


**SUMMER 2022**
**SUMMER CALENDAR**

<b>May 25</b> Adult Community Education Summer Registration Begins  <b>May 28-30</b> Memorial Day Holiday, No Classes, Office Closed  <b>June 4</b> Adult Community Education Spring Quarter Ends	<b>June 13</b> Adult Community Education Summer Classes Begin  <b>June 13</b> Youth Enrichment Camps Begin  <b>July 1</b> Youth Enrichment Camps End	<b>July 2-4</b> July 4th Holiday, No Classes, Office Closed  <b>July 11</b> ESL Classes Begin  <b>August 2</b> Poway Adult School Graduation, 6:00PM  <b>August 11</b> ESL Classes End	<b>August 10</b> Adult Community Education Fall Registration Begins  <b>August 13</b> Adult Community Education Summer Classes End
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**ARTS, HOME ARTS AND DESIGN**
*Art Appreciation*
**Understanding the Golden Age of Dutch Art**
**17th Century Dutch Masters**

You may have heard the names Rembrandt and Vermeer, but what makes them part of the 17th century Dutch Golden Age of Art? Join us as we explore several 17th-century Dutch master artists to learn about their remarkable paintings, artistic techniques, and historical context.

**10862** 6/18-6/25 10:00AM-12:00PM Sat 2wks PAS 403 \$45 WRIGHT

*Clay Sculpting*
**Clay Sculpting**
**3D Head Portraits**

Sculpting is a powerful form of expression. In this course you will progress from building a base, creating an armature that becomes the skeleton for many sculptures, to an actual male head. Sculpt the detailed facial features that are proportional and properly aligned with each other. We will work with air-dry clay. All tools and supplies are included in the class fee.


**11048** 7/1-7/29 9:00-11:00AM F 5wks PAS 501 \$129 KOOYAR  
**11047** 7/11-8/8 6:00-8:00PM M 5wks PAS 501 \$129 KOOYAR

*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 class fee. Beginners and experienced potters are welcome. Come join the fun!

**10860** 6/13-8/1 3:30-6:00PM M 7wks PHS N3102 \$185 BOURDETTE  
**10946** 6/13-8/1 6:30-9:00PM M 7wks PHS N3102 \$185 AZEKA  
**10859** 6/15-8/3 6:30-9:00PM W 7wks PHS N3102 \$185 AZEKA (no class 7/6)  
**10861** 6/15-7/27 3:30-6:00PM W 7wks PHS N3102 \$185 BOURDETTE


**858.668.4024**
[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)



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**POWAY ADULT SCHOOL**  
13626 Twin Peaks Road  
Poway, CA 92064


[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)

Poway Adult School is one of California's many adult education schools.

## Acrylic Exploration I

This fun and relaxing class is designed with a goal - you painting! Remember those paintings you keep meaning to finish? Each week we'll explore a topic, technique, or new material, and then you will have studio time to work on your own projects with help as needed. Whether you're a beginning student or a continuing artist, this class is for you. See our website for supply information under Community Ed and Student Resources section. Teens 14 years and older are welcome.

10838	6/14-7/5	6:00-9:00PM	T	4wks	PAS 501	\$109	LESBERG
10839	6/15-7/6	10:00AM-1:00PM	W	4wks	PAS 501	\$109	LESBERG
10840	6/15-7/6	2:00-5:00PM	W	4wks	PAS 501	\$109	LESBERG
10841	6/15-7/6	6:00-9:00PM	W	4wks	PAS 501	\$109	LESBERG
10842	6/16-7/7	10:00AM-1:00PM	Th	4wks	PAS 501	\$109	LESBERG

## Acrylic Exploration II

Expand your talents with new topics, techniques, or material different from Acrylic Exploration I, and then you will have studio time to work on your own projects with help as needed. See our website for supply information under Community Ed and Student Resources section. Teens 14 years and older are welcome.

10843	7/12-8/9	6:00-9:00PM	T	5wks	PAS 501	\$129	LESBERG
10844	7/13-8/10	10:00AM-1:00PM	W	5wks	PAS 501	\$129	LESBERG
10845	7/13-8/10	2:00-5:00PM	W	5wks	PAS 501	\$129	LESBERG
10846	7/13-8/10	6:00-9:00PM	W	5wks	PAS 501	\$129	LESBERG
10847	7/14-8/11	10:00AM-1:00PM	Th	5wks	PAS 501	\$129	LESBERG

## Acrylic Pouring

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. Teens 14 years and older are welcome.

10851	7/19-8/9	6:00-8:00PM	T	4wks	ABX 18	\$99	POWELL
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## Animal Portraits in Colored Pencil

Combine your love of art and your love for animals all in one class! Learn how to take great reference photos and then be guided through the process of drawing your animal portrait. You also learn to build up layers of the colored pencil so that the final drawing resembles a painting. All supplies are included in the class fee. Teens 14 years and older are welcome.

10855	6/16-7/21	1:00-3:00PM	Th	6wks	PAS 404	\$149	HENRY
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## Colored Pencil Techniques

new

Learn how to get the most from your colored pencils. We will explore a variety of techniques, tools and papers in this class to help you achieve stunning results in your drawings. Colored pencils combine the best things from drawing with the best things from painting! All levels are welcome, from beginner to advanced. Teens 14 years and older are welcome.

10856	6/13-7/25	6:00-8:00PM	M	6wks	ABX 5	\$149	HENRY
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## Digital Painting on an iPad with Procreate

new

Learn to use the app Procreate to create beautiful digital illustrations that can then be turned into prints, stickers, whatever!! Procreate is an incredibly robust digital paint program that will amaze you with its capabilities. You'll learn how to use all of the features that make this such a popular app with illustrators and artists. Procreate is only offered on an Apple platform, so other tablets will not work for this class. Teens 14 years and older are welcome.

**PLEASE NOTE:** You must have an iPad and Apple Pencil and bring them to class. You will need to purchase the App for this at a cost to you of \$9.99. You will make this purchase in the class with the instructor's assistance.

11049	6/21-7/26	6:00-8:00PM	T	6wks	ABX 5	\$89	HENRY
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## Drawing Fundamentals

### Beginning

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 fee. Teens 14 years and older are welcome.

10857	6/14-7/19	1:00-3:00PM	T	6wks	PAS 404	\$129	HENRY
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### Beyond Beginning

Enhance your skills and learn how to draw more complex objects in Charcoal. We'll draw a variety of items including objects with local color, transparent objects, hands and feet. Get the most out of this beautiful and expressive medium while building a solid understanding of the principles of drawing realistically. All supplies to be purchased by the student as needed. Teens 14 years and older are welcome.

10858	6/18-7/30	10:00AM-12:00PM	Sat	6wks	PAS 501	\$105	HENRY
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## Oil Painting

### Beginning

Oil painting transports you to another world, helps you de-stress, and gives you confidence while simultaneously being meditative. We will create three beautiful paintings in this fun class. This is a beginner class, but all levels of students are welcome. Most supplies are included in the class fee. See our website for additional supply information under the Community Ed and Student Resources section.

10849	6/16-7/21	5:30-8:00PM	Th	6wks	ABX 18	\$159	PATTISON
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new

### Beyond Beginning

Continue having fun, de-stressing and gaining confidence with your oil painting. This class will focus on more complex color combinations, perspective, moving water, rocks, and clouds. Most supplies are included in the class fee. See our website for supply information under the Community Ed and Student Resources section.

**Pre-Requisite:** Beginning Oil Painting or previous experience in oil or acrylic painting.

11073	6/22-7/20	5:30-8:00PM	W	5wks	ABX 18	\$139	PATTISON
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## Oil Painting with the Masters

new

### Edgar Degas

Learn to paint like Degas, known for expressing movement and color by painting dancers at the ballet. We'll create two of his works, "The Blue Dancers" and "The Star". No drawing is required and no turpentine is used. All levels are welcome. Just bring an apron and rags; everything else is included.

10853	6/13-8/1	6:00-9:00PM	M	6wks	ABX 18	\$159	HAWES
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10854	6/14-7/26	9:00AM-12:00PM	T	6wks	PAS 501	\$159	HAWES
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## Resin Art

### Resin in Art

There are many techniques for making art from resin. We'll explore some of these. We'll create a beach scene, use molds and try different pigments and styles. No experience is necessary, this class is both for beginners and experienced artists. Most supplies are included in the class fee. Other supply information will be discussed on the first night of class. Teens 14 years and older are welcome.

