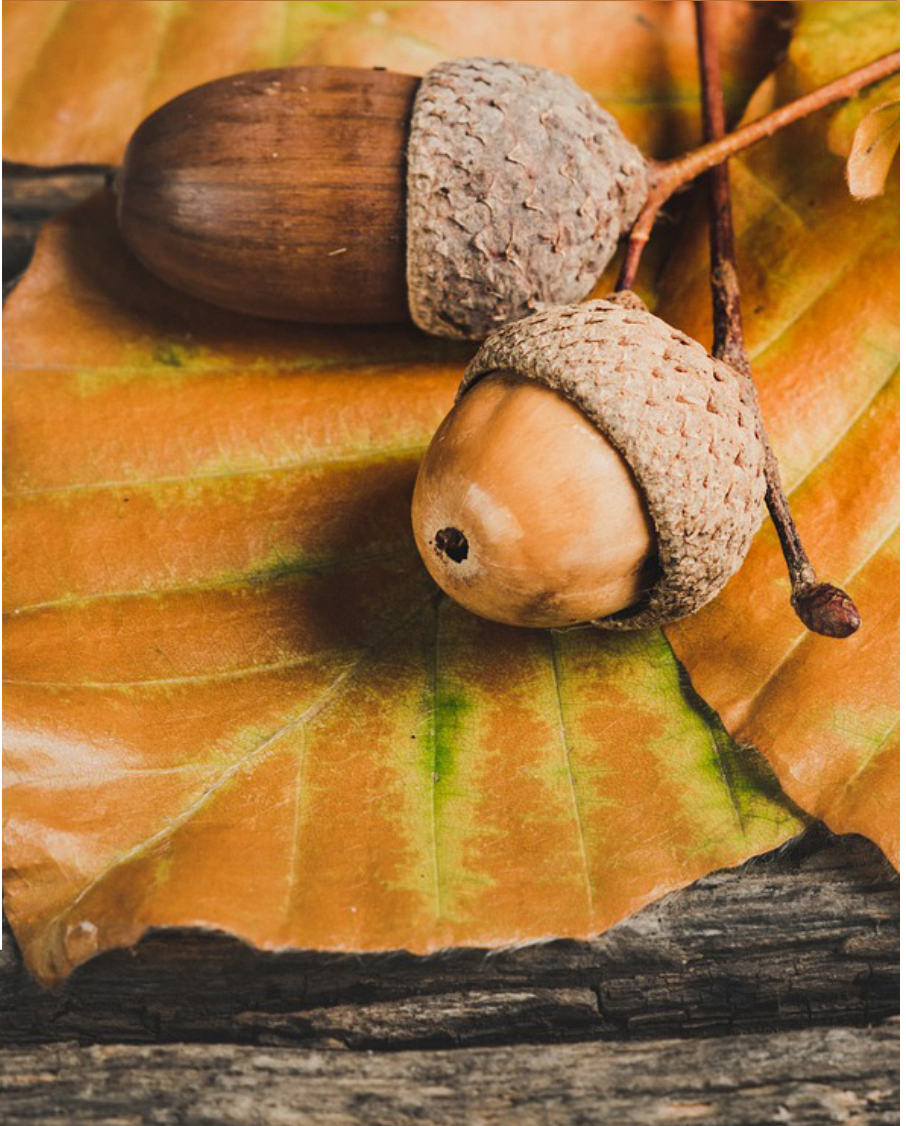


FALL 2024
REGISTRATION BEGINS
SEPTEMBER 11th



“Lighting the Path for Your Education”

FALL SESSION DATES:

September 23 through December 21

NO CLASSES:

October 14-19

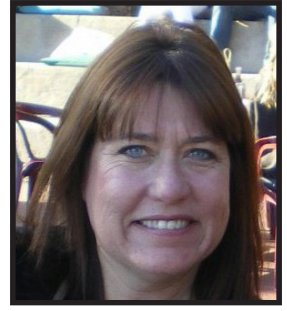
November 11; November 25-30



MESSAGE FROM THE PRINCIPAL

Welcome to Pacific Grove Adult Education!

Our experienced and supportive teachers and staff are committed to providing you high quality, student-friendly classes and programs designed to help you reach your personal, educational, and career goals.



Whether your goal is to attain your high school diploma or high school equivalency, develop and strengthen your English reading, writing and speaking skills, improve your computer skills, expand your knowledge about effective parenting, or support your health through physical exercise, we have classes for you.

Pacific Grove Adult Education is a proud member of the Monterey Peninsula Adult Education Consortium. As the principal of Pacific Grove Adult Education and MPAEC team leader, I want to assure you that we will continue to provide quality programs that serve our community.

I am proud to be Principal of Pacific Grove Adult Education and am honored to work with our outstanding staff and community. You can also visit our website at pgadulted.pgusd.org to access all of our course offerings.

See you around the campus,

Barbara Martinez
Principal, Pacific Grove Adult Education

Refunds

We will refund in the event that your class is cancelled due to low enrollment. Since classes are determined by pre-registration, early enrollment is strongly advised. Please plan carefully, as there will be NO REFUNDS unless the Adult School cancels the class.

At Pacific Grove Adult Education, we are dedicated to cultivating a learning environment that values and celebrates the diversity of our students, staff, and community. We recognize the importance of diversity in enriching the educational experience and fostering a culture of inclusion and belonging.

We are committed to promoting equity by ensuring that all individuals have access to the resources, opportunities, and support they need to succeed. We actively work to identify and dismantle systemic barriers that may prevent certain groups from fully participating and achieving their educational goals.

Inclusion is at the core of our mission, and we strive to create a welcoming and affirming environment where everyone feels valued, respected, and empowered to contribute their unique perspectives and talents. We embrace diversity in all its forms, including but not limited to race, ethnicity, nationality, gender identity, sexual orientation, age, ability, religion, and socioeconomic status.

Through ongoing education, dialogue, and collaboration, we are committed to fostering a community that embraces diversity, promotes equity, and ensures inclusion for all. Together, we will continue to learn, grow, and work towards creating a more just and inclusive society.

