

Course Catalog

SPRING 2024

REGISTRATION BEGINS

MARCH 13th



“Lighting the Path for Your Education”



SPRING SCHEDULE DATES:

March 23 through June 8

NO CLASSES:

April 8 - 13

May 27

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 pgadulthood.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.

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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, 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 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 - but adults of all ages are welcome to attend. 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).

Stretch and Yoga

This class balances the mind and body through stretch and yoga techniques. Emphasis is put on breathing, focus, building strength and endurance, and lengthening muscle tissue.

M, W, F 6:30-7:30 a.m. Online Only \$75 J. Light

Body Conditioning with Janet

This class builds strength, endurance, and flexibility. Exercises include stretching techniques and strengthening for the upper and lower body using weights, Dyna Bands, and exercise balls.

T, TH 4:30-5:30 p.m. Online Only \$50 J. Light

Circuit Training

Get a balanced workout combining strength, balance, and endurance in a creative and flexible routine. Standing and mat exercises incorporated.

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

Lite Aerobics

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.

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

ACTIVE OLDER ADULT

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.

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

GYROKINESIS® (not applicable for Five-Day Workout Special)

Exercises using three-dimensional movements with corresponding breathing patterns to promote suppleness and strength in the body.

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

Core conditioning class 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®

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? Choose from Zumba, Ballet, Swimming, or Belly Dancing to name a few. Maybe Spanish, French or Italian classes are on your bucket list? We have classes for all three. Try one of our art classes such as Painting or Drawing. How about learning new skills in a Photography class? Cinema History and Guitar classes offer an opportunity for personal growth and community connection.

ART

Intermediate and Advanced Drawing

Faces & figures, animals, landscape, and still life using traditional and contemporary methods of drawing. Some materials provided or bring your own drawing supplies. Demo and critique at 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 and individual attention given. Group critique given at the end of each class.

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

Outdoor Painting/Plein Air Painting

Enjoy the beauty of the Peninsula while painting outside. Individual attention, discussion and informal critique given at the end of each class. The first class meets in the Art Room on campus and a location list will be provided at that time. Bring your own equipment and supplies. Mediums include Oil, Acrylic, Gouache and Watercolor. This class includes some walking (sometimes on uneven ground) and you are responsible for carrying your own supplies. Maestro habla Espanol.

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

Intro to Painting

A fun class if you have never painted, have some experience, or want to brush up on some basics. We'll paint with acrylics and learn the fundamentals of materials. Topics may include composition, value, color mixing, painting from life such as still life and portraits, collaboration, and a copy problem. Various artists introduced with slide presentations or books. 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 Espanol.

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

Color and Collage Workshop

A color workshop within the context of collage that is loosely based on the classic color theory book - Interaction of Color by Josef Albers. We will focus on formal properties of image making like contrast, hue and intensity by cutting and gluing paper together in various sizes. A good course for beginner and advanced artists to focus on and sharpen their perception of qualities inherent to color. Maestro habla Espanol.

TH **9:30 a.m-12:30 p.m.** **Butterfly Room** **\$120** **S. Payne**

Intro To Digital Art with Adobe

An opportunity to learn how to make art with the computer and Adobe in a patient community setting. We will cover all the basic tools including pens, brushes, gradients, and shapes. No experience necessary. A fun class to explore the incredible possibilities of digital art. Desktop Computers and Applications Provided.

TH **1:30-4:30 p.m.** **Room 7** **\$120** **S. Payne**

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.

M **1-3 p.m.** **Art Room** **\$100** **D. Grindol**

Beginning Drawing

A class for beginning and returning students. We will do select exercises from Betty Edwards "Drawing on the Right Side of the Brain." No drawing experience is necessary. You will learn about contour, edges, negative space, value and perspective and how to apply them when drawing.

T **1-3 p.m.** **Art Room** **\$100** **D. Grindol**

Watercolor at Canterbury Woods

Watercolor techniques taught. Painting independent work encouraged. Demos and personal instruction in class. Packet of paper and watercolor paints available for purchase in class.

W **1-2:30 p.m.** **Canterbury Woods** **\$50** **D. Grindol**

COMMUNITY EDUCATION

Art in the Evening: The Masters

Time for art! An 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* *\$90* *D. Grindol*

Ink and Watercolor

This class uses your drawing and watercolor skills. Great technique for travel journals and illustrations.

TH *1-3 p.m.* *Art Room* *\$100* *D. Grindol*

Art In The Redwoods (May 25)

A field trip to Santa Lucia Preserve. Special access to a grove of redwoods where we will learn about them and have time to sketch, write and paint in nature. Pack a lunch and be able to walk 50 yards on uneven ground. We will meet in Carmel Valley and carpool to the preserve. An exceptional experience!