10850	7/19-8/9	1:00-3:00PM	T	4wks	PAS 501	\$99	POWELL
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### Ocean Charcuterie Boards

Charcuterie boards with an ocean wave on them are all the rage these days. Learn how to use resin and decorate the edge of a cutting board to make this unique piece of usable art. All supplies are included in the class fee. Teens 14 years and older are welcome.

10852	6/14-6/15	5:30-7:30PM	T, W	2days	ABX 18	\$69	POWELL
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## Watercolor

new

### Negative Painting in Watercolor

Negative painting is a unique approach of painting around an object to define it in a composition. You can make positive and negative space work together to create interesting compositions. As a result, the background has darker colors, thus increasing the depth of the image. You can't beat the depth, contrast, and stunning colors of this technique. Paint and paper will be supplied for this class. See our website for additional supply information under the Community Ed and Student Resources section.

**Pre-Requisite:** Beginning Watercolor Class (Level 1 or 2) or previous watercolor painting experience.

11100	7/11-8/1	12:30-3:30PM	M	4wks	PAS 501	\$135	LUO
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## Student Testimonial

*Ms Luo is a very captivating teacher. She knew the subject very well and demonstrated a variety of watercolor painting techniques.*

## Bonkers for Bags

Are you crazy for all kinds of bags, purses & totes? Satisfy your obsession by learning how to create your own in this Bag Making Basics class. Discover what fabrics work best plus how to use different types of interfacings to shape and add structure to your bags. Learn how to install open compartments and zippered pockets to fit your storage needs; use topstitching techniques to give your bags a professional look; and to finish we'll discuss ways to seal your bags with locks, snaps, zippers and more. Prior to the first class, your instructor will email you a supply list, guide for selecting fabrics and patterns. Bring supplies and your sewing kit to the first class. Teens 14 years and older are welcome.

**NOTE:** This class does not cover working with real leather materials.

**10864** 7/12-8/9 6:00-9:00PM T 5wks PAS 502 \$129 FOWLER

## Crochet

### Beginning

Learn four basic stitches, single crochet, half double crochet, double crochet, and triple crochet. You will be making a tote bag that at the end of the class you can use for your next crocheting project. See our website for supply information under the Community Ed and Student Resources section. No prior knowledge of crocheting is necessary. Teens 14 years and older are welcome.

**10948** 6/20-7/25 1:00-3:00PM M 5wks PAS 403 \$99 PATTISON

## Decorative Craftband Weaving

new

### Introduction

Have you ever wanted to make a craft or a basket, but you just don't know where to get started? Great news, an introduction to craftband basket weaving, is the perfect choice for you! There is no experience necessary. You show up and the instructor provides all the supplies and instruction so that you leave with a basket and other decorative projects that you make. Simple as that! This class is ideal for designers, artisans, or anyone interested in basketry crafts. All supplies are included in the class fee.

**11050** 7/9-7/30 9:30-11:30AM Sat 4wks PAS 100 \$89 TIONGSON



## Sewing

### Level 1- Basics/Parents and Teens

You can learn to sew! With minimal to no sewing experience, the focus is on the basics: operating a sewing machine, shopping for fabrics, laying out pattern pieces and reading basic pattern instructions. While making pajama pants and a zippered bag, you'll learn beginning construction techniques such as seaming, seam finishes, hemming and much more. Receive step-by-step instructions and demonstrations while you work on class projects. Classroom sewing machines and tools will be available. Students will supply fabric and sewing notions. Suggested supplies and project samples are shared at the first class. Teens 14 years and older are welcome if accompanied by an adult or a parent.

**10865** 7/13-8/10 6:00-9:00PM W 5wks PAS 502 \$129 FOWLER

## Jewelry Making

### Jewelry Making

#### Dazzling Charm Bracelet

Wire wrapping and wire work is a popular jewelry-making technique that opens doors to a whole array of beautiful jewelry designs without the need for lots of tools. These techniques can incorporate anything from gemstones, cabochons to charms and just pure wirework. All supplies are included in the class fee. If you have personal charms that you want to add to your bracelet, please bring them to class. Teens 14 years and older are welcome.

**10879** 6/13 6:00-8:30PM M 1day ABX 21 \$45 PATTISON

#### Wire-Wrap Earrings

You will make a simple and classy pair of earrings using sterling silver wire, beads, and hypoallergenic hooks. This is all accomplished with wire-wrapping techniques, and jump rings. All supplies are included in the class fee.

**10880** 6/27 6:00-8:00PM M 1day ABX 21 \$45 PATTISON

#### Leather Slide Knot Necklace

Learn how to do wire wrapping and a sliding knot for your leather cord necklace. With your newly learned wire wrapping techniques, you will add dangling beads, charms, and a tassel in your favorite color. All supplies are included in the class fee.

**10947** 7/11 6:00-8:00PM M 1day ABX 21 \$45 PATTISON

## Floral Design

### Basics

Learn from a Certified Floral Designer the key design techniques for preparing and arranging fresh flower arrangements. Understand the elements, principles, forms, styles and techniques of Floral Design. We will discuss the blend of the most common flower varieties, the latest techniques for the care and handling of flowers, where and how to buy wholesale flowers and other design tips and tricks as you create your own unique arrangement to take home. All supplies are included in the class.

**10874** 6/22 9:30-11:30AM W 1day PAS 213 \$65 ZING

new

### Basics for Teens Ages 13-18

Learn from a Certified Floral Designer the key design techniques for preparing and arranging fresh flower arrangements. Understand the elements, principles, forms, styles and techniques of Floral Design. We will discuss the blend of the most common flower varieties, the latest techniques for the care and handling of flowers, where and how to buy wholesale flowers and other design tips and tricks as you create your own unique arrangement to take home. All supplies are included in the class.

**10875** 6/23 1:30-3:30PM Th 1day PAS 213 \$65 ZING

## Succulent Garden Container Workshop

Bring your creativity and come design a small container garden filled with succulents! Learn from a Certified Floral Designer about the different varieties of succulents and how best to care for them. Plus, there will be an assortment of embellishments, including seashells, driftwood, small rocks, faux butterflies and moss to make your creation one of a kind! All supplies will be provided and you will keep your container garden to enjoy at home. Teens 14 years and older are welcome.

**10866** 6/15 6:00-8:00PM W 1day PAS 213 \$65 ZING

**10867** 6/16 9:30-11:30AM Th 1day PAS 213 \$65 ZING

## Summertime Delight Arrangement

new

Learn how to create a beautiful round floral arrangement perfect for a table centerpiece. We will be working with popular and colorful summer flowers. A Certified Floral Designer will guide you through the techniques needed to work with floral foam and how to handle and care for flowers to make them last as long as possible. All supplies are included in the class fee. Teens 14 years and older are welcome.

**10868** 6/29 6:00-8:00PM W 1day PAS 213 \$65 ZING

**10869** 6/30 9:30-11:30AM Th 1day PAS 213 \$65 ZING

## Succulent Basket with Floral Embellishments

new

We will be creating a gorgeous succulent arrangement in a heart-shaped basket using a variety of different succulents. Then we will adorn it with colorful statice and Limonium flowers to make yours one of a kind. Included with the class will be instructions on caring for succulent plants. All you need to bring is your creativity to this fun workshop! All the supplies will be provided. Teens 14 years and older are welcome.

**10872** 7/6 6:30-8:00PM W 1day PAS 213 \$59 ZING

**10873** 7/7 9:30-11:00AM Th 1day PAS 213 \$59 ZING

## Hanging Orb With Air Plants

We will be working with colorful sand, in layers, to create the base for this hanging glass orb container. Then you will select two air plants and a few seashells and colored moss to create your own unique design inside the orb. Tips and tools for caring for indoor plants are included in this workshop. You will also receive a metal stand that holds the hanging orb. All that will be left is deciding on the right place to display it in your home! All supplies are included in the class fees. Teens 14 years and older are welcome.

**10870** 7/18 6:00-8:00PM M 1day PAS 213 \$49 ZING

**10871** 7/19 9:30-11:30AM T 1day PAS 213 \$49 ZING

## Mosaic Art

### Magical Mosaics

new

#### Beginning Hanging Wall Art

Mosaics are making a comeback, artists are rediscovering ancient techniques. Explore this timeless art form by creating mosaic wall art. Develop a solid understanding of tile placement and grouting. All supplies are included in the class fee.