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ADULTS WITH DISABILITIES

Independence Pathways Program



Pacific Grove Adult Education **INDEPENDENCE PATHWAYS PROGRAM** **LIGHT THE PATH WITH PGAE!**

PGAE's Independence Pathway Program, a free day program at the Pacific Grove Adult School, serves neurodiverse adults and adults with mild/moderate intellectual or developmental disabilities who are 18+ and have goals for independent living, continuing education and training, and community integration.



**EMPLOYMENT
READINESS**

**INDEPENDENT
LIVING SKILLS**



**HEALTH AND
WELLNESS**



Contact us today to learn more
about this exciting new program
(831) 646-6580 ext 8426

**SCAN WITH
CAMERA**



psolomon@pgusd.org

zsztowicki@pgusd.org

ENGLISH AS A SECOND LANGUAGE

Our ESL classes are for adults who want to learn or improve their English skills. We offer a variety of classes. Classes focus on listening, speaking, reading, and writing and American culture. Students acquire language skills that will help them in their workplace or enable them to find better jobs. Burlington English online program is used in addition to instructional activities.

Contact Sandra Dorantes at sdorantes@pgusd.org or call our office at 831-646-6580 for additional information.

ESL Level A - Beginning

In this introductory class students will learn and review basic English grammar, acquire new vocabulary words, and practice how to pronounce them. Students are given daily opportunities to converse in English with the teacher and their classmates.

M-TH 9 a.m.-12 p.m. Room 1 Free Morgan/Turell

ESL Level B - Intermediate

Students will review concepts introduced in Level A and learn more complex grammatical structures. They will learn to use an increased vocabulary, and fluency developed through class discussions on everyday topics and reading selections. In addition to practicing listening, speaking, reading, and writing skills, the class will study American civics and culture.

M-TH 9 a.m.-12 p.m. Room 2 Free Miller/Sendell

ESL Level C - Advanced

Students in this class will speak with increased vocabulary about complex topics, read more advanced articles and books, and write essays that are well organized and grammatically correct. They will also study American civics and culture.

M-TH 9 a.m.-12 p.m. Room 3 Free Kraus/Turell

ESL A/B - Beginning-Low Intermediate

The ESL Level A/B class offers an introduction to oral and written English for beginning students new to the language and helps students with low-intermediate English skills learn more complex grammatical structures. Students will build their vocabulary, improve their pronunciation and speaking skills, and practice listening, reading, and writing skills. The class will also study American civics and culture.

T, TH 5:30-7:30 p.m. Room 1 Free S. Turell

ESL B/C - High Intermediate-Advanced

Students will study English at an intermediate/advanced level and learn complex grammatical structures. They will increase their vocabulary and develop fluency through discussions on everyday topics and reading selections. In addition to practicing listening, speaking, reading, and writing skills, the class will study American civics and culture.

T, TH 5:30-7:30 p.m. Room 3 Free M. Bahou

ENGLISH AS A SECOND LANGUAGE

Literature for Advanced English Learners

An opportunity for advanced ESL students to improve their English language skills through a study of literature. Most selections will be from American literature, but we will also read works from other cultures, including books, short stories, and poetry. In addition to improving reading skills, students will engage in discussions and write regularly. Vocabulary and grammar lessons will be based on the reading selections.

T, TH **12:30-2:30 p.m.** **Room 3** **Free** **J. Billets**

Conversation Class for English Learners

English Language Learners will have an opportunity to engage in conversation with peers and native English speakers to improve their listening and speaking skills. They will develop the skills needed for effective communication through student-centered activities that improve grammar, vocabulary, pronunciation, and intonation.

W **12:15-1:15 p.m.** **Room 3** **Free** **S. Turell**

CITIZENSHIP

Pacific Grove Adult Education is proud to offer its Citizenship Preparation class. You will receive materials you need to fully prepare for the exam interview. Each class will feature different lessons to help you gain the knowledge and confidence you need to pass your citizenship interview. In addition to regular class work, all levels use the Burlington English online program for English learners. This program provides every student with lessons that they can complete on their computers at home or at school.

Contact Sandra Dorantes at sdorantes@pgusd.org or call our office at 831- 646-6580 for additional information.

Citizenship Preparation

This class provides instruction that helps students prepare to apply for U.S. Citizenship, which includes basic English skills (speaking, listening, reading, and writing). Emphasis is placed equally on the questions from the N-400 application and the questions related to U.S. history and government.

M **12:30-2:30 p.m.** **Room 2** **Free** **A. McDowell**
Session dates: 09/23, 10/21, 11/18 and 12/9

M **5:30-7:30 p.m.** **Room 2** **Free** **A. McDowell**
Session dates: 10/7, 11/4, and 12/2

SAT **9:30-11:30 a.m.** **Room 2** **Free** **A. McDowell**
Session dates: 10/26, 11/23 and 12/14

HIGH SCHOOL DIPLOMA/EQUIVALENCY

Teacher Pamela McCormick helps students improve their skills and knowledge through in-class tutoring and online learning, covering English, Math (her specialty!), Science, Social Studies, and more. Students can obtain their High School Diploma, prepare to take the HiSET Exams to obtain their high school equivalency credential, or work on specific skills needed for their careers. At least 3 hours of study time per week are required, either at the adult school or independently. Classes are free and offered in English. Study and test materials are available in English and Spanish. Additional services are available by appointment: college and career coaching, job search and preparation assistance, student success strategies, and computer skills.

HIGH SCHOOL GRADUATION REQUIREMENTS

To earn your High School Diploma, you must complete 200 credits:

- English: 40 credits
- Social Studies: 40 credits
- Math: 20 credits
- Science: 20 credits
- Fine Art or Foreign Language: 10 credits
- Graduation Portfolio: 5 credits
- Electives: 65 credits (Can use work experience)

High School Equivalency Exam

- This is a paper and pencil exam in a quiet, friendly setting.
- Students can take up to 2 exams in a session (excluding Math), depending on the day and time of the testing session.
- The tests are free for students attending classes at PG Adult School who have accrued at least 12 hours of instruction. For non-active students, the battery of 5 tests costs \$140.00, or \$105.00 for the first test and \$15.00 for each subsequent test. Retakes are \$20.00 each.
- Call 831-646-6580 ext 8404 to schedule an appointment.

