environment, feel calmer, and be more productive.

2/1–2/8 9:00–11:00am
2wks Sat PAS 502
8629 $39 RAYMOND

The S.M.A.R.T. Way to Build Meaningful Goals

Are Your Goals SMART?  S.M.A.R.T. means setting goals that are Specific, Measurable, Achievable, Relevant, and Time-Bound. Goals can sometimes feel overwhelming making it difficult to stay motivated enough to pursue them. We’ll use the SMART strategies interactively to personalize, establish and develop a realistic timeline for your goals. You’ll learn to implement the process that helps keep you focused, encouraged, and feeling accomplished. Our goal is to help you successfully achieve your goals.

2/1–2/8 9:00–11:00am
2wks Sat PAS 502
8629 $49 RAYMOND

Interior Design Workshops
Bathroom Remodeling—Affordable Luxury

Remodeling your bathroom can make your private space a haven and add value to your home. Learn about remodeling basics from searching for a licensed contractor or DIY. We’ll cover design, lighting, plumbing, ventilation, vanities and fixtures, sinks and counters, showers and tubs, and tile and flooring.

1/13–2/10 6:00–8:00pm
4wks M ABX Media Center
8690 $85 HAMLIN

www.powayadultschool.com
**All About Trees**

Winter is here and it's time to think about what trees you want. Selecting trees for your yard can be an overwhelming process. Do you want shade or no shade? Do you want small roots? Do you want palm trees? If so, what kind? How much water will you need? Come learn about what trees work for your area and what ones to avoid in our climate. Bring a photo of your yard and we'll analyze the perfect tree and location. There's so much to talk about and discuss!

2/1–2/8 9:00–11:00AM
2wks Sat PAS 213 $49 SAVILLE

**Introduction to Contracts**

Every contract has essential elements. Make sure you are familiar with these elements to avoid misunderstandings later. Become informed before acting to minimize the chances of resorting to court for resolution.

3/14–3/21 9:00–11:00AM
2wks Sat PAS 213 $59 STEINBERG

**Landlord and Tenant Rights and Duties**

Work together for a harmonious relationship. Being a landlord or a tenant involves many rights and responsibilities. Discussions will include property management, contract development, the eviction process and thorough tenant background checks.

2/1 9:00am–12:00pm
1day Sat PAS 213 $49 STEINBERG

**Plan, Plant, Eat**

**Design Your Bountiful Garden**

Design your dream garden. Go from concept, to design, to reality. Whether it's shady to sunny or blossoms to cactus, find the perfect plants. Bring the measurements of one space that you want to landscape to class and we'll work on the design first. We'll visit a local nursery where you'll be educated on the proper plants and trees for placement in your dream garden.

2/29–3/14 9:00–11:30AM
3wks Sat PAS 213 $69 SAVILLE

**Tenancy In Common, Joint Tenancy and Community Property**

There are various ways to take title including Tenant in Common, Joint Tenant with Right of Survivorship, Community Property, Community Property with Right of Survivorship, Title held in Trust and Transfer on Death Deeds. You will find out how you take title and how it affects Property, Capital Gain, Estate and Gift Tax. You will hear how MediCal Recovery impacts these choices.

3/11 6:00–8:00PM
1day W ABX 3 $35 SCHUMACHER
**Poway Community Choir**

If you love to sing, join the Poway Community Choir! There are no auditions but previous experience is welcomed. We are a group of people singing together, united by our love of music, creating a strong sense of community by joining together to more completely understand and perform great choral literature. Check out our new website [www.powaycommunitychoir.com](http://www.powaycommunitychoir.com) for more information. Join us this year as we prepare for our summer 2020 tour to Ireland and Scotland!