**10877** 6/13-6/27 6:15-8:15PM M 3wks PAS 501 \$85 DRASKOVICH

#### Beyond Beginning: Birds, Bees and Bunnies

new

We'll learn to cut tiles and create a shallow round dish that can either be set on a pedestal or directly on the ground to support birds, bees and bunnies. All supplies are included in the class fee.

**10878** 6/13-6/27 4:00-6:00PM M 3wks PAS 501 \$85 DRASKOVICH

## Adobe Lightroom

### Introduction

Adobe Lightroom is a photo editing software that allows you to organize, edit, and manage your photos quickly and efficiently like a pro. See why no photographer should be without Lightroom. No experience is necessary. This class takes you from set-up, importing, correcting and editing, all the way through the process of exporting images ready for sharing on social media and/or print.

<b>11061</b>	6/21-6/28	6:00-8:30PM	T	2wks	PAS 402	\$55	HOLMES
<b>11066</b>	7/12-7/19	6:00-8:30PM	T	2wks	MCHS N8	\$55	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.

<b>11062</b>	7/5-7/12	6:00-8:30PM	T	2wks	PAS 402	\$55	HOLMES
<b>11070</b>	7/26-8/2	6:00-8:30PM	T	2wks	MCHS N8	\$55	SHEFFLER

## 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. Teens 14 years and older are welcome.

<b>11059</b>	6/15	5:30-8:30PM	W	1day	PAS 402	\$39	HOLMES
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### Beginning DSLR

Go beyond "Auto" mode on your DSLR camera. Become comfortable in using the manual settings to get the exposures and the looks you want in your photography. See how the three exposure settings - Aperture, ISO, and Shutter Speed - work together, and how each of them affects the way your photo looks. Learn your camera's focusing modes, exposure metering, white balance, and more. We'll talk about different kinds of photography- sports, portraiture, and landscape; and how to choose the best settings for anything you want to shoot. Teens 14 years and older are welcome.

<b>11060</b>	6/29-7/6	5:30-8:30PM	W	2wks	PAS 402	\$59	HOLMES
<b>11067</b>	7/13-7/20	6:00-8:30PM	W	2wks	MCHS N8	\$55	SHEFFLER

## Digital Photography

### Beyond Beginning DSLR

We'll start by reviewing full manual settings, how to best see light, and approach various styles of photography. Explore more of the functionality built into your DSLR- RAW files vs jpgs, focusing modes, flash and exposure compensation, white balance, and dealing with low-light situations. Use bracketing, slow shutter and long exposures. Bonus: We'll review file management, processing and preserving your images.

<b>11099</b>	7/27-8/3	6:00-8:30PM	W	2wks	MCHS N8	\$55	SHEFFLER
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### Cell Phone Photography

Your phone is a sophisticated image-making device that is readily available. Learn how to take better cellphone photographs and ways to manipulate and create great images. Apply the latest editing and photo-sharing apps.

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

<b>11068</b>	7/14	6:00-9:00PM	Th	1day	MCHS N8	\$39	SHEFFLER
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### Landscape Photography

We will discover the five elements of a great landscape photograph. We will look at examples and learn how to use these 5 elements to capture the depth and dimensionality we see in real life and create truly wall-worthy images. In week 1 we will learn how to shoot a great landscape and you'll have a week to try it out. Bring photos to week 2 to learn how to edit and discuss print options.

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

<b>11072</b>	7/28-8/4	6:00-9:00PM	Th	2wks	MCHS N8	\$59	SHEFFLER
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### Portrait Photography: Take Great Portraits

Whether you are using a DSLR or the Cell Phone you carry around with you, you can take great portraits. Learn new ways to use the lighting available to you, expose properly, use the landscape to your advantage, and pose your subject in a way that makes them pop and look their best. We will look at natural and artificial lighting, natural environments, indoors or out, and learn how to work with the situation you are given. Bring your DSLR or phone camera to this workshop for hands-on practice.

<b>11069</b>	7/21	6:00-9:00PM	Th	1day	MCHS N8	\$39	SHEFFLER
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# CULINARY ARTS

## Cooking

### Sail Away Summer

new

#### Fish Fundamentals

While cooking fish can be intimidating to make, this class will give you the skills and confidence to source and cook fresh fish at home. You'll learn an array of bright and beautiful California coastal preparations for popular types of fish. You'll master three main dishes including Baked Whitefish with olives and cherry tomatoes, Blackened Catfish, Pan-Seared Sesame Crusted Tuna, and Lemon-roasted Salmon with Escarole, Asparagus and Potatoes. Bring three kitchen towels, a chef's knife and containers to bring any leftovers home. Teens 14 years and older are welcome.

<b>11076</b>	6/21	6:00-9:00PM	T	1day	PHS B1	\$59	HEINEKE
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### Krazy for Kabobs

new

Kabobs are quick to prepare, inexpensive and delicious. You'll create different kabobs such as Sesame Beef Skewers, Italian Meatball Kabobs, Spicy Shrimp and Watermelon Kabobs, and Kielbasa Zucchini. Gather many great tips for skewering up some tasty summer suppers on the grill. Bring an apron, three kitchen towels, a chef's knife and containers to bring any leftovers home. Teens 14 years and older are welcome.

<b>11077</b>	6/22	6:00-9:00PM	W	1day	PHS B1	\$59	HEINEKE
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### Basics of Cooking for Teens

new

Join us for a weeklong class that will introduce your teenager to the kitchen. We'll start with kitchen safety, equipment, measuring and chopping and cutting. One day will be dedicated to soups, stocks and sauces, another day to sauteing and pan-frying meat and vegetables. We will focus on roasting and stewing before ending with desserts and pies. This class is a 4-day class and is for teenagers ages 13 -18.

<b>11074</b>	6/27-6/30	10:00AM-1:00PM	M-Th	4days	PHS B1	\$139	HEINEKE
<b>11075</b>	7/11-7/14	10:00AM-1:00PM	M-Th	4days	PHS B1	\$139	HEINEKE

### Summer Date Night

#### Cooking to Impress

Go beyond the basics to cook a tasty meal to excite your palate and impress your partner. Let's make some dishes tonight that are perfect for summer. On tonight's menu: Summer salad with roasted beets, goat cheese and pecans, Orange Glazed Salmon, Creamy Garlic Parmesan Risotto, Fresh Summer vegetables and Chocolate-Peanut Butter pie. Bring an apron, chef's knife, three kitchen towels, and containers to bring any leftovers home.

<b>11078</b>	7/19	6:00-9:00PM	T	1day	PHS B1	\$59	HEINEKE
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## Instant Pot @ Cooking

### Instant Pot® 101

Bring your 6 or 8 quart Instant Pot and learn about 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, black-eyed peas, and applesauce. Bring an apron, a chef's knife, three kitchen towels and containers to take any leftovers home.

<b>10932</b>	6/16	6:00-8:30PM	Th	1day	PHS B1	\$55	TARNOVE
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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 chicken curry, a vegetable side dish, rice and a dessert. Bring your 6 or 8-quart Instant Pot, an apron, chef's knife, three kitchen towels and containers to take any leftovers home.

**Pre-Requisite:** Instant Pot 101 class or previous Instant Pot experience.

<b>10933</b>	6/30	6:00-8:30PM	Th	1day	PHS B1	\$55	TARNOVE
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### Easy Mexican Food with Instant Pot®

Do you sometimes wish every day was Taco Tuesday? Expand your repertoire of Mexican recipes? In this hands-on class we will make easy and savory Mexican dishes with your Instant Pot @. We'll make a chicken enchilada casserole, refried beans from scratch and fish tacos. Bring your 6 or 8-quart Instant Pot, an apron, a chef's knife, three kitchen towels and containers to bring any leftovers home.

**Pre-Requisite:** Instant Pot 101 class or previous Instant Pot experience.

<b>10934</b>	7/14	6:00-8:30PM	Th	1day	PHS B1	\$55	TARNOVE
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### Easy Middle Eastern Food with Instant Pot®

new

Enjoy the subtle spices of Middle Eastern cuisine as we make Chicken Shawarma with Tzaziki Yogurt, Baba Ganoush and Hashweh (ground beef with rice and pine nuts). Bring your 6 or 8-quart Instant Pot, an apron, a chef's knife, three kitchen towels and containers to bring any leftovers home.