SAT *10 a.m.-1 p.m.* *Santa Lucia Preserve* *\$45* *D. Grindol*

Intro to Colored Pencil: 2-Week Sampler (2 weeks; 3/25, 4/1)

Great sampler class for beginners. Here is your opportunity to try a bit of art using colored pencils and prepare to continue to a more advanced class if you'd like. See if this medium speaks to your creative soul while exploring some Springtime botanical subjects. You will be introduced to tidbits of tricks, tips, and techniques in this fascinating and fun art form.

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

Advanced Colored Pencil (8 weeks; Begins 4/15)

Experienced artists will expand their colored pencil skills inspired by the delicate seasonal transition of Spring. We will try to capture the delicate enthusiasm of Mother Nature as we move into the season of growth and renewal. Botanical journaling will be encouraged so we can document the seasonal changes we so often do not appreciate. Some colored pencil experience is encouraged.

M *9:30-11:30 a.m.* *Online Only* *\$80* *J. McKnight*

COMMUNITY EDUCATION

Spring Fling Calligraphy (8 weeks)

Learn the flowing and elegant hand of Modern Pointed Pen Calligraphy. For beginners and continuing students because we will start with a pointed felt-tip, then proceed to a pen holder and nib creating simple projects with a flowery theme. Fun with paper, ink and colorful embellishments! No experience needed.

W 1-3 p.m.

Room 1

\$90

M. Howe

FOREIGN LANGUAGE

Italian I

If you only know a few words, but don't know any grammar, this is the course for you. 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, and the weather and asking for touristic information.

TH 5-6:30 p.m.

Room 6

\$75

M. Elia

Spanish I (9 weeks; begins 4/4)

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.

TH 1-2:30 p.m.

Room 6

\$75

C. Rodriguez

COMMUNITY EDUCATION

Spanish II (9 weeks; begins 4/2)

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

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 (9 weeks; begins 4/3)

Join us for animated conversation and cultural readings. Students will 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 3 \$75 C. Rodriguez

French I (9 weeks; No class 6/6)

Join us to refresh your high school or college French. We will 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 will also uncover tricks to help master pronunciation and discuss cultural facts.

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

French II

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

COMMUNITY EDUCATION

French III (9 weeks; No class 6/6)

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 (movies, music, interviews). 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**

Farsi

Embark on a dynamic journey to master Farsi, spoken by over 110 million people worldwide. Our experienced instructor guides interactive sessions where students learn sounds, scripts, basic vocabulary, and grammar. Through communicative language teaching, students develop real-world proficiency, engaging in conversations and basic reading/writing tasks. Learning Farsi can offer up opportunities in government or corporate employment, travel, and literary-cultural pursuits. Join us to unlock the keys to Farsi mastery.

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

American Sign Language

This American Sign Language (ASL) course is designed for adults interested in acquiring basic communication skills in ASL. It offers a comprehensive overview of ASL's fundamental principles, vocabulary, grammar, and conversational techniques. Participants will develop the ability to engage in simple conversations using ASL and gain insights into deaf culture and community.

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

COMMUNITY EDUCATION

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.*

Zumba®

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>T</i>	<i>6:15-7:15 p.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$50</i>	<i>F. Ison</i>
<i>TH</i>	<i>6:15-7:15 p.m.</i>	<i>Multi Purpose Rm</i>	<i>\$50</i>	<i>S. Gallagher</i>

Beginning Yoga

Beginning Yoga focuses on reducing stress and connecting the mind, body and spirit through gentle and basic stretches with simple breathing exercises and relaxation techniques. It is designed for those new to Yoga, becoming comfortable or needing time and space to practice Yoga. Participants are to bring a yoga mat and a towel/blanket.

<i>M</i>	<i>5-6 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$50</i>	<i>J. McDonald</i>
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T'ai Chi I

T'ai Chi can be practiced as a meditation, a health routine, or as an internal martial art. It has many mental and physical health benefits and 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.

<i>T</i>	<i>5-6 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$50</i>	<i>J. Haussermann</i>
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T'ai Chi II

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

<i>TH</i>	<i>5-6 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$50</i>	<i>J. Haussermann</i>
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COMMUNITY EDUCATION

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

Ballet: Essential Skills for All Levels

Build and refine your ballet technique by delving into the details of posture, alignment and balance. Students will learn Italian Cecchetti technique to prevent injuries and support long term ability to move with freedom and grace. All levels are welcome.

W 1:15-2:45 p.m. Multi-Purpose Rm \$75 S. Southard

Beginning Jazz Movement

In this class we will learn the basic jazz techniques and movements including turns, jumps, leaps and combinations across the floor. We will be learning jazz positions and proper stretching to enhance strength and flexibility. This class is for all levels beginning on up.