1/28–3/31
6:30–8:30pm
9wks T
PHS N1109
8526 $129 GRAY

**Poway Symphony Orchestra**

Come and support classical music in your community, join the Poway Community Symphony Orchestra. We offer a unique experience including all instrumentation for the modern symphony orchestra. The group performs three times a year at the Poway Center for the Arts. You will be introduced to a wide variety of standard symphonic literature, as well as be provided the opportunity to accompany accomplished soloists from the community. No audition is required, however you should have at least three years current experience playing in an orchestra. Please contact the conductor for entrance into limited positions (woodwind and brass). For more information regarding the group please visit our website at [www.powaysymphony.org](http://www.powaysymphony.org).

1/13–3/16
7:15–9:15pm
8wks M
TPMS 608
8660 $119 LoPICCOLO

**Poway Symphonette**

Are you currently playing in the Poway Community Symphony Orchestra or just wish to play in a smaller more intimate ensemble? Come join our string chamber orchestra. We will explore and perform music from the Baroque and Classical periods. This class is open to all string players with previous experience. Wind and brass players must check with the instructor first for chosen literature to see if there is a need for your instrument. Please check out our website at: [www.powaysymphonette.org](http://www.powaysymphonette.org).

1/13–4/6
6:00–7:00pm
11wks M
TPMS 608
8521 $79 REINER

**Grab a Guitar and Jam**

Do you have a guitar and want to learn or expand your skills beyond the introductory level? This is the class for you. In Beginning Guitar you will learn common chords and strum patterns used in most songs. You will also learn how to use a guitar pick. At the end of the course you will be able to play chords without looking at your guitar and play complete simple songs from memory. Grab your guitar and join us!

1/16–3/12
6:00–7:30pm
8wks Th
ABX 21
8663 $109 ARROYO

1/25–3/21
9:00–10:30am
8wks Sat
PAS 404
8625 $109 HAMILTON

www.powayadultschool.com
Harmonica

Beginning

If you’re brand new to the harmonica, a non-musician or a guitar player who wants to learn to play two instruments at once, join us. We’ll start with the standards on a C Harmonica. Please bring a Marine Band harmonica by Hohner in the key of C. Bring your sense of humor and let’s have fun.


1/14–3/10 6:00–7:00pm
8wks T 8527 $79 VEVAINA

Playing the Blues and Jazz

Immerse yourself in playing your harmonica. This course will help you to continue to master the harmonica while enjoying your favorite blues and jazz tunes. Bring your Marine Band harmonica by Hohner in the key of C.

Pre-Requisite: Completion of the Beginning Harmonica course or previous playing experience.

3/17–3/31 6:00–7:00pm
3wks T 8626 $39 VEVAINA

Ukulele Experience

Beginning

This class is an introduction to the ukulele. Focus is on learning to play and sing with others. You will be playing in no time using “Duke’s” unique teaching method. Bring your own ukulele.

1/15–2/12 6:00–7:00pm
5wks W 8514 $59 QUISENG

Real Estate License Series

Real Estate Practice

A real estate license doesn’t come with an operating manual, so this course was created to talk about what it really takes to succeed in the business. Real Estate Practice discusses getting started, marketing, time management, listings, contracts, agency, disclosures, escrow, finance, completing transactions, and working with buyers and sellers. This is the second course required to obtain a California Real Estate License. Class fee includes textbook, quizzes, final exam and course certificate.

Note: Courses may be taken out of sequence.

1/30–3/5 6:00–9:00pm
5wks Th 8513 $155 WATKINS

Real Estate

Conventional or VA Home Buying

Home buying and the loan process can be overwhelming so if you are considering buying a home this year through a conventional loan with a down payment or have served in the military and have been honorably discharged then you can qualify for a zero down payment VA loan. This course will explain the loan qualifying and buying processes, initial required out of pocket expenses such as Down Payment, Earnest Money Deposits (EMD), home inspections, VA allowable and non-allowable fees and much more.