**Pre-Requisite:** Instant Pot 101 class or previous Instant Pot experience.

<b>10935</b>	7/28	6:00-8:30PM	Th	1day	PHS B1	\$55	TARNOVE
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## Cake Decorating

### Cake Decorating for Teens

Teenagers, want to try something fun this summer? Let's learn some cake decorating just for you. We'll make bright, colorful frostings, animal faces and flowers and use lots of sprinkles. See a variety of products used to create artistic cakes and cupcakes. Supplies are included in the class fee. Teens 13 years and older are welcome.

10930	7/14-7/21	6:00-8:00PM	Th	2wks	PAS 501	\$69	GLADOW
10931	8/4-8/11	6:00-8:00PM	Th	2wks	PAS 501	\$69	GLADOW

### Cake Decorating

#### Beyond Beginning

If you have some cake decorating experience, let's explore some different tips. Piping new flowers, basket weave and more. We will experiment with fondant and the tools it takes to make a large fondant flower. You will design your own fondant flower. Bring a container to take your flower home. We will be working with cake dummies the second night practicing different designs or you can bring in your own baked 8" cake to work on in class.

10929	6/30-7/7	6:00-8:00PM	Th	2wks	PAS 501	\$69	GLADOW
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## Desserts

### No Bake Desserts

new

In the heat of the summer, we don't want to turn the oven on. Let's make some desserts that don't require an oven. We will make Tiramisu and for diet and peanut-sensitive bakers, we will make a Middle Eastern sesame candy. Bring three kitchen towels, an apron- if you have one and containers to take home your delicacies.

10963	8/9	6:00-9:00PM	T	1day	PHS B1	\$55	JAOUDE
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### Summer Fruit Desserts

new

Enjoy the fruits of the summer season. We will focus on crisps and Chef's famous chocolate sack filled with fresh fruit. Bring an apron, a chef's knife, three kitchen towels and containers to take any leftovers home. Teens 14 years and older are welcome.

11079	7/20	6:00-9:00PM	W	1day	PHS B1	\$59	HEINEKE
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## HEALTHY & ACTIVE LIFESTYLE

## Dance

### Beginning Bachata

new

Bachata is a fun, rhythmic style of social partner dance from the Dominican Republic which is now danced all over the world danced to...you guessed it...Bachata music which when heard gets your body moving! Popular at Salsa dances. Partners are strongly recommended but not required. Each person must register separately. A line dance style of Bachata will also be taught. Let's dance! See you on the dance floor!

11109	6/30-7/21	6:00-7:00PM	Th	4wks	TBK MPR	\$39	LIMON
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### Line Dancing

#### Level 1

Line dancing is great exercise; healthy for your mind and body. And psst... 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. Teens 14 years and older are welcome.

10908	6/15-8/10	6:00-7:30PM	W	9wks	SH MPR	\$89	CHIANG
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#### 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. Teens 14 years and older are welcome.

**NOTE:** This is not a beginner level class.

10909	6/15-8/10	7:30-9:00PM	W	9wks	SH MPR	\$89	CHIANG
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## Nutrition

### Fight Inflammation

new

#### The Power of Food

Learn about the significance of inflammation as it relates to chronic diseases. We will discuss the different types of inflammation and their causes. Learn about nutrition-related anti-inflammatory compounds and the foods that provide them. We will have a recipe demonstration and food sampling to help you gain confidence in the preparation of anti-inflammatory foods.

11106	6/28	1:00-2:30PM	T	1day	PAS 502	\$29	McNAMARA
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### Optimizing Nutrition for Brain Health

new

Identify lifestyle strategies and optimize nutrition for brain health. Understand how key nutrients and foods that play a role in brain health. We will have a recipe demonstration and food sampling to support brain health.

11107	7/5	10:00-11:30AM	T	1day	PAS 213	\$29	McNAMARA
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11108	8/2	6:00-7:30PM	T	1day	ABX 21	\$29	McNAMARA
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## Self Defense

### Krav Maga

#### Women's Self-Defense

Learn to defend yourself against the most common attacks that you may encounter, i.e. chokes, grabs, bear hugs, and other attacks often used by larger, stronger aggressors. Krav Maga teaches you how to transform your fear into anger and unleash it into empowerment. This class will be held at Invictus Krav Maga, 12234 Poway Rd, Suite 200, Poway.

10896	7/16-8/13	12:00-1:00PM	Sat	5wks		\$55	MONTALBANO
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## Tai Chi and Qigong

### Tai Chi and Qigong for a Healthy Life

#### Eight Essential Energies (Part 1)

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.

10936	6/14-7/26	6:00-7:00PM	T	7wks	CR MPR	\$69	WU
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10937	6/17-7/29	9:30-10:30AM	F	7wks	PAS 503	\$69	WU
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#### Yang Style 24 Steps

Yang Style 24 steps is an extremely popular form of Tai Chi practiced in China among daily practitioners. This form will give you an introduction to the essential elements of Tai Chi along with the traditional flavor of longer forms.

10938	6/14-7/26	7:00-8:00PM	T	7wks	CR MPR	\$69	WU
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10939	6/17-7/29	10:30-11:30AM	F	7wks	PAS 503	\$69	WU
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### 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.

10900	6/14-8/2	6:00-7:00PM	T	8wks	ABX Media CTR	\$75	BOZORGCHAMI
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10901	6/15-8/3	10:00-11:00AM	W	8wks	ONLINE	\$75	BOZORGCHAMI
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## 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.

<b>10905</b>	6/13-8/8	9:00-10:00AM	M	8wks	RBHS Pool	\$79	GHAIBI
<b>10906</b>	6/16-8/11	9:00-10:00AM	Th	9wks	RBHS Pool	\$85	GHAIBI
<b>10907</b>	6/17-8/12	8:00-9:00AM	F	9wks	DNHS Pool	\$85	GHAIBI

## Belly Dancing

### For Fun and Exercise

Come enjoy an exciting low-impact total body workout. Learn the ancient art of Middle Eastern Dancing. Learn authentic gym moves and combinations in a fun way. No experience is necessary. Wear comfortable gym clothes, socks, ballet or jazz shoes and bring a sache (scarf) to wear around your hips. Come and unleash the belly dancer within!

<b>10958</b>	6/13-8/1	6:00-7:15PM	M	7wks	MC MPR	\$69	JAOUDE
<b>10959</b>	6/15-8/3	6:00-7:15PM	W	7wks	PV MPR	\$69	JAOUDE

(no class 7/6)

### Level 1.5

Now that you have taken the beginner class, join this class and build on what you've learned. We'll take the fundamental moves taught in the beginning class and add fun combinations with authentic Middle Eastern music.

<b>10960</b>	6/13-8/1	7:30-8:45PM	M	7wks	MC MPR	\$69	JAOUDE
<b>10961</b>	6/15-8/3	7:30-8:45PM	W	7wks	PV MPR	\$69	JAOUDE

(no class 7/6)

## 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 as well as your own bodyweight to gain flexibility and increase muscle strength. We'll also incorporate stretches as well as other movements, including standing and seated exercises that you can also do at home.

<b>10815</b>	6/17-8/12	8:45-9:15AM	F	8wks	PAS 503	\$45	TAYLOR
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(no class 7/29)

## 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. Teens 14 years and older are welcome.

<b>10891</b>	6/15-8/10	6:00-7:00PM	W	8wks	MID MPR	\$79	STRACHAN
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(no class 7/13)

## Killer Sculptured Abs

Join us for the ultimate abs and butt workout. Whether you're a first-time exerciser or a returning student, get ready to move, get stronger and feel your best inside and out. Bring light weights (1-3 pounds) and a mat. Let's get Strong to the Core!

<b>10892</b>	6/14-8/9	10:00-11:00AM	T	8wks	PAS 503	\$79	MELLENTIN
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(no class 7/5)

## POUND Fitness

Channel your inner rock star in this full-body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements while using Ripstix, (lightly weighted drumsticks) engineered specifically for exercising. Designed for all fitness levels, this workout is easily modifiable and the alternative vibe and welcoming philosophy is for men and women of all ages and abilities. Participants need to bring their own yoga mats. Be as BRAVE, BOLD and LOUD as you want to. Teens 14 years and older are welcome.

