Career Technical Education

Accounting

Level 1
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

Textbook required: You may purchase both textbook and working papers with class for $129. If you would like to purchase with class, follow the prompts online.

8029 7/11–9/12 6:00–9:00 pm Th 10wks $99 PAS 502

Microsoft Excel 2016

Level 1: The Essentials
Learn the power of Excel in this beginning course. From basic formulas to formatting you will be able to create your own spreadsheet.

7961 4/27–5/18 9:00am–12:30pm Sat 4wks PAS 601 $129 CADWELL

Microsoft Excel 2016

Level 2: Charts, Pivot Tables, Macros, Large Worksheets and VLOOKUP
Go beyond just numbers. Streamline, work smart and visualize. That’s what we’ll do in this class with charts, Pivot Tables and macros. We’ll also continue on to VLOOKUP and create large worksheets.

Pre-Requisite: Excel The Essentials or knowledge of Excel

8137 6/22–7/27 9:00am–12:00pm Sat 5wks PAS 601 $129 CADWELL

QuickBooks Pro 2018

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 Certification exam.

Skills Needed: Windows basic skills.

8031 7/2–9/3 5:45–9:00 pm T 10wks PAS 402 $239 CADWELL

Application Technology

Introduction to Google Suites
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.

8030 6/22–7/20 9:00–11:00am Th 4wks PAS 402 $79 HERNANDEZ

Business & Finance

Microsoft Excel 2016

Level 1: The Essentials
Learn the power of Excel in this beginning course. From basic formulas to formatting you will be able to create your own spreadsheet.

7961 4/27–5/18 9:00am–12:30pm Sat 4wks PAS 601 $129 CADWELL

Microsoft Excel 2016

Level 2: Charts, Pivot Tables, Macros, Large Worksheets and VLOOKUP
Go beyond just numbers. Streamline, work smart and visualize. That’s what we’ll do in this class with charts, Pivot Tables and macros. We’ll also continue on to VLOOKUP and create large worksheets.

Pre-Requisite: Excel The Essentials or knowledge of Excel

8137 6/22–7/27 9:00am–12:00pm Sat 5wks PAS 601 $129 CADWELL

QuickBooks Pro 2018

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 Certification exam.

Skills Needed: Windows basic skills.

8031 7/2–9/3 5:45–9:00 pm T 10wks PAS 402 $239 CADWELL

www.powayadultschool.com 858.668.4024
**Introduction to Medical Terminology**

This online class will help you focus on the essential concepts of human anatomy and physiology, the common medical terms related to the body systems, overview, and coverage of diseases and conditions. We will also cover diagnostic procedures, surgical and therapeutic treatments as well as drug therapies.


**Offered Fall 2019**

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**Introduction to Coding**

This online class will help you learn entry-level coding. You will learn how to select codes for correct reimbursement of services rendered in the Health care industry. We will explore essential coding concepts and receive an overview of the coding audit process.


**Offered Winter 2020**

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**Nurse Assistant**

This course is streamlined to provide students with the required classroom and clinical hours to take the Certified Nurse Assistant examination. It is designed for part-time students desiring entry-level career skills or needing to meet pre-requisites for further health career training. Classes meet on Friday evenings at Del Norte High School and clinical sessions meet on Saturdays at a skilled nursing care facility in Rancho Bernardo.

In order to start the course, students must:

- Attend an orientation either on June 13, 2019, 4:00pm-6:00pm or July 16, 2019 2:00-4:00pm at Poway Adult School (If you can’t attend the orientation please contact Denise McAndrews at dmcmadrews@powayusd.com)
- Be at least 18 years of age
- Provide your social security card
- Provide your valid, government-issued photo identification
- Complete Live Scan (Fingerprinting the first week of class)
- Take a basic reading placement appraisal (scheduled once you register)
- Provide proof of or obtain a flu shot
- Provide a physical from doctor

**Fees:** A $450 deposit is due to register. Final Payment of $545 is due on or before the first day of class. Additional fees throughout the course are estimated at $300.

**Summer 2019**

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**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.

**Offered:** 6/19-7/31 6:00-8:00pm W 7 wks ABX Computer Lab $119 HERNANDEZ

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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.

**Offered:** 6/18-7/30 9:00-11:00am T 7 wks PAS 601 $119 HERNANDEZ

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**Introduction to Engineering Design**

**Computer Aided Design (CAD)**

Develop engineering design skills to solve real-world problems. You will learn to use a state-of-the-art, computer-aided design (CAD) software for solutions of engineering design problems. The course of study includes the design process, modeling, sketching, engineering drawing standards and presentation design and delivery. In addition, you will develop problem-solving skills and apply your knowledge of research and design to create solutions to various challenges that increase in difficulty throughout the course.

Document your work and communicate solutions to peers and members of the professional community. No previous knowledge or experience is necessary.

**Offered:** 7/10-7/31 5:30-8:00pm W 4 wks MCHS N6 $89 FISCHER

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**Entrepreneurship**

**Marketing**

Concepts, Tools & Strategies

Marketing is vital to your business since it is how customers learn about your company, products and service. If you are an entrepreneur, new to management, or just looking for ways to succeed at your job, learn practical skills, concepts, and knowledge for you to apply and grow a business. The course includes fundamentals of business, sales, and marketing to highlight effective ways to find, communicate, and connect with your ideal customers.

A major goal of this course is to help generate business ideas and marketing tools to differentiate you and your company from others in your industry.

**Offered:** 6/18-7/9 6:00-8:00pm T 4 wks ABX 4 $79 WILLows

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**Website Design**

**Build a Fabulous Website for Under $100**

Build a fabulous website for less than $100. WordPress powers nearly 30% of online websites, and is FREE to download and use! This class is for anyone who wants to use WordPress to create a professional, visually stunning website or blog. You will learn the major building blocks of WordPress – from domain names and WordPress installation to setting up Pages and Posts. Then we’ll cover the Dashboard, Theme Options and Avada, using Containers, Templates, TextBoxes, Buttons, Separators, Titles and Fonts. Finally, we’ll talk about more advanced concepts, such as Sliders, Footers, Menus and Widgets, Plugins, and Inserting Pictures, Videos and Links.