W 3-4:30 p.m. Multi-Purpose Rm \$75 S. Southard

Pickleball - Beginners

This class provides an introduction to the fastest growing sport in the world, including rules, techniques and strategies. **Use of sound-dampening paddles is encouraged.**

T 12-2 p.m. Morris Dill 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. **Use of sound-dampening paddles is encouraged.**

TH 12-2 p.m. Morris Dill Courts \$90 Dalhamer/Ottmar

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.

W 6-7 p.m. Multi-Purpose Rm \$50 B. McGlynn

COMMUNITY EDUCATION

Line Dancing with Belle

Kick up your heels and join the fun! Beginner and Intermediate dancers are welcome.

W *4-5:30 p.m.* *Meals On Wheels* *\$75* *B. James*

Belly Dancing With Jamaica

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

M *11:30 a.m.-12:45 p.m.* *Multi-Purpose Rm* *\$75* *J. Sinclair*

TH *11:30 a.m.-12:45 p.m.* *Multi-Purpose Rm* *\$75* *J. Sinclair*

Kickboxing

Kickboxing is renowned for its ability to sculpt muscles throughout the body while providing a vigorous workout, burning up to 500 calories in an hour. It enhances stamina, promotes cardiovascular health, alleviates stress, refines coordination, and serves as a premier form of self-defense training. This class emphasizes technique and skill development without sparring or physical contact. Through partner training and shadow boxing, you will learn punch and kick combinations utilizing hand-held focus pads and bags. The class will include 30 minutes of cooldown and stretching.

T *6-7:30 p.m.* *PGMS Gym* *\$75* *TBD*

Adult Lap Swim

On-deck instructor provides stroke technique instruction. This is an independent open swim class with lane space for all levels of swimmers from beginner to advanced.

T, TH *5:30-7:15 p.m.* *PGHS Pool* *\$85* *C. Peterson*

SAT *9-10:45 a.m.* *PGHS Pool* *\$45* *C. Peterson*

T, TH, S *PGHS Pool* *\$120* *C. Peterson*

WELLNESS AND COMMUNITY INTEREST

History of Mexican Art

A lecture and discussion format designed to experience the wonderful complex dynamic that is Mexican Art History from its pre-Columbian beginnings to the great 20th century muralists and onward to contemporary art in the galleries of present-day Mexico City. This class includes slide shows and media presentations. A great course if you are interested in art history, planning a trip to Mexico or curious about the artistic nature of this country. Maestro habla Espanol.

T *10 a.m.-12:00 p.m.* *Online Only* *\$50* *S. Payne*

COMMUNITY EDUCATION

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.

M *10 a.m.-12 p.m.* *Room 5* *Free* *K. Ottmar*

Cinema History-Unseen Noir

You already know the classics - Double Indemnity, The Maltese Falcon, Sunset Boulevard, The Big Sleep. Now step into the lesser-known world of film noir and witness some truly cinematic gems starring many of the same Hollywood's Golden Age actors and actresses. This class narrows its scope to a 10-year period of movie making - 1942-1952 - focussing on some of the best film noir movies that many simply haven't seen.

F *9:30-11:30 a.m.* *Online Only* *Free* *K. Ottmar*

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.

TH *6-7 p.m.* *Butterfly Room* *\$60* *G. Hyde*

Apple Grafting (March 16)

Learn how to graft apple cuttings (scions) onto a new potted rootstock. Take home a baby apple tree variety of your choice. We talk about pruning, care and developing a tree with multiple apples fruiting at different times of the year! All supplies, scions, and rootstock provided. \$10 materials fee included in price.

SAT *10 a.m.-12 p.m.* *PGA E Meadow* *\$30* *G. Hyde*

Birds of Monterey County

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.

Session 1 (5 weeks) Tuesdays: 3/26 - 4/23 Thursdays: 3/28 - 4/25

Session 2 (4 weeks) Tuesdays: 5/7 - 6/4 Thursdays: 5/9 - 6/6 (no class 5/21 or 5/23)

T or TH *9-11 a.m.* *Outdoors* *Session 1: \$75* *R. Carratello*
Session 2: \$60

COMMUNITY EDUCATION

Organic Gardening for Spring

This class is a practical guide to growing food in a garden. It includes soil preparation and provides a simplified planting schedule to begin the growing season. 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 ***9:30-10:30 a.m.*** ***Community Garden*** ***\$90*** ***TBD***