<b>10903</b>	6/22-8/10	6:00-7:00PM	W	7wks	SC MPR	\$69	ARNETT
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(no class 7/6)

## 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!

<b>10942</b>	6/14-8/9	1:00-2:00PM	T	9wks	PAS 503	\$85	GHAIBI
<b>10943</b>	6/16-8/11	1:00-2:00PM	Th	9wks	PAS 503	\$85	GHAIBI

## Strength Training for Seniors

Increase your balance, stability and stamina. Rewind the aging process while strengthening your body and mind. It's never too late. Bring your own 1-2 pound hand weights.

<b>10893</b>	6/16-8/11	9:05-10:05AM	Th	8wks	PAS 503	\$79	MELLENTIN
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(no class 6/30)

## 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 and free weights are encouraged to be used. Please have a towel or mat as well as water and a great attitude and we'll do the rest!

<b>10814</b>	6/15-8/10	6:00-7:00PM	W	9wks	PAS 503	\$85	TAYLOR
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## Women's Kickboxing

Come see why people love our kickboxing program! We structure the class so that total beginners can follow along while seasoned pros can get the workout they're looking for. Develop self-defense skills while working out, achieve stress relief, weight loss and cardio conditioning. There's no judgment or expectation and you can count on lots of support, encouragement and fun! If you're new to kickboxing or new to working out, this is a great option for you. This class will be held at Seven Spears Martial Arts, 12943 Pomerado Rd, Poway 92064

<b>11064</b>	6/15-7/6	9:30-10:15AM	W	4wks		\$39	SPEARS
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## Pilates and Yoga

### 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.

<b>10812</b>	6/13-8/8	9:45-10:45AM	M	8wks	PAS 503	\$79	DINEVA
<b>10813</b>	6/15-8/10	9:45-10:45AM	W	9wks	PAS 503	\$85	DINEVA

### 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. We will focus on breathwork, include more warmup movements, and postures are held longer. Gentle Yoga will offer you the benefits of stress reduction, spinal health, muscle tension release and increased range of movement. Please bring a yoga mat and a small blanket or towel.

<b>10810</b>	6/13-8/8	8:30-9:30AM	M	8wks	PAS 503	\$79	DINEVA
<b>10897</b>	6/13-8/1	6:00-7:15PM	M	7wks	ABX Media CTR	\$69	BOZORGCHAMI
<b>10898</b>	6/14-8/2	10:00-11:15AM	T	8wks	ONLINE	\$79	BOZORGCHAMI
<b>10899</b>	6/16-8/4	6:00-7:15PM	Th	8wks	MID MPR	\$79	BOZORGCHAMI

### Hatha Yoga

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 and bring a 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.

<b>10816</b>	6/14-8/9	6:00-7:15PM	T	8wks	PAS 503	\$89	DOHRN-SIMPSON
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(no class 6/28)

<b>10811</b>	6/15-8/10	8:30-9:30AM	W	9wks	PAS 503	\$85	DINEVA
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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. Teens 14 years and older are welcome.

<b>10904</b>	6/16-7/28	10:15-11:15AM	Th	7wks	PAS 503	\$69	SARMIENTO
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## Tai Chi and Yoga Fusion

Gain strength, balance and flexibility through the fusion of Tai Chi and Gentle Yoga. The gentle moves of both practices done mindfully, followed by deep relaxation results in an overall calm body and mind. Please bring a yoga mat.

**10902** 6/15-8/3 6:00-7:15PM W 8wks POM MPR \$89 BOZORGCHAMI

## Yoga for Athletic Conditioning and Rehabilitation

Enjoy a yin yoga series geared toward active lifestyles, athletes and rehabilitation of the fascial and musculoskeletal system. We will focus on how you feel in the pose within your limitations of aches, pains and injury. Yin yoga will help create space in your joint capsules, fluidity in your fascia and increase your overall range of motion. Yin yoga is slower and deeper yet safe and respectful for our body's boundaries.

**10894** 6/13-8/8 11:00AM-12:00PM M 7wks PAS 503 \$69 CARRILLO  
(no class 7/11)

**10895** 6/13-8/8 6:30-7:30PM M 7wks OVMS MPR \$69 CARRILLO  
(no class 7/11)

## Sports: Golf, Tennis and Pickleball

### Golf Academy

#### Building a Consistent Swing

Every amateur golfer is on a lifetime journey for consistent club/ball contact. This course is designed as a follow-up and continuation of the skills acquired in the Full Swing course. During this course, you will revisit and refine two very critical concepts: the bottom of the arc and the spine angle. Those mechanics will be blended with timing, tempo and "feel" in this course. You will progress from swinging your irons to adding rescue clubs, fairway woods and the driver to your skill sets. 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). Bring a full set of golf clubs to practice.

**Pre-Requisite:** Successful completion of The Short Game class or previous learning of basic golf skills.

**10889** 7/6-8/13 6:00-7:15PM W 6wks ABX Media CTR \$139 GILES  
8:00-9:30AM Sat

### Pickleball

#### Basics

Are you ready for the latest craze? Try pickleball. This novice level class is for anyone interested in learning the basic skills, rules and strategies for singles and doubles. Bring your own paddle (you can purchase this at the Pickleball Central website), hat/visor, sunscreen, sunglasses, water bottle with water in it and a smile. Balls will be provided.

**10923** 6/18-8/13 8:30-10:00AM Sat 8wks OVMS Crts \$95 HARLAND

**10924** 6/18-8/13 10:15-11:45AM Sat 8wks OVMS Crts \$95 HARLAND

**10925** 6/18-8/13 8:30-10:00AM Sat 8wks OVMS Crts \$95 EINHORN

**11101** 6/18-8/13 8:30-10:00AM Sat 8wks OVMS Crts \$95 LEIDERMAN

**11102** 6/18-8/13 10:15-11:45AM Sat 8wks OVMS Crts \$95 LEIDERMAN

#### Beyond Basics

This class is for players who have an existing knowledge of the basic strokes and match play. Drills will be fast paced so participants should be fit enough to survive. This is not for the faint of heart. Doubles improvement will be the main emphasis. What to bring: same as Pickleball Basics class above.

**Skills needed:** You should be able to serve and return moderate serves with 50% consistency and to move forward to volley at the kitchen line with some success.

**10926** 6/18-8/13 10:15-11:45AM Sat 8wks OVMS Crts \$95 EINHORN

**11103** 6/18-8/13 8:30-10:00AM Sat 8wks OVMS Crts \$95 NERIO

**11104** 6/18-8/13 10:15-11:45AM Sat 8wks OVMS Crts \$95 NERIO

#### Let's Play

This class is based on playing pickleball in an organized tournament play setting. Each week a designated type of tournament will be used to set up matches for doubles play. Longer tournaments may last two class sessions. Round-robin, elimination and challenge tournament formats will be used in conjunction with assigned, seeded and random partner selections. The beginning of each class will include a short discussion on the "Rules of the Game" or pickleball game strategies. Your playing level should be at the "Beyond Basics" class level or above. Bring your paddle, water, sunscreen and be ready to PLAY.

**NOTE:** This class is not for beginners.

**10927** 6/21-7/26 6:00-7:30PM T 6wks WVS Tennis Crts \$75 PFEIL

**10928** 6/23-7/28 6:00-7:30PM Th 6wks WVS Tennis Crts \$75 PFEIL

### Tennis

#### Beginner

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/visor and sunscreen/sunblock. Teens 14 years and older are welcome.

**10912** 6/13-7/25 6:00-7:30PM M 6wks WVS Tennis Crts \$79 CRETELLA

**10913** 6/14-7/26 4:00-5:30PM T 7wks RBHS Tennis Crts \$95 TOSCANO

**10914** 6/16-7/28 5:30-7:00PM Th 7wks RBHS Tennis Crts \$95 TOSCANO

**10910** 6/18-7/30 8:00-9:30AM Sat 5wks WVS Tennis Crts \$69 CRETELLA  
(no class 6/25)

**10911** 6/18-8/13 8:00-9:30AM Sat 8wks RBHS Tennis Crts \$95 TOSCANO

#### Intermediate

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! Teens 14 years and older are welcome.