**Offered:** 8/8-8/15 6:00-9:00pm Th 2 wks ABX Computer Lab $59 WATKINS

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**Career and Work Skills Training**

**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

**Offered:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Days</th>
<th>Hours</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>804</td>
<td>6/19-7/31 6:00-8:00pm W 7 wks ABX Computer Lab</td>
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<td>8136</td>
<td>6/18-7/30 9:00-11:00am T 7 wks PAS 601</td>
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<td>8118</td>
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<td>8128</td>
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</tbody>
</table>
Get ready to enter and acquire the skills necessary to obtain a high wage, high demand career! Prepare for an entry-level position through all or part of this three-course series. Classes will prepare you for the Comptia A+ and Network+ certification exams, as well as provide college credit.

Please note: Upon completion of these classes, with a grade of B or higher, completed units may be transferred to Palomar College for college credit.

**Computer Concepts and Applications**

Delve into the study of computers and basic software proficiency. Computer Concepts will focus on: basic terminology, computer literacy, hardware, operating systems, structured design techniques, overview of the computer industry, and ethics and current issues including virus protection and prevention. The student will have hands-on practice with the Windows operating system and application software such as browsers and e-mail.

The Microsoft Office Suite will be taught using word, Excel, Access, and PowerPoint. This course prepares you for the IC3 exam.

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

5/71 5:00-8:15 5:00-9:00 M-TH W 14kw PAS 601 $79 ALLEN

**Hardware and Operating Systems**

Take the first step into deeper knowledge of computer hardware and operating systems and prepare for the Comptia A+ Exam. 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 A+ certification exam.

7870 5/8-8/7 5:00-9:00 M W 14kw PAS 601 $159 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.

7600 5/6-8/12 5:00-9:00 M 14kw PAS 601 $159 ALLEN

**ENGLISH AS A SECOND LANGUAGE (ESL)**

**ESL Orientation and Registration Process**

To register for ESL classes at Poway Adult School, you must first sign up for one of our orientation sessions by coming into our office, or registering online at powwayadultschool.com.

- **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 Orientation and Registration Schedule**

**Orientation and Registration is held on:**

- **June 24**
  - 9:00-11:30 AM
  - 6:00-8:30 PM

- **June 25**
  - 9:00-11:30 AM
  - 6:00-8:30 PM

**ESL Summer Session: 7/1 to 8/1, 2019**

Classes are free of charge and are held in two sessions:

- **Daytime** - 9:00 AM to 12:00 PM
- **Evening** - 6:00 to 9:00 PM

Classes are leveled from Beginning, Intermediate to Advanced and are at the Poway Adult School campus.

Classes are held four days a week, Monday through Thursday.

**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.

**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. At that time, an appointment will be scheduled.

**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.

**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:

- **Morning**
  - M-F
  - 9:00AM-12:00PM
- **Afternoon**
  - M-Th
  - 1:00-5:00PM
- **Evening**
  - M-Th
  - 5:00-8:30PM

**High School Equivalency Test Preparation**

**Orientation Dates**

5:00-7:00 PM

- May 23, 2019
- June 6, 2019
- June 19, 2019
- August 22, 2019

**High School Equivalency Certificate**

Pre-Registration is required.

Register at www.ged.com

GED tests are offered on

- Tuesdays, 1:30-5:30 PM
- Thursdays, 1:30-4:30 PM

Register at www.hiset.org

HISSET tests are offered on

- Thursdays, 1:30-4:30 PM
Understanding Modern Art
Fauvism, Expressionism and Cubism
Have you ever seen a piece of modern art and thought: “What am I looking at?” In this course, we will explore three of the basic styles of modern art: Fauvism, Expressionism, and Cubism. We will discuss world-famous artists from Picasso to Matisse and uncover what makes their art and style the foundation of modern art.
(No Class 7/2)
5/3–8/10 10:00am–12:00pm Sat 2wks PAS 502 $59 WRIGHT

Drawing and Painting
Acrylic Materials Exploration
This fun and relaxing class is designed with a goal—exploring acrylics! Whether you’re a beginning student or a continuing painter, this class will offer activities and information to help you explore the potential of this wonderful material. Materials will be provided to introduce you to various mediums, gels, pastes, unusual colors, and techniques unique to acrylics. You will make sampler boards for future reference, and you will have time to work on your own art in a creative and friendly atmosphere. See our website for supply information. Teens 14 years and older are welcome.
(No Class 7/3)
6/17–7/17 10:00am–1:00pm W 4wks PAS 501 $109 LESBERG
(No Class 7/3)
6/18–7/17 10:00am–1:00pm W 4wks PAS 501 $109 LESBERG
(No Class 7/3)
6/18–7/17 2:00–5:00pm W 4wks PAS 501 $109 LESBERG
(No Class 7/3)
6/18–7/17 6:00–9:00pm W 4wks PAS 501 $109 LESBERG
(No Class 7/4)
6/20–7/18 10:00am–1:00pm Th 4wks PAS 501 $109 LESBERG

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 back.
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 short cuts. The differences are minor, however. If you have Lightroom and Photoshop on a PC laptop and would prefer to bring it, you may.
(No Class 7/24)
8/19–8/26 1:00–3:30pm W 3wks MCSN 8 $79 SHEFFLER

Scenic Photo Getaway
Join us as we experience sumptuoi light in outdoor settings. Travel to a scenic beach, a botanical garden and a natural preserve and learn the skills on how to get the best setting, background or technical aspects that give you perfectaing images. In these hands-on sessions we will also learn how to use reflexion and on-the-go lighting with a model. Your teacher will email you weekly with instructions on where to meet. Bring your DSLR camera with you with a fully charged battery.
Pre-Req: A working knowledge of your DSLR camera or previous photography experience.
(No Class 7/23)
8/19–8/26 7:30–10:00pm 1:00–4:00pm T 3wks MCSN 8 $39 SHEFFLER

Digital Photography
An Introduction to Your DSLR Camera
Get to know the menus and settings on your camera in this hands-on class.
NOTE: Bring your camera and its manual to this workshop. Please make sure your battery is charged.
8/19, 7/6 1:00–3:30pm 1 day MCSN 8 $39 SHEFFLER

Photography and Graphic Arts
**Fancy Fold Cards**

**Double Z-Fold Card**

You may think that this fanciful card is difficult to make, but it's really not. In this Fancy Fold Series of classes you'll make two cards from start to finish. You'll go home with the knowledge of how to make more at home. Some supplies are included in the class fee. See our website for supply information under the Community Ed and Supply List section. Teens 14 years and older welcome.