1/25 Sat PAS 403 10:00am–12:00pm
1day BITT$ 8520 $35
Personal Finance & Planning for the Future

**A,B,C,D s of Medicare**

**Know Your Coverage**

This class covers the essentials of the Medicare Health System, its structure, the restrictions that exist, cost and coverage details; as well as who can become a beneficiary. Other topics include: supplemental plans, Part C and drug plans, how they are structured, timelines, limitations and missing coverage areas.

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<td>3/7</td>
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<td>$35</td>
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**Estate Planning**

**Everything You Have Always Wanted to Know**

Up to 75% of the US population do not have basic Estate Planning documents, which include a Will, Trust, Advance Health Care Directive and/or Power of Attorney. This lively and engaging presentation explains each of these necessary documents and how they help you and your family. Find out what happens if you have no documents in place. Also learn about the probate process and whether or not you need a Trust.

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**Financial Strategies for Long-Term Care and Assisted Living**

The good news is that people are living longer, healthier lives. The bad news is that the longer we live, the more expensive medical care can be and the higher the likelihood we will need some kind of extended care. Long-term care can be expensive and is not covered by Medicare. We will provide you with the details of what long-term care looks like and financial strategies that make senior living and care more affordable.

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<td>3/18</td>
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<td>CLAYCOMB</td>
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**Trust Review**

If you have a Trust that is over 5 years old, you should consider having it reviewed. Determine whether you should revise, restate or renew your existing Trust. Learn the process, choices, costs, advantages and disadvantages of each of these options and how they could affect your Estate Planning. What are the consequences if you do nothing? Bring your existing Trust and your questions to this engaging presentation.

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**Women, Money and Power**

Research has shown that even though many women are well-educated, have successful careers, and are managing their daily household finances, they often lack confidence when it comes to their financial strategies. How do you feel about your financial future? Are you worried about running out of money in retirement? Learn how to create a financial strategy NOW to prepare for anticipated changing life events and to help keep you on track when unexpected life events occur.

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<td>2/27</td>
<td>6:00–8:00PM</td>
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<td>CLAYCOMB</td>
<td>$35</td>
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Advance Your Child's Skills. Perfectionism, Risk-Taking and Self-Confidence

All Grades

With hours of homework and lots of after school activities, our children are busier than ever. This workshop offer strategies for 3 common challenges: Perfectionism, Self-Confidence and Risk-Taking. Learn how to best encourage your children to achieve balance and yet continue to excel in their endeavors.

1/23 6:00–8:00PM
1day Th SR Library
8676 $16 WONG

Parenting LGBTQIAP2+ Children

All Grades

LGBTQIAP2+, a list of initials, numbers and symbols that describes a vibrant community of individuals keeps changing. The dynamic nature of the list, while potentially confusing, reflects the ongoing efforts of the community to both represent and welcome individuals with unique and evolving ways of defining themselves with regard to biological sex, gender identity, romantic attraction, sexuality, spirituality and advocacy. Participate in a conversation focused on parenting and caregiving LGBTQIAP2+ children.

2/24 6:00–8:00PM
1day T ABX Media Center
8672 $16 CASTELLOE

Nurturing Sexual Intelligence in Our Children

All Grades

Many parents and caregivers struggle to come up with age-appropriate answers to sexuality-related questions. Your child needs authentic answers to develop the knowledge and skills required for self-care. Learn how to welcome your child’s questions as an opportunity to strengthen your relationship with your child, introduce facts and values, encourage critical thinking, and nurture the sexual intelligence they need to navigate healthy relationships throughout life.

2/15 9:00–11:00AM
1day Sat PAS 502
8674 $16 CASTELLOE

Preparing Positively for Puberty

Grades TK-8th Grade

We can prepare our children for puberty by teaching them what to expect as their bodies transition from childhood to adulthood. Learn how to break down “the big puberty talk” into tiny talks that are more comfortable for both caregivers and children. We will review resources such as books and web sites that can simplify the process of starting a tiny talk. We will discuss activities that can promote a positive and practical attitude toward this important life stage.