High School Diploma/High School Equivalency Instruction

Contact Pamela McCormick at pmccormick@pgusd.org or call 831- 646-6580 ext 8404
Intake will be conducted in person, by phone, Google Meet or Zoom.

| | | | | |
|------------|----------------------|-------------|---------------|---------------------|
| <i>M,W</i> | <i>9 a.m.-1 p.m.</i> | <i>Free</i> | <i>Room 4</i> | <i>P. McCormick</i> |
| <i>T</i> | <i>4-8 p.m.</i> | <i>Free</i> | <i>Room 4</i> | <i>P. McCormick</i> |
| <i>TH</i> | <i>2-6 p.m.</i> | <i>Free</i> | <i>Room 4</i> | <i>P. McCormick</i> |

PARENT EDUCATION

CO-OP PRESCHOOL

The Pacific Grove Adult Education Co-op Preschool operates as part of our Parent Education Program for children ages 3 years through Kindergarten entry. Our program is designed to create an environment that provides opportunity for growth for both parent and child. Physical, emotional and social skills are developed through developmentally appropriate activities in art, music, science and play. Emphasis is on the development of the whole child. It is our goal to acknowledge each child where he or she is upon entering preschool and taking them as far as they can go. We also strive to provide parents the support they need to help their children be academically and socially/emotionally successful in school. It is paramount that children leave preschool feeling confident, capable and knowing that school is a place where they will be safe, valued and successful. Our Dual Language Parent Education Co-op class embeds some Spanish into daily lessons. Ven y explora - Come and explore!

Ages/Policies

- Children must be 3 years old by September 1 of the year they will start
- Children must be potty learned by the first day of school
- Parents are required to work one day per week in class and attend the evening meeting once-per-month

Now Enrolling for the 2024-2025 School Year!

Fee: \$200/month

Fees cover preschool, materials and supplies. Parent Engagement curriculum free.

Co-op Preschool

| | | | |
|------------|------------------------|----------------------|-------------------------|
| <i>M-F</i> | <i>8:45-11:30 a.m.</i> | <i>Dual Language</i> | <i>A. Macias-Rivera</i> |
| <i>M-F</i> | <i>12:45-3:30 p.m.</i> | <i>Dual Language</i> | <i>A. Macias-Rivera</i> |
| <i>M-F</i> | <i>8:45-11:30 a.m.</i> | <i>Lighthouse</i> | <i>A. Gabrio</i> |
| <i>M-F</i> | <i>12:45-3:30 p.m.</i> | <i>Lighthouse</i> | <i>C. Broz</i> |



PARENT EDUCATION

PARENTS' PLACE

Welcome to Parents' Place, an award-winning Parent Education Program. We offer a supportive atmosphere where children play and learn in a safe, nurturing, and stimulating environment. Facilitated by experienced and credentialed parent educators, we offer a variety of classes including weekly age-related, parent engagement classes for parents/caregivers of children birth-3 years including parenting topics and discussions suitable for their child's unique developmental age. Parents/caregivers learn valuable parenting skills while engaging and connecting with other families.

Registration is available any time during the session.

If you cannot attend the appropriate age-related class due to scheduling conflicts, please contact the Parent Education office at 831-646-6623

Age-Related Classes

(newborn - 3 years)

Afternoon Classes for Parents/Caregivers with Babies:

These classes offer age-appropriate activities, weekly parenting questions and topic time, and a chance to connect with other families. *Listed from youngest to oldest.*

Tues PM: 12:30-2:30 Forest Room Child's DOB 8/1/24-11/30/24 C. Kershner

Thur PM: 12:30-2:30 Forest Room Child's DOB 5/1/24-7/31/24 C. Kershner

Mon PM: 12:30-2:30 Forest Room Child's DOB 2/1/24-4/30/24 C. Kershner

Tues PM: 12:30-2:30 Earth Room Child's DOB 11/1/23-1/31/24 K. Stember

Thur PM: 12:30-2:30 Earth Room Child's DOB 9/1/23-11/30/23 A. Gabrio

Wed PM: 12:30-2:30 Forest Room Child's DOB 7/1/23-10/31/23 C. Kershner

Morning Classes for Parents/Caregivers with Toddlers:

These classes offer age-appropriate activities, weekly parenting questions and topic time, and a chance to connect with other families. *Listed from youngest to oldest.*

Tues AM 9:30-11:30 Forest Room Child's DOB 4/15/23-6/30/23 C. Kershner

Wed AM: 9:30-11:30 Earth Room Child's DOB 2/1/23-4/14/23 C. Broz

Thur AM: 9:30-11:30 Forest Room Child's DOB 12/1/22-3/30/23 C. Kershner

Tues AM: 9:30-11:30 Earth Room Child's DOB 10/1/22-1/31/23 C. Broz

Wed AM: 9:30-11:30 Moon Room Child's DOB 7/1/22-9/30/22 TBD

Wed AM: 9:30-11:30 Forest Room Child's DOB 3/1/22-6/30/22 C. Kershner

Thur AM 9:30-11:30 Earth Room Child's DOB 12/1/21-2/28/22 C. Broz

The cost of classes listed above is \$75

Fees cover materials and supplies. Parent engagement curriculum free.