7/15 1:30-3:00 pm M 1 day PAS 401 $29 SIMONE-KURTIZ

**Pull-Up Cards**

In our Fancy Fold series, we'll make a cool birthday card from start to finish. This card looks complicated but it isn’t. 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 Supply List section. Teens 14 years and older are welcome.

7/24 1:30-3:00 pm W 1 day PAS 403 $29 SIMONE-KURTIZ

**CULINARY ARTS**

This series of classes, which can be taken separately or as a series, will focus on basic survival skills in the kitchen such as: basic cooking terminology, knife skills and different preparation techniques from soups to desserts. Come prepared to work in this hands-on series. Get started in the kitchen. You will be receiving a lot of handouts during these classes, we recommend bringing a folder to class.

**Basic Cooking for Adults and Teens**

**The Art of Cooking**

Are you college bound or new to cooking or starting out on your own soon? Learn to cook! We’ll cover kitchen basics, safety, sanitation, equipment, stocking and managing supplies. Additionally, we’ll discuss reading and understanding recipes, measurements and basic knife skills. We will be making both a vegetable soup and cookies. Bring three kitchen towels, a chef’s knife and an apron.

6/19 6:00-9:00 pm W 1 day RBHS 807 $55 HANEKE

**Soups, Stocks and Sauces**

Soups are the foundation of great soups and sauces. We will make different sauces, broths and cream soups. What a great class! Bring a chef’s knife, three kitchen towels and containers to bring any leftovers home.

6/26 6:00-9:00 pm W 1 day RBHS 807 $59 HANEKE

**Sauté and Pan Frying Techniques**

You will get the opportunity to learn professional sauté and pan-frying skills using vegetables and meats with a minimal amount of oil and fat. Bring a chef's knife, three kitchen towels and containers to bring any leftovers home.

7/10 6:00-9:00 pm W 1 day RBHS 807 $59 HANEKE

**Colorful Mediterranean Cuisine**

Explore the exotic foods of the Mediterranean. Tonight we’ll be making several dishes such as Loubieh Bi Zel (green beans) and MBAlet Klousa (pzzahtna). We’ll make some side dishes and salads such as Loubieh Mabbel and Red Beans MBAlet. We’ll also make a meat side dish of tri-tip. Please bring an apron, a chef's knife, three kitchen towels and containers to bring any leftovers home.

7/15 6:00-9:00 pm M 1 day RBHS 807 $59 JACOUBE

**Roasting and Stewing**

Discover the art of roasting meats to bring out the flavor of meats without over-cooking. We will make the perfect stew, without cooking for hours. We will also cover making the perfect starch using potatoes, rice and couscous. Bring a chef's knife, three kitchen towels and containers to bring food home.

7/17 6:00-9:00 pm W 1 day RBHS 807 $59 HANEKE

**Fiber Arts**

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

**Advanced**

Has your crocheting become stagnant or do you need some inspiration to learn new stitches? In this advanced crochet class, you will learn some interesting combinations of stitches which may soon become your new favorites for those scarves, baby blankets, or afghans. Perhaps you are able to read patterns but need more experience understanding the instructions. Come join us and have some fun perfecting your craft. See our website for supply information, under the student resources section.

6/17-6/25 6:00-8:00 pm M 8 weeks PAS 502 $129 TYLER

**Knitting**

**Beyond Beginning**

Continue where you left off from Knitting Beginning. Bring your supplies with you that you received from the Beginning class. Teens 14 years and older are welcome.

6/22-7/20 9:00-11:00 am Sat 4 weeks PAS 502 $79 LE

**Pre-Requisite:** Knitting Beginning or knitting knowledge.

**Basic Crochet**

Pre-Requisites/Recommendations: Intermediate level of crochet experience and currently able to perform basic stitches (single crochet, half double crochet, double crochet, and triple crochet) with confidence and possess some ability to read and understand patterns.

**Beyond Four**

Has your crocheting become stagnant or do you need some inspiration to learn new stitches? In this advanced crochet class, you will learn some interesting combinations of stitches which may soon become your new favorites for those scarves, baby blankets, or afghans. Perhaps you are able to read patterns but need more experience understanding the instructions. Come join us and have some fun perfecting your craft. See our website for supply information, under the student resources section.

6/22-7/20 9:00-11:00 am Sat 4 weeks PAS 502 $79 LE
Bowling

Bowling for Fun
This class will introduce you to the game of bowling and geared towards 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 Lanes 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.
8119 6/24–7/15 10:00–11:30am M 4wks Poway Fun Bowl $59 KRBY

Dance

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). Teens 14 years and older are welcome.
(No Class 7/2)
8093 6/18–7/30 8:00–7:30pm T 6wks TSB MPR $59 KOLLENBORN

Enjoy West Coast Swing
Beginning/Intermediate
You’ll learn the timing and rolling count of this subtle pulsing dance. Audiences and performers alike are thrilled by the endless possibilities of play between partners. Feel the partner connections of lead and follow. Partners are required. Each person must register separately. Wear dance shoes or sneakers that stay firmly on your feet. Teens 14 years and older are welcome.
8094 6/20–7/25 6:00–7:30pm Th 5wks HR MPR $55 KOLLENBORN

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 mixing to the infectious Latin beats. Join us with or without a partner. Each person must register separately. Wear dance shoes or sneakers (no sandals please). Teens 14 years and older are welcome.
(No Class 7/2)
8095 6/18–7/30 7:30–9:00pm T 6wks TSB MPR $59 KOLLENBORN