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

**10918** 6/14-7/26 5:30-7:00PM T 7wks RBHS Tennis Crts \$95 TOSCANO

**10917** 6/15-7/27 6:00-7:30PM W 7wks WVS Tennis Crts \$95 CRETELLA

**10915** 6/18-7/30 9:30-11:00AM Sat 5wks WVS Tennis Crts \$69 CRETELLA  
(no class 6/25)

**10916** 6/18-8/13 9:30-11:00AM Sat 8wks RBHS Tennis Crts \$99 TOSCANO

#### 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! Teens 14 years and older are welcome.

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

**10921** 6/16-7/28 6:00-7:30PM Th 7wks WVS Tennis Crts \$95 CRETELLA

**10922** 6/16-7/28 4:00-5:30PM Th 7wks RBHS Tennis Crts \$95 TOSCANO

**10919** 6/18-7/30 11:00AM-12:30PM Sat 5wks WVS Tennis Crts \$69 CRETELLA  
(no class 6/25)

**10920** 6/18-8/13 11:00AM-12:30PM Sat 8wks RBHS Tennis Crts \$99 TOSCANO



## 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 is for you. Deaf culture and history will also be explored. Teens 14 years and older are welcome.

**10836** 6/15-8/10 5:30-7:00PM W 9wks ABX 19 \$99 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. Teens 14 years and older are welcome.

**10837** 6/15-8/10 7:15-8:45PM W 9wks ABX 19 \$99 MANNING

### Filipino

#### Beginning Conversation 1

new

Magandang umaga! That's how we say "Good morning!" in Filipino. Discover how learning a new language can be fun and interesting. You will be introduced to the evolution of the Filipino alphabet (from Sanskrit to the present era), and be able to build a considerable amount of functional vocabulary. You'll soon be able to initiate conversations and make new friends, as well as widen your knowledge of the Filipino people and their culture. Teens 14 years and older are welcome.

**11063** 6/14-7/26 5:30-7:00PM T 7wks ABX 21 \$69 ESPINOSA

# 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 Beginning 2. You'll be able to utilize the basic conversation and grammar tools necessary to communicate and understand. Teens 14 years and older are welcome.

**Required textbook:** *Italian Grammar for Beginners Textbook and Workbook*, Author: Talk in Italian ISBN: 979-8748974455

10828	6/13-8/8	7:30-9:00PM	M	8wks	ABX 23	\$85	GRATZKE
10829	6/14-8/9	1:00-2:30PM	T	9wks	PAS 403	\$99	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.

**Required textbook:** *Complete Italian Step-By-Step*, By Paola Nanni-Tate, ISBN 978-1260463231

**Pre-Requisite:** Beginning Italian or the equivalent

10830	6/14-8/9	7:00-8:30PM	T	9wks	ABX 23	\$99	GRATZKE
10831	6/15-8/10	1:00-2:30PM	W	9wks	ONLINE	\$99	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.

**Required textbook:** *Complete Italian Step-By-Step*, By Paola Nanni-Tate, ISBN 978-1260463231

10832	6/13-8/8	6:00-7:30PM	M	8wks	ABX 23	\$85	GRATZKE
10833	6/16-8/11	1:00-2:30PM	Th	9wks	ONLINE	\$99	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.

10834	6/15-8/10	7:00-8:30PM	W	9wks	ONLINE	\$99	GRATZKE
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## 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.

**Class reading novel:** *Il Segreto di Isabel (Italian Edition)*, by Susan Meissner & Elisa Banfi, Kindle Edition

10835	6/14-8/9	5:00-6:30PM	T	9wks	ONLINE	\$99	GRATZKE
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# 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 is necessary. Teens 14 years and older are welcome.

**Required textbook:** *Easy Japanese Step-By-Step*, Third Edition, by Gene Nishi ISBN-10:1260116271

10826	6/18-8/13	9:00-10:30AM	Sat	8wks	PAS 401	\$85	PATTISON
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## Beginning 2

Continue learning Japanese by using more complex sentences, vocabulary, and basic verb tenses including the negative form. Teens 14 years and older are welcome.

**Required textbook:** *Easy Japanese Step by Step*, Third Edition, by Gene Nishi.

ISBN-10: 1260116271

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

10827	6/18-8/13	10:30AM-12:00PM	Sat	8wks	PAS 401	\$85	PATTISON
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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. Teens 14 years and older are welcome.

**Recommended textbook:** *Easy Spanish Step by Step*, by Barbara Bregstein ISBN-13: 978-0071463386

10821	6/14-8/9	5:30-7:00PM	T	9wks	ONLINE	\$99	BOURAS
10824	6/14-8/9	1:00-2:30PM	T	9wks	PAS 401	\$99	PATTISON
10822	6/16-8/11	5:30-7:00PM	Th	9wks	ONLINE	\$99	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 more sophisticated vocabulary. English is spoken to support learning. Teens 14 years and older are welcome.

**Recommended textbook:** *Easy Spanish Step by Step*, by Barbara Bregstein ISBN-13:978-0071463386

10823	6/14-8/9	7:05-8:35PM	T	9wks	ONLINE	\$99	BOURAS
10825	6/15-8/10	1:00-2:30PM	W	9wks	PAS 401	\$99	PATTISON

## 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.

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

10817	6/13-8/8	6:00-8:00PM	M	8wks	PAS 404	\$115	BOURAS
10818	6/16-8/11	6:00-8:00PM	Th	9wks	ONLINE	\$119	HAIKALIS 0

### 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

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

10819	6/15-8/10	6:00-8:00PM	W	9wks	ONLINE	\$119	HAIKALIS
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### 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 strong knowledge of Spanish.

10820	6/14-8/9	6:00-8:00PM	T	9wks	ONLINE	\$119	HAIKALIS
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# PERSONAL ENRICHMENT

## Civics

### Our American Government and How It Works

new

Our Federal and State Government and How it Works We will learn about our democratic form of government and the history behind it, including the three branches of federal and state government: legislative, executive, and judicial. We will discuss the different responsibilities of the federal government and state government; how they work together and how they are at odds.

11105 7/13 6:00-7:30PM W 1day ABX22 \$29 PEPIN

### Our Local Government and How it Works

new

In this workshop we will learn about the many levels of local government, from city and county to water districts, fire districts, and everything in between. Most people deal with their local government more than the federal government. Local government generally takes responsibility for our parks and recreation services, police and fire departments, emergency medical services, and public works (streets, signage, etc.).

11111 7/20 6:00-7:30PM W 1DAY ABX22 \$29 PEPIN

### Become an Advocate and Create Positive Change in Your Community

new

Find your voice and be heard. Learn how to develop and deliver a message to elected officials from the federal to the local level. Remember: Elected officials work for you. This class will educate you on how to advocate to your elected officials and create positive change in your community.

11112 7/27 6:00-7:30PM W 1day ABX22 \$29 PEPIN

## Creative Writing- Poetry

### Poetry

#### Beginning

In this beginner's class, open your heart and mind to the unique language and beauty of poetry as a form of art. Learn basic structures, components and elements constituting a poem as well as the figures of speech as envisioned by the poet. Teens 14 years and older are welcome.

10887 6/30-7/21 6:00-7:30PM Th 4wks ABX 6 \$59 ESPINOSA

## Gardening

### Hillside Gardening and Drainage

new

Protect your hillsides from erosion and drainage problems. We will focus on plants that work to enhance your land as well as keep it safe from potential damage due to too much rain or not enough rain. If drainage is an issue for you, come get ideas about best ideas for water management.

11081 8/6 9:00-11:30AM Sat 1day PAS 403 \$35 SAVILLE

### Raised Planter Beds and Vertical Gardens

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 summer and fall vegetables that you can grow in your new containers.

11080 6/25 9:00AM-12:00PM Sat 1day PAS 213 \$39 SAVILLE

## Outdoor Activities

### Let's Go RV'ing

Did you recently purchase, or about to buy, a travel trailer or RV? Want to be an expert in operating your rig and discuss tips and tricks when embarking on your RV adventure in a fun environment? Take this course on RV camping and lifestyle! This course focuses on the various functions of a travel trailer, 5th wheel and motorhome as well as tips and tricks to help enhance the experience of anyone starting out in RV camping. We will discuss different models and classes of RVs, tow vehicles, proper hook up/disconnect processes, handling and maneuvering your rig, set up/pack up, storage considerations, inside and outside operation, and general maintenance/repair of your investment. RV camping is a great way to spend time with friends and family.

10886 6/14-6/21 6:00-8:30PM T 2wks PAS 502 \$55 VENTIERE

## Posture & Photogenic Techniques

### Poise and Presence

new

How can you build confidence in a matter of seconds? One effective strategy for building confidence is by maintaining an assertive posture, which makes you appear more balanced and grounded. Learn techniques in the ability to walk into a room and exude self-confidence with poise and presence. The health benefits of proper walking posture will also make it easier to breathe and walk faster and farther. This class will also teach you proper photographic posture and positions of body angles, hand placement and other techniques that best display your beauty. Teens 14 years and older are welcome.