PARENT EDUCATION

Specialty Classes

Outdoor Monday Morning Stories

This class promotes language development through stories, fingerplays, and story related art. **This class is only designed for the specific ages of 1.5-3 years.**

M 9:30-11:30 a.m. Earth Room/Outdoors \$75 C. Broz

1-2-3 Sing with Me with MaryLee

This sing-a-long class is designed to engage toddlers in a variety of musical experiences. **This class is only designed for the specific ages of 1-3 years.**

M 11-11:45 a.m. Musical Garden \$60 C. Kershner

Discovery Time

Children discover the wonder of nature, explore science activities, crafts, and storytelling. We will plant seeds and seedlings and watch them grow. **This class is only designed for the specific ages of 2.5-5 years.**

M 12:30-2:30 p.m. Moon Room/Outdoors \$75 K. Stember

Tots in Motion

Through free exploration and physical activities, tots will strengthen their gross motor skills, balance, and coordination using age-appropriate equipment. Parents learn ways to promote their child's gross motor development. Each child must be accompanied by an adult. **This class is only designed for the specific ages of crawling-2 years.**

M 2-4 p.m. Multi Purpose Rm \$75 A. Gabrio

Strengthening Your "Village"- Evening Parent Group

Join this virtual parenting class to discuss topics of interest, gain access to parenting resources, form new connections, offer and receive support, and share experiences on parenting your 18mo - 5yr old. **Dates: 10/3, 10/10, 10/24, 11/7, 11/14, 11/21**

TH 7-8:30 p.m. Online Only \$60 C. Kershner

Young at Art

This class is for little hands focusing on exploration and inspiring creativity. Inspire your little artist with tempera paint, watercolor, glue, collage materials and sensory art activities. **This class is only designed for the specific ages of 18 months-3 years.**

F 9:30-11:30 a.m. Moon Room/Outdoors \$75 K. Stember

Wee Chant with MaryLee

An enchanting music class that celebrates multicultural songs and lullabies. **This class is only designed for the specific ages of newborn-1 year.**

F 1-1:45 p.m. Forest Room/Outdoors \$60 K. Stember



**PACIFIC GROVE
ADULT EDUCATION**

Start building your future.

Unlock Your Future with PGAE's College & Career Pathways!



Tailored Career Counseling.
Education Planning for today and the future.
Resource Help for College and Financial Aid.
Job Search: Resume and interview prep.

Contact: Jonathan Damon

✉ Jdamon@pgusd.org

☎ 831-646-6580 ext. 8439

📍 Room 4

M/W/F: 9am-1pm | T/Th: 2pm-6pm

Zoom/Google Meets available.

Join us to shape your future at PGAE! 🌟

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Accelerate your career or find a new one with any of our more than 700 online courses!

COURSE CATEGORIES

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Animation
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BUSINESS

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Administrative
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QuickBooks
Windows

COMPUTER SCIENCE

Database Management
Programming

CONSTRUCTION AND TRADES

Construction
Environmental and Energy
Trades

HEALTH AND FITNESS

Dental
Fitness
Medical
Veterinary
Wellness

INFORMATION TECHNOLOGY

Cloud Computing
Cybersecurity
Networking
Security

MATH AND SCIENCE

Anatomy
Algebra
Biology
Chemistry
Statistics

TEACHER PROFESSIONAL DEVELOPMENT

Behavior Strategies
Child Development
Classroom Management
Teaching Adult Learners

AND MANY MORE...

COURSE FEATURES

- 24/7 Access
- Books and materials included
- Certificate of Completion
- Financial assistance available
- Student Advisors included
- Industry recognized certifications

PACIFIC GROVE ADULT SCHOOL

To view all courses, learn more and enroll, visit:

<https://www.ed2go.com/pgadulted/>

CAREER TECHNICAL EDUCATION

Pacific Grove Adult School Computer Lab Now Open!

PG Adult School students
Weekdays 9am-4pm

*If you are not a student and would like to use the lab,
please call (831) 646-6580 for info and availability*

TYPING TEST

We offer instant, accurate, low cost
tests with a certificate

\$35.00 for three attempts

*Call (831) 646-6580
to schedule an appointment*

CAREER AND LIFE SKILLS

Fundamental Computer Skills

Designed for students with limited or no computer skills. The goal is to introduce fundamental computer concepts, internet basics, email, file management and use of word processing. This is a NorthStar certificate based program.

M 5:30-7:30 p.m. Room 7 Free M. Villagomez

Essential Software Skills

Students with beginning experience will learn Google Docs, Drive, Slides and Sheets. Students will also create email and calendars and will continue to the next level, incorporating the NorthStar certificate based program.

W 5:30-7:30 p.m. Room 7 Free M. Villagomez

ACTIVE OLDER ADULT

By participating in our Active Older Adult classes, you acknowledge that there are inherent risks associated with physical activities. You voluntarily assume all risks and agree to release Pacific Grove Adult School, Pacific Grove Unified School District, its employees, officers, Board of Education, agents and volunteers from any liability for injuries or damages that may occur during the class. Please consult a medical professional before participating in our active older adult classes if you have any pre-existing medical conditions that may be affected by exercise. By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary. Signed waiver, Release and Indemnity Agreement required prior to participation.

These classes for mature adults provide opportunities to optimize physical and mental fitness. You may register and begin class at any time throughout the session. PGUSD residents receive a \$5 discount when you register in person or by phone. Discount not available for online registration. We offer a “Five-Day Workout Special” for \$90 when you register for two active older adult classes. (Resident discount not applicable for Five-Day Workout Special).

Circuit Training for Older Adults

Get a balanced workout combining strength, balance, and endurance in a creative and flexible routine. Standing and mat exercises incorporated. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

M, W, F 9-10 a.m. Hybrid/Meals on Wheels \$60 M. Dalhamer

Lite Aerobics for Balance and Strength

Cardiovascular exercise with strength and stretching routines with the goal of improving all elements of fitness for the first 40 minutes. Followed by 15 minutes of seated conditioning with weights. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