Night Club 2-Step

Enjoy this pleasant flowing dance, similar to a waltz (not the country two-step). You will enjoy the upbeat atmosphere. There are no rules for keeping a journal, just endless possibilities.
8096 6/20–7/25 7:30–9:00pm Th 5wks HR MPR $55 KOLLENBORN

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. Walk away with family-friendly delicious recipes, valuable meal-prep guides and simple solutions you can enjoy today. Teens 14 years and older are welcome.
8100 7/23–7/30 6:15–8:00pm T 2wks ABX 20 $55 CORREIA TAHOODA

Outdoor Activities: Golf and Tennis

Golf

Lesson 1 The Short Game
The three skills associated with the short game are putting, chipping and pitching. The fastest way to lower a golfer’s score is to understand and properly apply the components of each of these skills. This six-week course is designed to explain, demonstrate and practice each of the components. Students will learn the appropriate grip, address, backswing, point of contact and finish for each of these critical scoring skills. Each week we will meet in a classroom for instruction, practice and video analysis. Each Saturday morning, we will meet at a local golf course/learning center for guided practice (fees not included). Basic golf clubs are available for students to borrow if need be.
7976 7/31–8/17 8:00–9:30am 6:30 Sat 6days ABX LC3 $79 GILES

Tennis

Tennis 1
Tennis- Exercise you can enjoy! Join us and surprise yourself! Meet new people, have fun and live longer. Learn forehand, backhand, ground strokes, volleys, lobs, overheads and serves. Bring a tennis racket, water, hat or visor and sunscreen/sunblock. Teens 14 years and older are welcome.
7966 6/17–8/12 5:45–7:45pm M 9wks WVS Tennis Courts $149 CRETELLA
7965 6/22–8/17 8:00–9:30am 8wks WVS Tennis Courts $109 CRETELLA

Tennis 2
This class is about developing more control when you hit the ball, for those who have already taken Beginner tennis class. 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! Teens 14 years and older are welcome.
7968 6/19–8/14 5:45–7:45pm W 9wks WVS Tennis Courts $149 CRETELLA
7967 6/22–8/17 9:30–11:30am Sat 8wks WVS Tennis Courts $109 CRETELLA

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. Bring a tennis racket, water, hat or visor and sunscreen. Join us and surprise yourself! Teens 14 years and older are welcome.
Note: Class not recommended for Beginners.
7970 6/20–8/15 5:45–7:45pm Th 8wks WVS Tennis Courts $129 CRETELLA
7969 6/22–8/17 11:00am–12:30pm Sat 8wks WVS Tennis Courts $109 CRETELLA

Nutrition

HeartSpace Dream Collage Workshop
Do you want a powerful process to illuminate your hearts 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. Each person must register separately. Wear dance shoes or sneakers (no sandals please). Teens 14 years and older are welcome.
8118 6/29 9:00am–12:00pm Sat 1day PAS 501 $39 O’CONNOR

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 tepidation- 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.
8118 7/31–8/7 6:00–8:30am 2wks PAS 502 $55 CRETELLA

Health Arts

Healing Through Art and Writing
Envision your dreams and clarify your goals! In this workshop you will be introduced to the therapeutic journal writing techniques along with process art activities in a relaxing and upbeat atmosphere. There are no rules for keeping a journal, just endless possibilities.
8115 6/29 9:00am–12:00pm Sat 1day PAS 501 $39 O’CONNOR
Aqua Zumba
Aqua Zumba is an energizing and fun class that is suitable for beginners and Zumba fitness enthusiasts alike! The moves are performed at a slower pace than on land and impact on your joints is significantly reduced. Don’t let the slower pace of a water-based class fool you, you’ll still get a great workout. Teens 14 years and older are welcome.

6/18–8/13 8:00–9:00 T 9wks MCHS Pool $85 GHABBI
6/19–8/14 8:00–9:00 W 9wks MCHS Pool $85 GHABBI

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 upper 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. Teens 14 years and older are welcome.

6/17–8/5 6:35–7:35 M 9wks PAS 503 $79 CRETELLA
6/18–8/6 6:00–7:00 M 9wks BMHS MPR $79 GHABBI
6/18–8/13 6:00–7:00 T 9wks PAS 503 $85 TAYLOR

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. Teens 14 years and older are welcome.

No Class 6/28
6/21–8/16 8:45 –9:15 F 7wks PAS 503 $45 TAYLOR

Basic Self Defense
Be prepared to defend yourself. Don’t be afraid. We will develop strength, speed, coordination, endurance and confidence. You will learn Taekwondo kicks, blocks and punches as well as Hipkido joint locking techniques. Wear comfortable clothing. This class is designed for men and women of all ages. Teens 14 years and older are welcome.

6/24–7/15 6:00–7:30 M 4wks DC MPR $69 WOLPERT

Self Defense For Women
Improve your self-confidence through common sense, awareness and by learning how and where to strike an aggressor. Become aware of effective techniques to defend yourself in everyday life. Analyze and react to given situations. Apply techniques by learning vulnerable areas. Please wear comfortable, loose-fitting clothing and tennis shoes. Teens 14 years and older are welcome.

7/13 9:30–11:00 Sat 1day PAS 503 $29 WOLPERT

Have a Ball & Want To Use It?
If you have an exercise ball or have thought of getting one, come to class and put it to good use. The Stability Ball (Swiss, Abs, Therapy) is one of the most effective and inexpensive pieces of equipment to train the muscles of the body. You can get a complete workout in this one-hour class. It will train your core muscles to aid in balance, increase strength and improve posture. Bring your ball, a sticky yoga mat and/or towel. You’ll love the 10-minute stress-reduction “centering” session at the end of every class. Teens 14 years and older are welcome.

6/18–7/30 6:00–7:00 T 7wks MR MPR $69 MIYASAKI

Senior Zumba
Beginning
Join us for this dance fitness program that is sweeping the nation. You will learn basic Zumba steps to exciting Latin beats and rhythms from around the world. This course includes a balanced, effective, fun and engaging workout session for seniors. No rhythm required!