11055 6/23-7/28 6:00-7:30PM Th 6wks ABX 19 \$79 XIANG

## Music

### Guitar for Beginners

#### Start Today & Change Your Life

You've been telling yourself for years "I'm going to learn to play the guitar", but you haven't done it. Here is your chance! Come learn the basic fundamental skills needed to start playing the guitar. Our professional instructor teaches you beginning music theory, finger mechanics, strumming rhythm, melody, chords and the ability to excel in music. Bring your own guitar, guitar tuner or app on your phone and guitar picks. Teens 14 years and older are welcome.

10967 6/14-7/19 5:00-6:30PM T 6wks PAS 404 \$85 HOOD

10968 6/18-7/30 9:00-10:30AM Sat 6wks PAS 610 \$85 HOOD

#### Beyond Beginning

There's plenty of beginning guitar instruction and plenty of intermediate guitar instruction available, but there's almost nothing that bridges the gap between them. Crossing that bridge between a beginner and an intermediate player is a big challenge. If you already know how to tune a guitar, play several open position chords, maybe a couple of strumming or picking patterns, can keep fairly good time, have a small handful of easy songs under your belt and ready to play to the next level. Then this course is for you! Bring your own guitar, guitar tuner or app on your phone and guitar picks. Teens 14 years and older are welcome.

10969 6/14-7/19 6:45-8:15PM T 6wks PAS 404 \$85 HOOD

### Ukulele Experience

#### Beginning

Grab your ukulele and learn some songs! In this introduction class, you will start off learning basic chords. You will be singing along in no time! Singing along is encouraged but not mandatory. Let's learn a new skill and have some fun. Bring your own ukulele. Teens 14 years and older are welcome.

11053 6/15-7/20 6:00-7:00PM W 6wks ABX 23 \$59 GRAYEB

#### 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.

11054 6/15-7/20 7:15-8:15PM W 6wks ABX 23 \$59 GRAYEB

### Poway Symphonette

Are you currently playing in the Poway Symphony Orchestra or just wish to play in a smaller more intimate chamber orchestra? Come join our string chamber orchestra as we explore music from Baroque to Classical favorites. This class is open to string orchestra players with previous experience. For additional information check out our website at [www.powaysymphonette.org](http://www.powaysymphonette.org).

10956 6/6-6/20 6:00-7:00PM M 3wks TPMS 608 \$39 REINER



## 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 gaps in coverage.

<b>10884</b>	6/23	6:00–8:30PM	Th	1day	ABX 23	\$35	POSPICHAL
<b>10885</b>	7/9	9:30AM–12:00PM	Sat	1day	PAS 502	\$35	POSPICHAL

## Candid Talk About Estate Planning

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.

<b>10940</b>	7/6	6:00–8:00PM	W	1day	ABX 21	\$35	SCHUMACHER
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## Estate Planning

### 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.

<b>10941</b>	7/13	6:00–8:30PM	W	1day	ABX 21	\$35	SCHUMACHER
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## Financial Empowerment for Women Facing Divorce

Are you thinking about divorce and worrying about how it might impact you financially? Are you concerned about separating yourself from your spouse monetarily, splitting accounts, and gathering the documentation you need before you leave? Don't let this daunting process paralyze you. Learn how to prepare financially before you separate.

<b>11065</b>	7/9	9:00–11:00AM	Sat	1day	PAS 404	\$35	CLAYCOMB
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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.

<b>10883</b>	6/14–6/21	5:30–8:30PM	T	2wks	PAS 404	\$59	GRANEY
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## Financing Your Home Purchase

### What to Know as you Make the Plunge Into Homeownership

Come learn the key steps to successfully financing your home. We will review what costs to expect, how to compare lender pricing. We will review the different loans available including FHA, conventional, VA and jumbo and how much equity is required. We will discuss the ranges of credit, what is acceptable and how you can improve your credit. We will review down payment assistance programs along with other equity options including "gift equity". Whether you are self-employed, receive a W-2, or want to buy a reverse mortgage, we will outline what it takes to qualify. In addition, we will explain what to look for in a lender and when is the right time to get pre-qualified for your home purchase.

<b>11051</b>	6/18	9:00–11:00AM	Sat	1day	PAS 404	\$35	TODD
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## How Taxes Change Through the Four Stages of Retirement

Taxation on your stocks, mutual funds, CDs, and money markets changes once you begin to withdraw from them during your retirement years. It might make more sense to take distributions from your tax-deferred accounts like 401k's, 403b's or IRA's. Why is this? If taxes go up and your IRA has never been taxed, then you need to withdraw more money to pay for daily living expenses plus enough to pay the larger tax bill. Let's discuss solutions and how we can lessen our tax burden as we age.

<b>10882</b>	6/28	6:00–8:00PM	T	1day	ABX 22	\$35	KATZ
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## Making the Most of Your Home Equity

### How to Access it and the Pros and Cons of Doing So

For most people their home is their most valuable asset and with the increase in property values over the last 2 years the amount of homeowner equity has increased substantially. Learn what options exist to access your equity, how much equity you can access and the pros and cons of doing so. We will review Home Equity Lines of Credit (HELOCs), Reverse Mortgages, 2nd Mortgages and cash-out refinances. We will review the cost of these options and review how to compare the benefit to other potential options. We will also discuss how your equity can be used for a home renovation, supplementing your retirement income, and consolidating debts among other uses.

<b>11052</b>	6/14	6:00–8:00PM	T	1day	ABX 5	\$35	TODD
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## Retirement Planning Bootcamp

This workshop is designed to provide you with a list of the elements that go into a safe and secure retirement plan, offer useful design tools, and guide you through the planning process. You will learn what data and documents you need to gather and incorporate into your plan, what decisions you will need to make, and how risks, taxes and inflation can impact your future. Please join us for this hands-on BootCamp and get on track for your impending retirement.

<b>11082</b>	7/16–7/23	9:30–11:30AM	Sat	2wks	PAS 404	\$45	CLAYCOMB
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## Understanding Annuities

Annuities can be excellent vehicles for delivering financial security and providing income for the rest of your life. If you are planning for retirement, you're most likely crafting your retirement income plan, safeguarding your emergency nest egg, planning for healthcare costs, designating funds for large purchases, and making sure you've prepared for everything you'll need. We will go over different types of annuities and how they work, as well as the pros and cons you'll want to consider. You'll get clarity on how annuities can enhance and complement the other pieces of your retirement puzzle.

<b>11083</b>	8/6	9:30–11:30AM	Sat	1day	PAS 404	\$35	CLAYCOMB
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## CAREER TECHNICAL EDUCATION

### Self-Paced

- Complete at your own pace
- Create your own schedule and finish within 20 weeks of starting the course
- Online with in-person lab support

## Microsoft Excel

### Level 1-The Essentials SELF-PACED

Navigate the Excel workbook environment, enter, edit and format data, use formulas and create charts for analysis.

<b>11084</b>	\$89
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### Level 2 SELF-PACED

Create and edit tables, calculate using advanced functions, create PivotTables and Charts, and use Analysis tools.

**Pre-Requisite:** Excel Level 1, or knowledge of Excel

<b>11085</b>	\$89
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### Level 3 SELF-PACED

This class prepares you to take the Certiport Microsoft Office Specialist Certification exam for Microsoft Excel.

**Pre-Requisite:** Excel Level 1, and 2 or knowledge of Excel

<b>11086</b>	\$89
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## Microsoft Word

### Level 1 SELF-PACED

Create and edit documents, format text and paragraphs, insert tables and graphics.

<b>11087</b>	\$89
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### Level 2 SELF-PACED

Manage documents, modify format features, create and use templates, enhance reports with graphics, collaborate and customize the environment.

**Pre-Requisite:** MS Word Level 1

<b>11088</b>	\$89
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### Level 3 SELF-PACED

This advanced MS Word class prepares you to take the Certiport Microsoft Office Specialist Certification exam for Microsoft Word.

**Pre-Requisite:** MS Word Level 2

<b>11089</b>	\$89
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## Outlook

### SELF-PACED

Manage email communications, schedule appointments and meetings; manage contact information; schedule tasks and create notes, customize message response options and organize mail.