M, W, F 10-11 a.m. Hybrid/Meals on Wheels \$60 M. Dalhamer

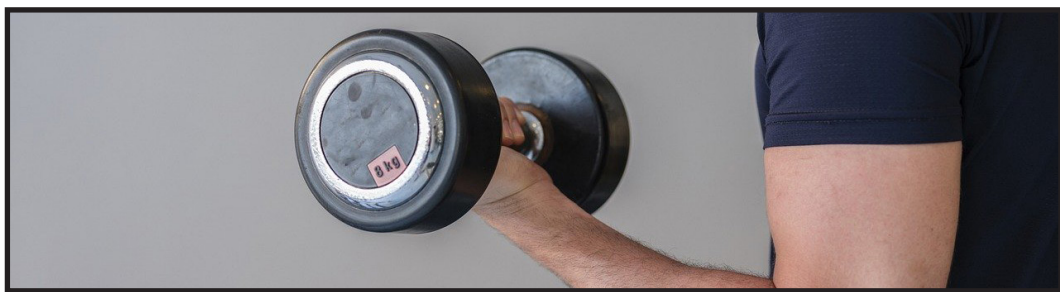
Strength and Balance with Marta

This class helps build strength while improving your stability and coordination. The first half of the class involves standing. The second half of class involves sitting. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

T, TH 8-9 a.m. Hybrid/Meals on Wheels \$50 M. Dalhamer

T, TH 9-10 a.m. Hybrid/Meals on Wheels \$50 M. Dalhamer

ACTIVE OLDER ADULT



Line Dancing for Balance and Strength

Kick up your heels and join the fun! You will get a great workout and improve balance and strength. Beginner to high beginner dancers are welcome. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

W *4-5 p.m.* *Meals On Wheels* *\$75* *B. James*

GYROKINESIS® (no class on 11/5)

Exercise using three-dimensional movements with corresponding breathing patterns to promote suppleness and strength in the body. Not applicable for Five-Day Workout Special

T, TH *10:15-11:15 a.m.* *Hybrid/Multi-Purpose Rm* *\$90* *S. Beck*

Cardio Conditioning

Traditional aerobics class with music from the 1950's thru 1990's. Emphasis on cardiovascular fitness, stretching, and abdominal conditioning.

M, W, F *10-11 a.m.* *Hybrid/Multi-Purpose Rm* *\$60* *S. Beck*

Pilates (no class on 11/5)

Core conditioning with emphasis on abdominals and upper back muscles. Students perform exercises developed by Joseph Pilates using a mat.

T, TH *9-10 a.m.* *Hybrid/Multi-Purpose Rm* *\$50* *S. Beck*

Zumba Gold® with Freddie

For active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination with benefits like cardiovascular health, muscular conditioning and flexibility. Prepare to leave empowered and feeling strong. It's time to live golden!

F *1-2 p.m.* *Hybrid/Multi-Purpose Rm* *\$50* *F. Ison*

COMMUNITY EDUCATION

Looking for a new dance and fitness option? Are Spanish, French or Sign Language classes on your bucket list? How about learning new skills in a Photography class? Are you interested in Cinema History, Guitar, Art or Gardening? Our Community Education classes have something for everyone!

ART

Intermediate/Advanced Drawing and Watercolor

Traditional and contemporary methods of drawing and watercolor painting will be covered. Some materials will be provided or you can bring your own. Work on your own projects. Individual attention, demos, and critique given in each class.

M 10 a.m.-12:30 p.m. Butterfly Room \$120 M. Gilmore

Art Studio

Work on your own projects. Bring your favorite art supplies to use. Painting, drawing, mixed media, etc. Demos, individual attention, and group critique given at each class.

F 10 a.m.-12:30 p.m. Art Room \$110 M. Gilmore

Outdoor Painting/Plein Air Painting

Enjoy the Peninsula while painting outside. Individual attention, discussion and informal critique given. The first class meets in the Art Room on campus and a location list will be provided. Bring your own equipment and supplies. There is some walking (sometimes on uneven ground) and you are responsible for carrying your own supplies. Maestro habla Español.

T 9:30 a.m.-12:30 p.m. Outdoors \$120 S. Payne

TH 9:30 a.m.-12:30 p.m. Outdoors \$120 S. Payne

Intro to Painting

A fun class if you've never painted, have some experience, or want to brush up on some basics. We'll paint with acrylics and learn the fundamentals of materials. We'll learn together and surprise ourselves with art. Students will be provided with a list of supplies to bring to the first class. Maestro habla Español.

W 9:30 a.m.-12:30 p.m. Art Room \$120 S. Payne

W 1:30-4:30 p.m. Art Room \$120 S. Payne

Color and Collage Workshop

A color workshop within the context of collage. We'll focus on formal properties of image making like value, hue and intensity by cutting and gluing various sized paper together. A good course for beginner and advanced artists to focus on and sharpen their perception of qualities inherent to color. Maestro habla Español.

T 1:30-4:30 p.m. Butterfly Room \$120 S. Payne

COMMUNITY EDUCATION

Beginning Drawing

For beginning and returning students. We select exercises from Betty Edwards' "Drawing on the Right Side of the Brain." You learn about line drawing, value, perspective and then use them to do active drawing.

M *1-3 p.m.* *Art Room* *\$90* *D. Grindol*

Beginning Watercolor

For both beginning and returning students. No drawing skills needed. We will practice watercolor skills and color mixing through exercises. We will paint a landscape together by the end of class.

T *1-3 p.m.* *Art Room* *\$90* *D. Grindol*

Art In The Evening: The Masters

Time for art! Active peek at art history through the lives of Masters. We copy their work and then do work in that style. Use any media. All skill levels are welcome.

W *7-8:30 p.m.* *Online Only* *\$45* *D. Grindol*

Drawing & Watercolor: The Next Level

You have taken Beginning Drawing and Beginning Watercolor. What's next? We will practice our skills, use them together, learn exercises to improve skill and create a series. We will learn to mat and frame our art, and how to enter local art exhibits. We combine media in finished artwork.

TH *1-3 p.m.* *Art Room* *\$90* *D. Grindol*

Fall Calligraphy (8 weeks)

Calligraphy means "beautiful writing" and nothing could be more elegant and versatile than the ITALIC hand. We will develop pen skills, using the Pilot Parallel pen. Also included will be envelope and mail art projects. This class is designed for everyone, beginners welcomed.