6/20–8/15 1:30–2:30 TTh 8wks PAS 503 $79 GHABBI

Total Fitness Workout
Is your workout 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! Teens 14 years and older are welcome.

6/17–8/13 6:00–7:00 T 8wks PAS 503 $85 TAYLOR

Tai Chi and Qigong

Tai Chi and Qigong for a Healthy Life
Beginner 1
Tai Chi is an ancient Chinese art of relaxation, healing and self-defense. Its gentle and fluent moves are ideal for everyone, regardless of age and athletic ability. We will focus on breathing, stretching and meditation as well as postures and body motion according to the Tai Chi principles. “Eight Energies and Five Steps” sequences will be taught in this class.

6/17–8/5 6:00–7:00 M 8wks SC MPR $79 WU
6/18–8/8 6:00–7:00 T 8wks DC MPR $79 WU
6/29–8/16 10:30–11:30 F 8wks PAS 503 $79 WU

Beginner 2
Continue your Tai Chi and Qigong practice in this class. The well-known “Yang Style 24 Steps” sequence will be taught in this class along with the explanations of applications.

6/17–8/5 7:00–8:00 M 8wks SC MPR $79 WU
6/29–8/8 7:00–8:00 T 8wks DC MPR $79 WU

www.powayadultschool.com
**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.

- **6054** 6/17–8/12 2:00–3:00pm M 9wks PAS 503 $65 DINEVA
- **6006** 6/20–8/15 2:45–3:45pm Th 8wks PAS 503 $79 DINEVA
- **8172** 6/26–8/14 2:10–3:10pm W 8wks PAS 503 $79 BOZORCHAMI

**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. Teens 14 years and older are welcome.

- **8053** 6/19–8/7 9:00–10:30am W 8wks PAS 503 $79 CRETELLA

**Dhurva Yoga**

The class will be taught at the same pace as the gentle yoga classes currently being offered with the addition of using a prop. The use of a Dhurva Yogistik® benefits external physical alignment and internal mental awareness. This 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. Teens 14 years and older are welcome.

- **6050** 6/18–7/30 7:30–8:30am W 7wks SD MPR $75 SARMENTO

**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 be 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. Teens 14 years and older are welcome.

- **8041** 6/17–8/5 8:30–10:00am M 8wks PAS 503 $105 CRETELLA
- **8042** 6/18–8/6 11:00am–12:30pm T 8wks PAS 503 $105 CRETELLA
- **8041** 6/19–8/7 11:15am–12:45pm W 8wks PAS 503 $105 CRETELLA
- **7971** 6/20–8/15 6:00–7:15pm Th 8wks RBHS SW7 $99 BOZORCHAMI
- **8042** 6/20–8/8 11:30am–1:05pm Th 7wks PAS 503 $95 CRETELLA
- **8172** 6/20–7/15 8:00–7:15pm Th 8wks PAS 503 $59 STONE
- **7982** 6/23–8/12 6:00–7:15pm M 8wks RBHS SW7 $99 BOZORCHAMI

**Hatha Yoga Flow**

**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 a large towel. Teens 14 years and older are welcome.

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

- **8046** 6/18–8/6 9:30–11:00am Th 8wks PAS 503 $105 CRETELLA
- **8172** 6/18–8/13 6:00–7:15pm Th 9wks CR MPR $99 DOHRN-SIMPSON

**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.

Teens 14 years and older are welcome.

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

- **8047** 6/20–8/8 10:00–11:30am Th 8wks PAS 503 $95 CRETELLA
- **8198** 6/11–8/12 8:00–9:30am M 9wks GR MPR $115 KAUR
- **8199** 6/18–8/13 6:00–7:30pm T 9wks WW MPR $115 KAUR

**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.

- **8044** 6/17–8/5 5:30–6:30pm M 8wks OVM4 MPR $79 CRETELLA
- **8045** 6/19–8/7 10:05–11:05am W 8wks PAS 503 $79 CRETELLA

**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. Teens 14 years and older are welcome.

- **8048** 6/17–7/9 6:15–7:15pm M 7wks MID MPR $69 SARMENTO
- **8049** 6/18–7/30 6:15–7:15pm W 7wks SD MPR $69 SARMENTO

**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. Teens 14 years and older are welcome.

- **8051** 6/19–7/31 6:30–7:30pm W 7wks WW MPR $69 SARMENTO

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!

- **JOIN OUR TEAM**

8 858.668.4024 SUMMER 2019
**American Sign Language**

Beginning 1
This fun introductory course is designed to teach you basic expressive and receptive conversational skills. If you want to communicate with Deaf persons, or if you work in a setting with non-verbal persons, this class is for you! Deaf culture and history will also be explored. Teens 14 years and older are welcome.

7987 6/17-8/5 6:00–7:30pm M 8wks ABX 22 $89 MANNING
7986 6/17-8/5 6:00–4:30pm M 8wks PAS 502 $89 MANNING

Beginning 2
If you are ready to move on from beginning ASL, 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 will be explored. Teens 14 years and older are welcome.

7999 6/19-6/7 6:00–7:30pm W 8wks ABX 19 $89 MANNING
7998 6/19-6/7 6:00–4:30pm W 8wks PAS 502 $89 MANNING

**Italian**

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 Beyond Beginning. You’ll be able to utilize the basic conversation and grammar tools necessary to communicate and understand. Teens 14 years and older are welcome.


7991 6/18-8/5 1:00–2:30pm T 8wks PAS 404 $95 GRATZKE
7992 6/18-8/5 7:30–9:00pm T 8wks ABX 6 $95 GRATZKE

Beyond Beginning
Once you’ve worked on the basic Italian language tools, you will move beyond the first chapters of the textbook to focus more on comprehension, grammar and conversation. You will learn how to speak in the past tense, which is very important in conversation. Teens 14 years and older are welcome.