11092 \$89



## Application Technology

### Getting Started on Computers

#### Part 1 Beginning

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.

11094 6/22-7/13 9:00-11:00AM W 4wks PAS 601 \$69 HERNANDEZ

### Microsoft Excel

#### Level 1-The Essentials

Microsoft Excel is the industry standard for spreadsheets. Learn to create, edit and format spreadsheets, create charts, use formulas and functions, and manage large spreadsheets.

10944 7/5-7/21 6:00-8:30PM T, Th 6days PAS 601 \$99 CADWELL

#### Level 2

Utilize advanced features of Microsoft Excel to create and edit tables, calculate using advanced functions, create and update PivotTables and Pivot Charts, and use What if Analysis tools. Upon successful completion of this course and applied use of Microsoft Excel, you can be prepared to take the Certiport MOS Specialist exam for Microsoft Excel.

**Pre-Requisite:** Excel Level 1, or knowledge of Excel

10945 7/26-8/11 6:00-8:30PM T, Th 6days PAS 601 \$99 CADWELL

## Career and Educational Support

### 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
- Meditation/Conflict Resolution
- Disasters and Emergencies
- Dynamics of Student Behavior

10957 8/12, 8/15 8:00AM-5:00PM F, M, T 3days PAS 502 \$260 HOLLIDAY 8/16

### Using Technology to Effectively Job Search and Network



Take control of your job search! Learn how to use different job search engines, sites, and social media to effectively conduct your job search. Understand the basics of using search engines such as Indeed and SimplyHired, creating job alerts, uploading applications and resumes, protecting your online privacy, and how to watch out for scams. You will also learn how to set up a LinkedIn profile and how best to use it for networking and applying for jobs.

11096 8/2-8/9 5:30-7:30PM T 2wks PAS 402 Free COLON

### Using your Interest Profile to Find Your Career Path



We will research careers that meet the trifecta; the point where your interests intersect with labor market demand and livable wages. Your teacher will send you the link to the free interest profile. Please complete this prior to the workshop. Please save your results and have a copy ready for the workshop.

11056 6/23 5:00-7:00PM Th 1day PAS 601 Free McANDREWS

11057 7/12 5:00-7:00PM T 1day ONLINE Free McANDREWS

## Microsoft PowerPoint

### Level 1 SELF-PACED

Navigate, create and design presentations, edit and format slides, insert objects, add transitions and animations and run slide shows.

11090 \$89

### Level 2 SELF-PACED

Modify animation and transitions, utilize slide masters, enhance charts, insert media and audio and customize slide shows. This class prepares you to take the Certiport MOS Specialist Certification exam for Microsoft PowerPoint.

**Pre-Requisite:** MS PowerPoint Level 1

11091 \$89

## Digital Technology

### Adobe Illustrator

#### Basics

Learn how to use Adobe Illustrator for digital image making and basic graphic design. Participants will design a poster about a typeface and learn how the layout can be both attractive and informative. Participants develop a feeling for poster design in terms of how to use space and how to order characters and/or objects as it applies to 2D design. Experimentation and trying out variations are highly encouraged and become easy while learning the powerful tools of Adobe Illustrator.

11093 6/20-7/18 6:00-8:00PM M 4wks PAS 601 \$69 HERNANDEZ

## Google Workspace Applications

### Getting Started with Google

Learn the Google basics. This class covers Google Drive, Gmail, Google Docs, Sheets, Slides, Forms and more. Create, manage and locate files and folders. Collaborate through shared drives, folders and documents. Become comfortable managing your Gmail inbox and personalizing your settings. Create, edit, share and give your documents a professional look. Please have your gmail account set up before you come to class.

11095 7/20-8/10 9:00-11:00AM W 4wks PAS 601 \$69 HERNANDEZ

## Real Estate

### 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. The 2nd week of this class is self-study.

**NOTE:** Courses may be taken out of sequence.

10881 7/7-7/28 6:00-9:00PM Th 4wks ABX Media CTR \$119 WATKINS

## Sales and Marketing

### Website Design for Your Small Business

Take your business to the next level by learning how to build or enhance your website. Create the capability to conduct financial transactions or optimize web searches, so others can find you. By using WordPress, you'll attain your own domain and customize your website to obtain your marketing goals. You will also learn how to make your website responsive for all devices for easy customer accessibility. Teens 14 years and older are welcome.

10965 7/13-7/27 5:30-7:30PM W 3wks PAS 601 \$59 CERDA



## Website Design

### Instagram Essentials For Business

The way people consume content on social media has drastically changed in the last year. Join us for a class that covers how Instagram is evolving to meet demand and what your business will need to do to adapt and stay relevant. Video, reels, guides, stories, collaborations, and more will be outlined.

10966 6/20-7/18 6:00-8:00PM M 4wks PAS 402 \$69 CERDA

### Social Media Basics

Let's get social! Focus on the basics of all things social as we take you step-by-step through setting up your most popular social media accounts including Instagram, Facebook, and Twitter. From getting started to sharing and posting, we will cover all steps including how to upload photos and create your first post, and how to use the basic features each platform has to offer.

10964 6/15-7/6 5:30-7:30PM W 4wks PAS 601 \$69 CERDA

Save the Date

### Nurse Assistant

This course prepares students to take the Nurse Assistant Certification Exam. Instruction covers basic nursing skills, medical terminology, and basic anatomy and physiology and is taught by a licensed nurse.

Students spend 60 hours learning theory, 100 hours in clinical or mock clinical experiences and additional hours for test preparation and activities. Students are required to show proof of Covid vaccination and participate in weekly Covid testing to participate in this class. This is a hybrid class with direct instruction on Zoom most Fridays and in-class / in-clinic activities most Saturdays. Students must have access to computers with Internet, video, and audio capabilities. In addition to the registration costs, students should expect to pay an additional amount of \$200-\$300 for course required items and are given a list after enrollment. More information online at Powayadultschool.com (select Career Ed, Healthcare). Interested students must participate in Orientation. Choose one date: December 16, January 5, January 13 and meet at 4:00PM using this Zoom link <https://bit.ly/newNA> or make an appointment by emailing Denise McAndrews at [dmcandrews@powayusd.com](mailto:dmcandrews@powayusd.com) or calling (858) 208-0423.

11058 9/9-12/17 4:00-8:00PM F 30days DNHS P116 \$995 ARELLANO  
7:30AM-4:00PM Sat

## ENGLISH AS A SECOND LANGUAGE (ESL)

### ESL Classes Online and In-Person July 11-August 11, 2022 Sign Up Now!

#### Registration:

Register for Poway Adult School English classes at [www.powayadultschool.com](http://www.powayadultschool.com). Click on Learn English. You can choose in-person or virtual testing. Testing is held by appointment only. No walk-ins are accepted. Please call us if you need help at (858) 668-4024.

**Note:** Schedules may be adjusted due to health and safety instructions from the State of California

#### Part 1- Testing

- Arrive 10 minutes before your appointment time to check-in
- It takes 9 minutes to complete testing
- Please do not bring children
- An advisor meeting will be scheduled after your testing

#### Part 2- Advisor Meeting

- Meetings can be on Zoom or on the telephone
- In this meeting we will discuss your educational goals
- After the meeting you will be given your class assignment and course website

#### Program Information:

- Classes are free
- Choose morning or evening classes
- Most classes are held four days a week (hybrid schedules may be available)
- Classes are generally Beginning, Intermediate and Advanced learner levels

## ADULT SECONDARY EDUCATION (ASE)

Stop by our office, call 858-668-4015 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.

### 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 if you are ready to take the official High School Equivalency exams.

### High School Equivalency Certificate

Pre-Registration is required.



tests are offered on  
Tuesdays, 1:30-5:30pm  
Register at [www.ged.com](http://www.ged.com)



tests are offered on  
Thursdays, 1:30-4:30pm  
Register at [hiset.ets.org](http://hiset.ets.org)

### 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.



### The National External Diploma Program (NEDP)

A flexible online performance-based option for adults and out-of-school-youth to earn a high school diploma. Enjoy integrated courses with real-life applications.

- Students may complete work at home, the library, or wherever there is a computer.
- Eligible participants can complete the program in 4-12 months.
- Flexible scheduling means students can earn a high school diploma while employed, enrolled in job training, or managing other commitments.
- Is self-paced and not timed.