W *1-3 p.m.* *Room 1* *\$90* *M. Howe*

W *3:30-5:30 p.m.* *Room 1* *\$90* *M. Howe*

Holiday Botanicals in Colored Pencil (5 weeks; Begins 11/4)

Create holiday magic with colored pencil while sketching autumnal gourds, romantic mistletoe, natural pine cones, shiny holly and brilliant poinsettias. Learn tips, tricks and color pencil techniques while closely observing mother nature at her holiday best.

M *9:30-11:30 a.m.* *Online Only* *\$50* *J. McKnight*

COMMUNITY EDUCATION

Exploring Nature's Canvas (no class 11/5)

Immerse yourself in the beauty of the natural world while expressing your creativity. Explore how the wonders of the outdoors can be transformed into captivating art pieces while further deepening your connection to nature. Previous experience isn't necessary, just a curious mind, willingness to learn and a love for nature's treasures.

T *10 a.m.-12:30 p.m.* *Art Room* *\$110* *TBD*

FOREIGN LANGUAGE

American Sign Language I (registration for this class ends 10/11)

This American Sign Language (ASL) course is designed for adults interested in acquiring basic communication skills in ASL. Participants will develop the ability to engage in simple conversations using ASL and gain insights into deaf culture and community. It will offer a comprehensive overview of fundamental principles, vocabulary, grammar, and conversational techniques. This course is best suited for beginners and those who have not had extensive ASL course training.

M *5:30-7 p.m.* *Room 5* *\$75* *C. Orsburn*

Farsi I

Start your dynamic journey to master Farsi, spoken by over 110 million people worldwide. This interactive course helps students learn essential vocabulary and grammar through topics like daily life, family, travel, and food, using communicative language teaching to develop real-world proficiency. Learning Farsi can open doors to government and corporate employment, enrich travel experiences, and deepen appreciation for literary and cultural pursuits. Join us to unlock the keys to Farsi mastery and explore the richness of Persian culture.

M *5:30-7:30 p.m.* *Room 3* *\$90* *A. Monfared*

Spanish I

In this introductory course, students learn the fundamentals of Spanish with basic vocabulary, the present tense and practical topics like food, travel, family, weather, emotions, clothes, and household chores. Pronunciation, pair conversation and fun activities are featured in each class. Some previous exposure to Spanish is helpful.

TH *1-2:30 p.m.* *Room 6* *\$75* *C. Rodriguez*

Spanish II

Moving beyond an introductory level, this course reviews the present tense and adds both past tense and future tenses. Learn Spanish while getting familiarized with Spanish speaking cultures.

T *1-2:30 p.m.* *Room 6* *\$75* *C. Rodriguez*

COMMUNITY EDUCATION

Spanish III

Hola! Come and improve your Spanish in this interactive conversational Spanish class. Emphasis will be on topic-based conversation and grammar, with some reading and writing. Proficiency in the present and past tense is preferred.

TH 1:30-3 p.m. Room 2 \$75 C. Sendell

Spanish IV

Join us for animated conversation and cultural readings. You'll explore indicative mood, simple tense, and compound tenses. It will be fun and engaging, using activities and plenty of participation. Higher level intermediate students are welcome.

W 6-7:30 p.m. Room 6 \$75 C. Rodriguez

French I

Join us to refresh your high school or college French. We'll review the verbs *être*, *avoir*, *aller*, *faire* and the *-er* verbs in the present tense as well as numbers and how to ask questions. We'll uncover tricks to help master pronunciation and discuss culture.

TH 1-2:30 p.m. Room 1 \$75 S. O'Neil

French II (no class 10/22)

In this class, we will practice *futur proche*, *passé composé* and reflexive verbs. We will also uncover tricks to help master pronunciation. Proficiency in the present tense and a solid grasp of basic vocabulary are preferred.

T 1-2:30 p.m. Room 1 \$75 S. O'Neil

French III

This is a conversational based class. Students will participate in extensive guided conversations in the target language. As needed, we will review intermediate level grammar structures and increase vocabulary. Proficiency in the present, *futur proche*, *futur simple*, *passé composé*, *imparfait* and conditional tenses preferred. Advanced students welcome.

TH 5:30-7 p.m. Room 2 \$75 S. O'Neil

French IV

Voilà - On est là pour vous! To demystify the subjunctive, practice pronunciation, increase vocabulary, while reading from classic and modern literature as well as conversing on topics of current interest through articles and videos. Je vous invite: soyez dans le coup avec nous. Intermediate to advanced level students are welcome!

T 5-7 p.m. Room 2 \$90 J. Doby

COMMUNITY EDUCATION

Italian I

In this introductory class, students will learn to pronounce words properly, master basic communicative situations, such as introducing themselves, asking and answering simple questions and ordering a meal, through interactive activities.

T *5-6:30 p.m.* *Room 6* *\$75* *M. Elia*

Italian II

This course, a continuation of Italian I, is for those students with some knowledge of the language. With the help of situational activities, students will expand their conversational skills regarding everyday life, their interests and their present plans. We'll also explore some aspects of Italian everyday life.

W *5-6:30 p.m.* *Room 6* *\$75* *M. Elia*

Italian III

This course goes further in grammar to cover irregular verbs, modal verbs, the past tense, and improve your use of adjectives and prepositions. You will learn to express yourself in the past tense, talking about leisure activities, travel, the weather and asking for touristic information.

TH *5-6:30 p.m.* *Room 6* *\$75* *M. Elia*

FITNESS AND RELAXATION

By participating in our Fitness and Relaxation classes, you acknowledge that there are inherent risks associated with physical activities. You voluntarily assume all risks and agree to release Pacific Grove Adult School, Pacific Grove Unified School District, it's employees, officers, Board of Education, agents and volunteers from any liability for injuries or damages that may occur during the class. Please consult a medical professional before participating in our fitness and relaxation classes if you have any pre-existing medical conditions that may be affected by exercise. By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary. Signed waiver, Release and Indemnity Agreement required prior to participation.

Beginning Yoga

Beginning Yoga focuses on reducing stress and connecting the mind, body and spirit through stretching with breathing exercises and relaxation techniques. The class is designed for those new to Yoga, becoming comfortable with Yoga or needing time and space to practice Yoga. Poses include the need to sit, kneel, bend forward/to the side, twist and lunge. Participants are to bring a yoga mat and a towel/blanket.