2/25 6:00–8:00PM
1day T ABX Media Center
8675 $16 CASTELLOE

Power Struggles and Screen Time

Grades 6-12

Triumph over the Screen Obsession Phenomena and learn techniques that work to limit your kids’ screen time on their mobile devices, TV and gaming platforms. Discover how parents and children can both win and reduce power struggles.

1/29 6:00–8:00PM
1day W TPMS Library
8675 $16 WONG

Atención

También ofrecemos talleres para padres en Español. Por favor visite el “website” para más información.

www.powaysd.com/en-US/Parents/Active-Parenting
ACADEMIC CLASSES

English As A Second Language (ESL)

ESL Orientation and Registration Process

To register for English at Poway Adult School. Sign up for one of our orientation sessions by registering on our website under “Learn English” or coming into our office.

Day 1
• Attend the orientation you registered for
• Arrive on time and allow 2 hours for the orientation
• Please do not bring children
• You will be given an appointment time to return to meet with an adviser

Day 2
• Meet with your advisor to discuss your educational goals
• Receive your class assignment

ESL Classes: 1/13 to 5/28, 2020

Classes are free of charge and are held in two sessions:
Daytime – 9:00AM to 12:00PM
Evening – 6:00 to 9:00PM

Classes are generally leveled from Beginning, Intermediate to Advanced learner levels on the Poway Adult School campus.

Most classes are held four days a week, Monday through Thursday with the exception of the daytime High-Intermediate and Advanced level classes that are held five days per week, Monday through Friday.

We also offer Multi-Level ESL classes at Los Penasquitos and Valley Elementary schools with childcare available. These classes are held Monday through Thursday from 8:30–11:30AM.

In order to attend any of our ESL classes, students must first sign-up for an Orientation Session.

ESL Orientation and Registration Schedule

First Orientation and Registration for Winter is:
Monday January 6
9:00AM or 6:00PM

Tuesday, January 7
9:00AM or 6:00PM

Arrive on time. You will be in session for 2 hours.

Starting January 13, Orientation and Registration is held weekly:
Tuesdays 9:00AM or 6:00PM

Distance Learning

Using the popular software, Burlington English, we offer English language instruction for all levels as an independent study course. You can practice grammar, listening, speaking, reading and writing at home. Requirements for this course are to have a computer (iPads and tablets are not compatible) with internet access and a headset with earphones to listen and a microphone to record on. You must be able to meet with the teacher in one initial meeting and then at least once per month in person. A current email address is also required for communication with the teacher on a weekly basis. Space is limited in this course. Students must register by attending an ESL orientation (see orientation schedule). At that time, an appointment will be scheduled.
U.S. Citizenship
Intermediate/Advanced Levels

This is a Distance Learning/Independent Study class that will help students prepare for the naturalization process including: completion of application for citizenship; preparation for history and government test; interactions needed for final US Citizenship and Immigration Service USCIS interview.

Students must register by attending an ESL orientation (see orientation schedule). At that time, an appointment will be scheduled.

On-going  M  12:30–3:30PM
Free  PAS 401
ADE

On-going  T or Th  9:00AM–12:00PM
Free  PAS 602
ADE

Computer Skills for Office Professionals
For Second Language Learners

Learn features of MS Word and Open Source Documents for workplace proficiency along with English language support.

Pre-Requisite: You must be currently enrolled in the ESL or Academic Skill Development program.

On-going  F  9:00AM–12:00PM
PAS 402
HERNANDEZ

Academic Skill Development

Get ready to move your reading, writing and math skills to a higher level. This transition class will help adults, including English language learners, to prepare for a high school diploma or high school equivalency program, gain better workplace writing or math skills for use on the job or transition on to college or a career training program. See ASE Orientation Dates on page 49 to register.

New students must register by attending an ESL orientation (see orientation schedule on page 49).