Recommended textbook: To be Advised

7995 6/19-8/7 6:00–7:30pm W 8wks ABX 6 $95 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. Teens 14 years and older are welcome.

Recommended textbook: To be Advised

7996 6/18-8/6 6:00–7:30pm W 8wks ABX 6 $95 GRATZKE

**Japanese**

Beginning Conversation
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. Teens 14 years and older are welcome.

Required textbook: To be discussed the first day of class.

7994 6/18-8/6 6:00–7:30pm W 8wks ABX 22 $95 KITADA

**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 and basic grammar. The course is designed for the absolute beginner with no previous experience. Teens 14 years and older are welcome.


4300 6/20-8/15 6:00–7:30pm Th 8wks ABX 6 $95 NIANOVA

**Spanish**

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. Teens 14 years and older are welcome.


8176 6/18-8/5 1:00–2:30pm T 8wks PAS 502 $95 BOURAS
7982 6/22-8/17 9:00–10:30pm Sat 8wks PAS 401 $95 BOURAS

Beginning 2
You’re ready for the next step. This class is for continuing beginners, or students with prior knowledge of Spanish, wanting to continue in their studies. Emphasis is on everyday social conversation using a more sophisticated vocabulary. English is spoken to support learning. Teens 14 years and older are welcome.


7983 6/22-8/17 10:30am–12:05pm Sat 8wks PAS 401 $95 BOURAS

**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. Teens 14 years and older are welcome.

Previous Experience Recommended: Spanish Beginning 1 or equivalent.


7984 6/17-8/5 6:30–8:00pm M 8wks ABX 23 $95 HAIKALIS

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. Teens 14 years and older are welcome.

Previous Experience Recommended: Spanish Immersion Level 1


7985 6/19-8/7 6:30–8:00pm W 8wks ABX 23 $95 HAIKALIS

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. Teens 14 years and older are welcome.

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

7986 6/18-8/6 6:30–8:00pm T 8wks ABX 23 $95 HAIKALIS

**SUMMER 2019**

www.powayadultschool.com
Creative Writing

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, copywriting and grammar, Search Engine Optimization (SEO), website structure, and copyrights and trademarks.

Summer 2019

8/6-8/13 6:00–7:30pm  T  2wks  ABX 5  $39  SKALE

Dog Obedience

Dog Obedience

Basic Academy

Did you get a new dog over the Holidays? Start dog training early! We will help you find your dog’s purpose, a workout buddy, guardian, or friendly companion. You and your dog will focus on housebreaking, the kennel, commands, boundaries, socialization, good manners at the veterinarian’s office and at the dog groomer. Commands taught include sit, down, shake, come, heel, and watch me.

Summer 2019

8/12  7/13–9/3  9:00–10:30am  Sat  4wks  PAS 501  $69  BUENO

Dog Obedience

Dog Academy

Beyond Basics Commands

Play and Tricks. If your dog understands the basic commands, it’s time to improve their confidence and your control with fun tricks. Commands will include roll over, play dead, cross your paws, high five and more.

Pre-Requisite: Previous dog obedience training or your dog should understand the basics such as sit and down.

Summer 2019

8/17  7/13–9/3  10:45am–12:15pm  Sat  4wks  PAS 501  $69  BUENO

Gardening

How to Raise Monarch Butterflies

Attract, raise and set free beautiful monarch butterflies in your own yard. You will learn tips on keeping them safe through the butterfly cycle. Distinguish males from females and what they like and don’t like. You will take home seeds and a butterfly enclosure. Teens 14 years and older are welcome.

Summer 2019

8/6  7/11  12:30–3:30pm  M  1 day  PAS 401  $55  MONARCH

Raised Planter Beds and Wall Planters

Vertical gardens are a great option for people with small spaces who want to have a garden. Raised planter beds are also a great idea for people who want to discover new locations for a garden. Enjoy a Saturday morning with our resident gardener. You will learn how to build these alternative gardens, irrigate and plant them. We’ll discuss spring and summer vegetables that you can grow in your new containers.

Summer 2019

8/14  6/22  9:00am–12:00pm  Sat  1 day  PAS 501  $39  SAVILLE

Trees, Shrubs and Groundcover

Plants that Really work for You

Focus on plants and trees that work for your lifestyle. Not all trees are a perfect fit for everyone. How much time do you have to spend on taking care of your plants? Let’s look at these questions and pick plants perfect for you.

Summer 2019

8/15  7/13  9:00am–12:00pm  Sat  1 day  PAS 101  $39  SAVILLE

Home Repair and Maintenance

Going Solar?

Don’t Get Burned

So many vendors, installation costs, warranties, tax incentives, payment plans and maintenance fees to consider. How do you know what is best for you and at what reasonable price? Learn what to ask and assess as you consider converting your home to solar energy, whether it’s DIY or contracted. Ensure that you have a return in your investment and a system built or installed with quality products and no hidden surprises.

Summer 2019

8/12  7/8–8/15  6:00–8:00pm  Th  5wks  ABX 17  $99  VAN NOORDT

Home Maintenance 101

Electrical

Empower yourself and learn how to diagnose problems and make basic electrical repairs in your home or rental. This is a hands-on course where you learn the basic electrical theory and how to replace receptacles, light fixtures, reset or replace circuit breakers, ground fault current interrupters (GFCIs), switches and ceiling fans.

Summer 2019

8/12  7/18–8/15  6:00–8:00pm  Th  5wks  ABX 17  $99  VAN NOORDT

Interior Design

Just the Basics

Join us for a fun, fast-paced short study of the three basics of decorating - color, light and furniture placement. We’ll cover selecting wall color, maximizing the available light sources and how to place your furnishings to get the most out of your space. Great class for beginners and those that need a refresher!

Summer 2019

8/12  7/13–9/3  9:00–11:00am  Sat  4wks  PAS 610  $79  HAMILN

Legal Series

Facing Divorce?

Expect the Best, Prepare for the Worst

Divorce can be difficult and frightening. In this class, you will learn techniques and behaviors to reduce your stress and fear while protecting the interest of you and your children. Some topics we discuss are: addressing the unexpected, legal process and timelines, settlement scenarios, common family disputes and estimated cost and fees.