M *5-6 p.m.* *Multi-Purpose Rm* *\$50* *J. McDonald*

COMMUNITY EDUCATION

Zumba® with Freddie (no class on 11/5)

Zumba is a dance fitness format that incorporates salsa, merengue, cumbia, reggaeton and other world music into a fun, cardio workout. Come and dance!

| | | | | |
|----------|-----------------------|--------------------------------|-------------|----------------|
| <i>T</i> | <i>6:15-7:15 p.m.</i> | <i>Hybrid/Multi-Purpose Rm</i> | <i>\$50</i> | <i>F. Ison</i> |
| <i>W</i> | <i>1:15-2:15 p.m.</i> | <i>Hybrid/Multi-Purpose Rm</i> | <i>\$50</i> | <i>F. Ison</i> |

Zumba® with Sara

Zumba is a dance fitness format that incorporates salsa, merengue, cumbia, reggaeton and other world music into a fun, cardio workout. Come and dance!

| | | | | |
|-----------|-----------------------|-------------------------|-------------|---------------------|
| <i>M</i> | <i>6:15-7:15 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$50</i> | <i>S. Gallagher</i> |
| <i>TH</i> | <i>6:15-7:15 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$50</i> | <i>S. Gallagher</i> |

T'ai Chi I (no class on 11/5)

T'ai Chi is commonly known as a "moving meditation." We will practice the Cheng Man-ch'ing version of the Yang style form as well as some Qigong and Neigong: relax, connect, extend, and merge. All levels are welcome, but this class is designed for beginners.

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|--------------|-----------------|-------------------------|-------------|-----------------------|
| <i>T, TH</i> | <i>5-6 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$50</i> | <i>J. Haussermann</i> |
|--------------|-----------------|-------------------------|-------------|-----------------------|

T'ai Chi II (no class on 11/5)

This class will help students who know the form to focus on their Ch'i (Qi). We'll do more extensive Qigong & Neigong; specific focus exercises during the form; and push hands practice: a playful T'ai Chi partner exercise emphasizing rooting, sensitivity, and Ch'i projection.

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| <i>T</i> | <i>3:45-4:45 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$50</i> | <i>J. Haussermann</i> |
|----------|-----------------------|-------------------------|-------------|-----------------------|

Ballroom Dancing

Fundamental use of Frame and Connection to expand on known concepts and derive initial understanding of couples social dancing (partner not required). To become confident in music discernment in order to determine/choose which of many steps to use. Outline; focusing on basic rudimentary and relatively advanced perceptions of the dance community: Frame: Form, and Posture. Connection: Join, Link, and Combine, Body Movement: Line of Dance, Linear, and Oblique including Turns. Timing, Tempo, Rhythm, and Environment.

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|----------|-----------------|------------------------|-------------|-------------------|
| <i>W</i> | <i>7-8 p.m.</i> | <i>Chautauqua Hall</i> | <i>\$50</i> | <i>B. McGlynn</i> |
|----------|-----------------|------------------------|-------------|-------------------|

COMMUNITY EDUCATION

Swim For Fitness

This course provides opportunity for low-impact cardio-beneficial movement and offers participants a choice of self-guided, self-paced lap swimming or guided workouts tailored to individual swimmer's needs. The class is overseen by an on-deck coach, and stroke instruction is available to all participants. Swimming lanes are set up for counter clockwise circle swimming, and lane assignments may be adjusted depending upon levels of attendance and swimmers' needs.

SAT 9-10:45 a.m. PGHS Pool \$45 T. Barrett

Pickleball - Beginners

This class provides an introduction to the fastest growing sport in the world, including rules, techniques and strategies. Please use the parking lot off of Forest Lodge Road. **Use of sound-dampening paddles is encouraged.**

T 12-1:45 p.m. PGHS Courts \$90 Dalhamer/Ottmar

Pickleball - Intermediate

This class provides an opportunity to work on more advanced skills like blocking, top-spin drives, and third-shot drops. Please use the parking lot off of Forest Lodge Road. **Use of sound-dampening paddles is encouraged.**

TH 12-1:45 p.m. PGHS Courts \$90 Dalhamer/Ottmar

Beginning Ballet

This class is for the "little dancer" in an adult body who either took ballet lessons a long time ago or never did.

W 12-1 p.m. Multi-Purpose Rm \$50 S. Beck

Introduction to Dance

In this class you will be learning a basic introduction to dance. We will cover Basic Ballet, Modern and Jazz Dance as well as body alignment. You will also learn how to warm up your body correctly and learn basic anatomy to help you prevent injuries. This class will cover different rhythms, styles of dance, steps, turns, leaps, locomotive rhythms, choreography and style of dance.

W 3-4 p.m. Multi-Purpose Rm \$50 S. Southard

COMMUNITY EDUCATION

Belly Dancing With Jamaica

Jamaica's teaching style represents both traditional Middle Eastern and classic American styles of belly dance. All levels are welcome.

| | | | | |
|-----------|------------------------------|-------------------------|-------------|--------------------|
| <i>M</i> | <i>11:30 a.m.-12:45 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$75</i> | <i>J. Sinclair</i> |
| <i>TH</i> | <i>11:30 a.m.-12:45 p.m.</i> | <i>Multi-Purpose Rm</i> | <i>\$75</i> | <i>J. Sinclair</i> |

WELLNESS AND COMMUNITY INTEREST

Card Game Theory

Bridge is back! The once popular card game is seeing a resurgence in popularity. Get in on the action by learning the basics and meet fellow Bridge-enthusiasts as well. Additionally, we will take a look at other card games such as cribbage and poker. We will also dabble in some dice games.