2/24–5/13  12:15–2:15PM
M, W  PAS 403/404
Free  FINE-URIELL
FISHER

ADULT EDUCATION FUND RAISING DRIVE 2019-2020

Want to donate to a good local cause where every dollar donated is used for Poway Adult School Students?

Please help out our school with a donation toward special ESL classes, field trips, our Path to Palomar Program and student scholarships. Your donation of $10, $20, $40, $50 or $100 will go a long way to helping us meet student education goals.

Call our office at 858-668-4018 or email pgarramone@powayusd.com for more information

Tax ID#54-2098945
Adult Secondary Education (ASE)

Stop by our office, call 858-668-4012, 858-668-4024, or go online to register for the next orientation where options will be discussed. Assessment for placement will occur, and a meeting with the counselor to determine your education path in either our High School Diploma or Equivalency Certificate Preparation programs, will be scheduled. Please bring your high school transcript, if possible.

**Orientation Dates**

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<tr>
<td>January 16, 2020</td>
<td>March 19, 2020</td>
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<td>January 30, 2020</td>
<td>April 2, 2020</td>
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<td>February 27, 2020</td>
<td>April 30, 2020</td>
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**High School Diploma Program**

Adults can earn a High School diploma from Poway Adult School upon successful completion of 190 credits. Students complete the required credits using several study options to fulfill the necessary requirements.

**Independent Study**

Adult students meet with their instructor once a week to review all homework and test for understanding and comprehension of assignments. Morning, afternoon and evening appointments are available. This program works for the motivated adult who requires flexibility with scheduling.

**High School Equivalency Certificate Test Preparation**

Our Learning Center is available for test preparation. Based on the results of practice tests, you will be able to determine whether you are ready to take the official High School Equivalency exams.

**High School Equivalency Certificate**

Pre-Registration is required.

GED tests are offered on
Tuesdays, 1:30–5:30pm
Register at www.ged.com

HiSET tests are offered on
Thursdays, 1:30–4:30pm
Register at hiset.ets.org

**Learning Center**

This classroom environment assists adult students gain the necessary skills to complete the high school diploma requirements. It provides students with learning opportunities using several modalities: computer-assisted instruction, video and audio-enhanced learning. The following sessions are available for all ASE students:

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<td>Afternoon</td>
<td>M–Th</td>
<td>1:00–5:00PM</td>
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<tr>
<td>Evening</td>
<td>M–Th</td>
<td>5:00–8:30PM</td>
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Classes provide instruction in the following areas:

- English
- Science
- Math
- Electives
- Social Science
Who can attend classes?
Adult Education classes are open to persons 18 years and older (unless otherwise noted) who live either inside or outside the Poway Unified School District.

How do I register for a class?
Enrollments are accepted in the order they are received. Early registration is strongly advised as some classes reach their maximum limits quickly. We do not allow auditing of classes. Registrations may be accepted on the day of the class. There are a few ways to register.

Online: Go to www.powayadultschool.com
Phone: Call (858) 668-4024
Fax: Fill out the registration form and fax it to: (858) 513-0548.
U.S. Mail: Mail to: Poway Adult School, 13626 Twin Peaks Road, Poway, CA 92064.
In person: The Adult School office accepts cash, checks and credit cards at our office.

Confirmation:
If you register online you will receive an email confirmation and a transaction receipt. If you have a spam filter on your ISP and you do not receive an e-mail confirmation, you’ll need to review your junk mail box to recover our message.

Where can I find a supply list for my class?
A supply list is available at www.powayadultschool.com under the Student Resources section.

What about refunds and other policies?
We value your patronage! If you are not fully satisfied with your course, you may request a refund or a voucher to apply toward a future course. For Cooking and Art classes, students who choose to drop a class must do so at least 2 business days prior to the class start in order to receive a full refund. Cancellations within two business days of the class start will be eligible for a refund, less the cost of the course materials (pre-purchased supplies).