Summer 2019

7/6  9:00am–12:00pm  Sat  1day  PAS 403  $49  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.

Summer 2019

7/20  9:00am–12:00pm  Sat  1day  PAS 403  $49  STEINBERG
Community 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. Check out our website for additional information at http://powaysymphonette.com.

[Class Information]

No Class 7/29

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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! Teens 14 years and older are welcome.

[Class Information]

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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.

[Recommended Textbook]

Playing the Blues

Immerse yourself in playing your harmonica in a genre specifically dedicated to the Blues. This class will expose you to harmonica while enjoying your favorite blues 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.

[Class Information]

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POP Music

Learn fun and catchy tunes that live-on a gathering of friends, a campfire sing-along or just the songs that you love to hear. If this genre is for you, then so is this class. Bring your Marine Band harmonica by Hohner in the key of C.

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

[Class Information]

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Music Reading 101

Once you learn to read music, you can play with other musicians from any genre all over the world! You will learn basic skills such as note reading, key signatures, time signatures to play music more efficiently. Make music a personal experience with unlimited boundaries! Teens 14 years and older are welcome.

[Class Information]

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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. Teens 14 years and older are welcome.

[Class Information]

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Beyond Beginning

Now that you have some experience with the ukulele, we will build on your skills. You will explore more chords and different strums while having more fun. Teens 14 years and older are welcome.

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</tbody>
</table>

Music & Theatre Arts

Summer 2019

www.powayadultschool.com

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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Days</th>
<th>Time</th>
<th>Tuition</th>
<th>Instructor</th>
</tr>
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<tbody>
<tr>
<td>8009</td>
<td>6/20-6/21</td>
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<td>$35</td>
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<tr>
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<td>T</td>
<td>$35</td>
<td>POSPHILAL</td>
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Being Smart with your Inheritance

Whether you have your inheritance or are expecting it soon, what are you going to do with it? You’ve probably heard statistics that say 7 in 10 people who suddenly receive a large sum of money, like lottery winnings or an inheritance, will lose it all. Let’s discuss what to do and not to do with your inheritance, along with some sound planning strategies to implement before you spend it all.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Days</th>
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</table>

Build Your Own Financial Plan

You have a basic understanding of personal finance but haven’t had the time to organize, review and plan how to best use your resources to meet your goals. Join a Certified Financial Planner® who will guide you through the planning process and provide education on various financial topics. You will end up with your personalized plan, whether your goal is to reduce debt, save for college, prepare for retirement or more.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Days</th>
<th>Time</th>
<th>Tuition</th>
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<td>$79</td>
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Financial Planning for Women

Statistics tell us that 8 out of 10 women will end up handling their own finances. This may be due to longevity, divorce or many other reasons. This class will prepare you to handle your finances and give you a deep knowledge of financial markets, current events and practical resources. This class will give you peace of mind as well as tools and knowledge that will last a lifetime. This is an interactive class and questions are welcomed.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
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<th>Time</th>
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<th>Instructor</th>
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Investment Basics & Asset Protection

Stocks, bonds, mutual funds, ETFs, and REITs, these are a variety of different types of investments. Let’s discuss and learn how they all work. Understand the difference between active and passive investments, discover the associated risks, and learn which vehicles will best help you protect your retirement assets from stock market downturns. It’s all about diversification.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Days</th>
<th>Time</th>
<th>Tuition</th>
<th>Instructor</th>
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</table>

Planning for a Worry-Free Retirement

Americans today are more responsible for their retirement than at any time before. The days of pensions, guaranteed benefits and golden watches are long gone. It’s now our responsibility to plan for retirement and hope that it will last for the rest of our lives. We will discuss how much income you will need to retire comfortably, the one factor that has the most impact on your retirement money and why it’s never going away. Learn ways to protect your principle and more. This class will have you seeing your retirement from a whole new perspective.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Days</th>
<th>Time</th>
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Real Estate

Real Estate License Series

Real Estate License Exam Preparation

With a California state exam pass rate of less than 50%, it’s a good idea to have extra focused exam preparation and review! Taught by a veteran real estate broker who has helped many students obtain their license, the Real Estate Exam “Crash” class covers all the important material needed to pass the state exam. Class fee includes practice tests with 750 sample questions, terms and definitions, “hot sheets” of recent exam questions, math review, and test-taking tips.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
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Rent or Buy

Which is Right for You?

Have you ever wondered whether it is better for you to keep renting or to buy your own property, or whether you are able to afford a home in California? This class will explore the benefits of both buying and renting. We will explore the resources available for both sides of the equation.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
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<th>Instructor</th>
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## CAMPS FOR GRADES 1-2

<table>
<thead>
<tr>
<th>Week 1: June 17-21</th>
<th>Facilitator</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Super Foods, Power Moves &amp; Cool</td>
<td>Correia/Parkes</td>
<td>$169</td>
</tr>
<tr>
<td>Amazing Animals in Art</td>
<td>Hayes</td>
<td>$169</td>
</tr>
<tr>
<td>The Science of Colors</td>
<td>Janetta</td>
<td>$169</td>
</tr>
<tr>
<td>Dr. Seuss on the Loose with STEAM</td>
<td>Palmer</td>
<td>$169</td>
</tr>
<tr>
<td>Fantastic Photo Fun</td>
<td>Royal</td>
<td>$169</td>
</tr>
<tr>
<td>Week 2: June 24-28</td>
<td>Facilitator</td>
<td>Cost</td>
</tr>
<tr>
<td>Hands-on Arts &amp; Crafts</td>
<td>Bavardeh</td>
<td>$169</td>
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<tr>
<td>Kids on Stage</td>
<td>Janetta</td>
<td>$169</td>
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<tr>
<td>Dr. Seuss on the Loose with STEAM</td>
<td>Palmer</td>
<td>$169</td>
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<tr>
<td>A Week of Disney</td>
<td>Podeszwick</td>
<td>$169</td>
</tr>
<tr>
<td>Fantastic Photo Fun</td>
<td>Royal</td>
<td>$169</td>
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<tr>
<td>Week 3: July 8-12</td>
<td>Facilitator</td>
<td>Cost</td>
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<tr>
<td>Imaginarium</td>
<td>Bavardeh</td>
<td>$169</td>
</tr>
<tr>
<td>The Art &amp; Science of Animals</td>
<td>Becker</td>
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<tr>
<td>Experiment with Science &amp; Art</td>
<td>Phaneuf</td>
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<tr>
<td>Around the World in 5 Days!</td>
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<td>Week 4: July 15-19</td>
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<td>Party Around the World</td>
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<tr>
<td>Art &amp; Science of Animals</td>
<td>Becker</td>
<td>$169</td>
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<tr>
<td>Musical Theatre Introduction</td>
<td>Reiser</td>
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<tr>
<td>日語</td>
<td>Fanianos</td>
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## CAMPS FOR GRADES 3-5