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|----------|------------------------|---------------|-------------|------------------|
| <i>M</i> | <i>10 a.m.-12 p.m.</i> | <i>Room 5</i> | <i>Free</i> | <i>K. Ottmar</i> |
|----------|------------------------|---------------|-------------|------------------|

The Magnificent 10-Definitive Westerns

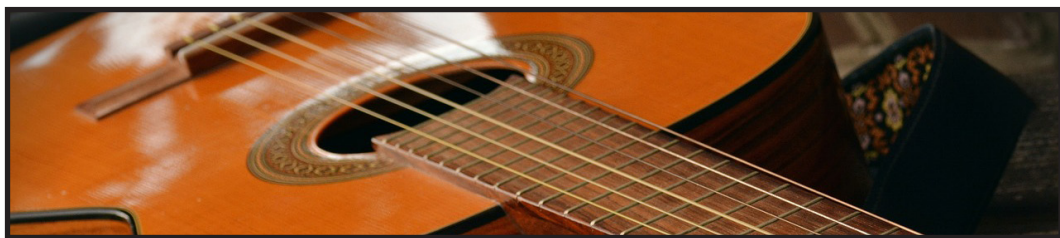
This class will take a close look at what defines a Western, exploring themes such as morality, justice, revenge and survival. From acclaimed directors such as John Ford and Howard Hawkes to actors such as Gary Cooper and John Wayne, these 10 films will hopefully shed a light on why this genre is uniquely American.

| | | | | |
|----------|------------------------|--------------------|-------------|------------------|
| <i>F</i> | <i>9:30-11:30 a.m.</i> | <i>Online Only</i> | <i>Free</i> | <i>K. Ottmar</i> |
|----------|------------------------|--------------------|-------------|------------------|

Beginning Guitar (8 weeks)

Learn some basic chords and practice playing simple songs while you build up your guitar repertoire and finger calluses. Video reviews of the lessons are posted online for your practice support.

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| <i>TH</i> | <i>5:30-6:30 p.m.</i> | <i>Butterfly Room</i> | <i>\$60</i> | <i>G. Hyde</i> |
| <i>TH</i> | <i>7-8 p.m.</i> | <i>Butterfly Room</i> | <i>\$60</i> | <i>G. Hyde</i> |



COMMUNITY EDUCATION

Birds of Monterey County (6 weeks)

We'll learn to identify resident and migratory bird species by sight and/or sound on field trips to local birding hotspots. Binoculars required. There are online homework assignments to prepare for the field trips. Choose the Tuesday or Thursday class.

T or TH 9-11 a.m. Outdoors \$75 R. Carratello

Growing for Community

This class is a working experience of succession growing for a continuous harvest throughout the growing season. When your garden is producing a lot of food, harvesting and storing produce cannot be ignored. From proper harvesting management and methods to handling and storage, you will learn the garden to table process and enjoy the quality and freshness of your home-grown produce. We will be providing weekly harvests for Al's Breakfast, our local community as well as sharing the abundance with class participants. Sign-up and cultivate your passion for growing food for your table!

M, W 9:30-11 a.m. Community Garden \$90 B. Adams

Organic Gardening for Fall

This class is a practical guide to growing food in a garden. It includes soil preparation and provides a simplified planting schedule to grow food through the fall and plan for your winter garden. A variety of vegetable and herb seeds are selected for the class and our local climate. From soil to seed, watering and pest, harvest to table, we'll cover it all! You'll "roll up your sleeves" and plant seeds, transplant starts, water and weed. Best of all, everyone shares in the harvest!

T, TH 9:30-11 a.m. Community Garden \$90 B. Adams

Basic Photography Skills

Improve your camera skills and get off of Auto. Learn Aperture Priority, Shutter Priority, Depth of Field, Focal Length, Auto Focus, Color Temperature and Composition. There will be weekly assignments, critique and field trips.

T 5:30-8 p.m. Room 7 \$150 B. Moon Batista

Beginning Sewing II

Classes will build on the basic sewing skills presented in Beginning Sewing I. Projects will use commercial patterns that continue building basic skills. Students need to have basic sewing tools and a sewing machine that is in good working order.

W 3-5:30 p.m. Room 5 \$150 J. Steinecke

2024-2025 Pacific Grove Adult Education

Last Updated: 03/11/2024

| July 2024 | | | | | | |
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| August 2024 | | | | | | |
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| September 2024 | | | | | | |
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| October 2024 | | | | | | |
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| November 2024 | | | | | | |
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| December 2024 | | | | | | |
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| January 2025 | | | | | | |
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| February 2025 | | | | | | |
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| March 2025 | | | | | | |
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| April 2025 | | | | | | |
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| May 2025 | | | | | | |
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| June 2025 | | | | | | |
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| LEGEND | |
|--------|------------|
| | No Classes |

| SESSION DATES | |
|---------------|---------------|
| Summer | 07/01 – 09/21 |
| Fall | 09/23 – 12/21 |
| Winter | 01/06 – 03/22 |
| Spring | 03/24 – 06/14 |

FUTURE SESSION REGISTRATION DATES:

Winter 2025 registration begins Wednesday 12/11/24

Spring 2025 registration begins Wednesday 3/12/25

PACIFIC GROVE ADULT SCHOOL LOCATION LIST

**Most classes are offered at our main campus
unless otherwise noted.**

**Pacific Grove Adult School
Main Campus**
1025 Lighthouse Ave, Pacific Grove

Community Garden
210 Ridge Rd, Pacific Grove

Meals on Wheels
700 Jewell Ave, Pacific Grove

PG High School Courts
(parking located off of Forest Lodge Rd)
615 Sunset Dr, Pacific Grove

PG High School Pool
615 Sunset Dr, Pacific Grove

Chautauqua Hall
Corner of 16th and Central Ave, Pacific Grove

Pacific Grove Adult Education

pgadulted.pgusd.org

831-646-6580

Office Hours:

Monday thru Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 4 p.m.

INDEPENDENCE PATHWAY PROGRAM

(adults with disabilities)

More info on Page 1

COLLEGE AND CAREER COUNSELING

More info on Page 8

Ed2GO ONLINE EDUCATION

More info on Page 9



PACIFIC GROVE ADULT EDUCATION
1025 LIGHTHOUSE AVE
PACIFIC GROVE, CA 93950

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