Do you provide childcare?
Poway Adult School does not have childcare services.

May I obtain a typing certificate from Poway Adult School?
Yes. Typing tests are administered by appointment only by calling 858-668-4024. Bring a photo I.D. Typing test fee is $15.00; typing certificates are $5.00 per certificate (cash only).

Cancellation policy:
Although we hope not to, Poway Adult School reserves the right to cancel scheduled classes. The most common reason for a class cancellation is that the enrollment for the class is low. Class locations, schedules, fees and instructors may also be changed when necessary. In the event of a course cancellation, Poway Adult School will provide registered students with refunds.

The decision to cancel or close a class is made a few days in advance. If you show up expecting to register on the day a class starts, you may be disappointed.

Return check charge:
A $20.00 fee will be charged for all returned checks.

What are your office hours?
Monday through Thursday 8:00am–7:00pm
Friday 8:00am–12:00noon

Where is Poway Adult School?
PUSD Twin Peaks Center, Building 100
13626 Twin Peaks Road, Poway, CA 92064
Phone: 858-668-4024

Nondiscrimination Procedure
The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD does not discriminate on the basis of race, color, national origin, sex, sexual orientation, ethnic group identification, ancestry, religion, gender, gender identification, mental or physical disability. All course offerings, student clubs, and extracurricular activities are open to all students. For more information, please contact James Jimenez, Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128-3406.

Senior Discount

$5 off

All students 55 years and older can receive a $5.00 discount per class.

Note: This promotion is not applicable to classes with academic registration fees of $25 or less, or combined with other series discounts.
Registration Form

Adult Education Registration Form ONLY

1. Last Name:

2. First Name, MI:

3. Birthdate: (MM/DD/YY)

4. Gender: ☐ Female ☐ Male

5. Street Address:

6. City:

7. Zip:

8. Day Phone:

9. Evening Phone:

10. Mobile Phone: Can we include you on our mailing list?:
    ☐ Yes ☐ No

11. Email Address:

   Ethnicity: ☐ White/Non-Hispanic ☐ Native American or Alaskan Native
              ☐ Asian ☐ Black ☐ Hispanic
              ☐ Hawaiian or Pacific Islander ☐ Two or more

   Education Level: ☐ None Specified ☐ Some High School
                    ☐ Some College/Trade School ☐ High School Graduate
                    ☐ Master’s Degree ☐ College Graduate
                    ☐ Ph.D. or Ed.D.

Course Information

<table>
<thead>
<tr>
<th>Class</th>
<th>Course Name</th>
<th>Fee</th>
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<td>Discounts o Senior o PUSD o CTAE $</td>
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<td>Total Enclosed $</td>
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</tbody>
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Payment Information

Payment Type: ☐ Check ☐ MasterCard/Visa/American Express

Credit Card # ___________________________________________ Exp. Date ____________

LIABILITY WAIVER: By signing below, the student agrees that neither Poway Unified School District nor its employees shall be liable for any and all injuries, losses, or other damages that may be suffered by student by reason of voluntary participation in class activities except for losses caused by the sole negligence of the District. If payment is by credit card, my signature below authorizes Poway Unified School District to charge my MasterCard/Visa credit card number as payment for the classes.

Signature (REQUIRED) ________________________________ Date ____________

Choose a method of payment

Cash
Check
Payable to Poway Adult School
Mastercard, Visa, or American Express
Include card number, expiration date and your signature.
Help a friend achieve a goal with a Poway Adult School gift card
Take a yoga class (pg. 31)
Earn my High School Diploma (pg. 51)
Learn a foreign language (pg. 36)
Learn to dance (pg. 26)
Prepare for a Real Estate license certification (pg. 46)
Enhance my cooking skills (pg. 23)
Learn a new skill towards a new career (pg. 6)
Learn to play golf (pg. 33)
Manage my finances (pg. 47)

Achieve them all with us!