<table>
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<tr>
<td>Wild Learning with Google Apps</td>
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<tr>
<td>Lego Robotics</td>
<td>Faulkner</td>
<td>$169</td>
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<tr>
<td>Finding Your Inner Entrepreneur</td>
<td>Johnson</td>
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<tr>
<td>Acrylic Painting Party</td>
<td>Luo</td>
<td>$169</td>
</tr>
<tr>
<td>STEM Water Camp</td>
<td>Mahlow</td>
<td>$169</td>
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<tr>
<td>Week 2: June 24-28</td>
<td>Facilitator</td>
<td>Cost</td>
</tr>
<tr>
<td>STEAM Building Challenges</td>
<td>Bavardeh</td>
<td>$169</td>
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<tr>
<td>Wild Learning with Google Apps</td>
<td>Dewey</td>
<td>$149</td>
</tr>
<tr>
<td>Lego Robotics</td>
<td>Faulkner</td>
<td>$169</td>
</tr>
<tr>
<td>Creativity &amp; Mindfulness in Art</td>
<td>Hayes</td>
<td>$169</td>
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<tr>
<td>Musical Theatre</td>
<td>Reiser</td>
<td>$149</td>
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<tr>
<td>Week 3: July 8-12</td>
<td>Facilitator</td>
<td>Cost</td>
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<td>Poetry, Art, and Technology Extravaganza</td>
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<tr>
<td>Robotics &amp; Automation</td>
<td>Decker</td>
<td>$169</td>
</tr>
<tr>
<td>Japanese Letters, Arts and Origami</td>
<td>Kitaoka-Nguyen</td>
<td>$169</td>
</tr>
<tr>
<td>Beginning Programming with Scratch &amp; Spheros</td>
<td>Fisher, B</td>
<td>$169</td>
</tr>
<tr>
<td>Introduction to Spanish</td>
<td>Fanianos</td>
<td>$159</td>
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<tr>
<td>Boards and More: Game Design</td>
<td>Reiser</td>
<td>$149</td>
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<tr>
<td>Week 4: July 15-19</td>
<td>Facilitator</td>
<td>Cost</td>
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<tr>
<td>Robotics &amp; Automation</td>
<td>O'Malley</td>
<td>$169</td>
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<tr>
<td>Japanese Letters, Arts and Origami</td>
<td>Kitaoka-Nguyen</td>
<td>$169</td>
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<tr>
<td>Mixed Media Arts and The Masters</td>
<td>O'Connor</td>
<td>$149</td>
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<tr>
<td>Beginning French</td>
<td>Jaoude</td>
<td>$159</td>
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<tr>
<td>Finding Your Next Furry Friend</td>
<td>Bueno</td>
<td>$159</td>
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<tr>
<td>Super Foods, Power Moves &amp; Cool Vibes</td>
<td>Correia/Tawoda</td>
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## CAMPS FOR GRADES 6-8

<table>
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<td>Capture Comic Excitement</td>
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<td>Junior Mechanic</td>
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<td>Exploring Digital Photography</td>
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<td>Function</td>
<td>Nolasco</td>
<td>$169</td>
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<tr>
<td>Stamping and Paper Crafts</td>
<td>Simon-Kurtz</td>
<td>$169</td>
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<tr>
<td>Win It, Right Now!</td>
<td>Darcy</td>
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<tr>
<td>Learn to Play the Ukulele</td>
<td>Quisang</td>
<td>$149</td>
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<tr>
<td>Healthy Cooking &amp; Exercise</td>
<td>Wilkie</td>
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<tr>
<td>Week 2: June 24-28</td>
<td>Facilitator</td>
<td>Cost</td>
</tr>
<tr>
<td>Mixed Media Arts and The Masters</td>
<td>O'Connor</td>
<td>$169</td>
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<tr>
<td>You'll Be in Stitches! (Beginning Sewing)</td>
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<td>Anatomy Academy</td>
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<td>Publish Your Writing</td>
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<tr>
<td>Plastic Animal Sculptures</td>
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<tr>
<td>Learn to Play the Ukulele</td>
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<td>Week 3: July 8-12</td>
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<tr>
<td>Intro to 6th Grade Band (fall 6th Graders)</td>
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<td>Intro to Engineering Design</td>
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<td>Beginning Spanish</td>
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<td>Make a Stuffed Animal</td>
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<td>Mixed Media Art: Painting and Charcoal</td>
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<td>Finding Your Next Furry Friend</td>
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<tr>
<td>Drone Operator</td>
<td>Trapsi</td>
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<tr>
<td>Intro to Photography &amp; Lightroom</td>
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<tr>
<td>Intro to Engineering Design</td>
<td>Fischer</td>
<td>$169</td>
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<tr>
<td>Beginning Programming with Scratch &amp; Spheros</td>
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<td>American Sign Language</td>
<td>Manning</td>
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<tr>
<td>Intro to Photography &amp; Lightroom</td>
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<td>3D &amp; 3D Art Exploration</td>
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<td>Summermax Pop &amp; Rock Ensemble (fall 7th/8th Graders)</td>
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<tr>
<td>Drone Operator</td>
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