Joyful Living

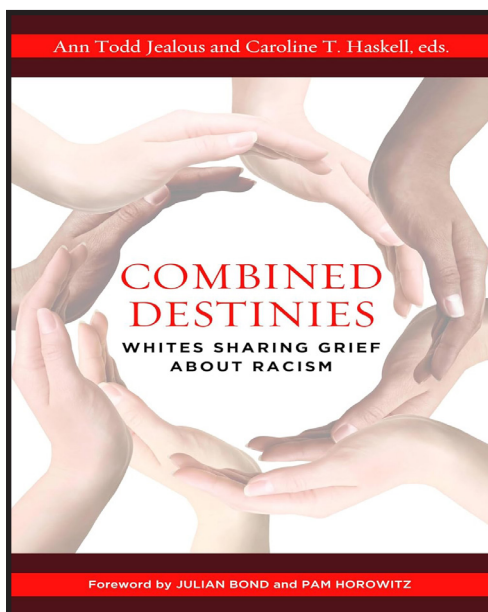
Five Practical Steps to transform life challenges into joy and harmony. This class focuses on various tools and concepts to empower you to live a more mindful, peaceful, and joyful life, overcome negative thoughts, and have more harmonious relationships with people at work and home.

T ***6-8 p.m.*** ***Online Only*** ***\$90*** ***A. Norouzi***

On the Road to Hope & Joy: A Workshop

This is an interactive and multifaceted discussion related to questions raised in the book, *Combined Destinies: Whites Sharing Grief About Racism* by Caroline Haskell and Ann Todd Jealous. This workshop will deepen the understanding of the harmful impact of racism on all Americans and help strengthen the ability to live in a multicultural world with joy.

T, TH ***6-8 p.m.*** ***Room 1*** ***Free*** ***Haskell/Jealous***



COMMUNITY EDUCATION

Basic Photography

Improve your camera skills and get off of the Auto setting. Learn Aperture and Shutter Priority, Depth of Field, Focal Length, Auto Focus, Color Temperature, Composition and more. Weekly assignment, critiques and a field trip.

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

Lightroom Classic

Learn to import your photographs into Lightroom Classic. Edit in the Development Module using Basic Tools, new features in the Masking Adjustment Brush, Color Mixer, Lens Blur and more. All skills are welcome.

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

CAREER & 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.

W *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.

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

TYPING TEST

We offer instant, accurate, low cost typing certificates.

Fee: \$35.00 for three attempts

Call (831) 646-6580 to schedule an appointment

CAREER & LIFE SKILLS

NEW ONLINE COURSES AND CERTIFICATION PROGRAMS



Have you ever considered becoming an IT Professional or Paralegal? How about a Marketing Professional or Project Manager? Our online career training courses can start you on a path to an in-demand profession or help advance your current career with an industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you'll receive a certificate of completion. Course fees include instruction, materials, and for many a voucher for the industry certification exam.

Course categories include:

- Business
- Program Management
- Information Technology and Software Development
- Digital Marketing and Design
 - Hospitality
 - Skilled Trades
 - Healthcare
- Teacher Professional Development
- and many more

SCAN THE QR CODES OR VISIT THE LINKS BELOW FOR MORE INFORMATION



General Courses

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



Certification Courses

<https://careertraining.ed2go.com/pgadulthood-career/>

PARENT ENGAGEMENT FOR STUDENT SUCCESS

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

M-F	8:45-11:30 a.m.	Dual Language	A. Macias-Rivera
M-F	12:45-3:30 p.m.	Dual Language	A. Macias-Rivera
M-F	8:45-11:30 a.m.	Lighthouse	TBD
M-F	12:45-3:30 p.m.	Lighthouse	C. Broz



PARENT ENGAGEMENT FOR STUDENT SUCCESS

PARENTS' PLACE

Welcome to Parents' Place, an award-winning Parent Education Program of Pacific Grove Adult Education. Parents' Place offers a variety of classes held in-person (with several options to join via livestream). Weekly age-related, parent engagement classes for parents/caregivers of children birth-3 years offer parenting topics and discussions suitable for their child's unique developmental age. Parents/caregivers learn valuable parenting skills and techniques while engaging and connecting with other families in both our age-related and specialty classes. We offer an atmosphere of support where babies and children play and learn in a safe, nurturing, and stimulating environment. Groups are facilitated by experienced and credentialed parent educators.

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

Parent Engagement Classes

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.*

Mon PM 12:30-2:30 Forest Room Child's DOB 2/1/24-5/31/24	C. Kershner
Tues PM 12:30-2:30 Earth Room Child's DOB 11/1/23-1/31/24	K. Stember
Wed PM: 12:30-2:30 Forest Room Child's DOB 7/1/23-10/31/23	C. Kershner
Tues PM: 12:30-2:30 Forest Room Child's DOB 4/15/23-6/30/23	C. Kershner
Thur PM 12:30-2:30 Forest Room Child's DOB 2/1/23-4/14/23	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.*

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 Earth Room Child's DOB 7/1/22-9/30/22	A. Gabrio
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
Tues AM 9:30-11:30 Forest Room Child's DOB 9/1/21-11/30/21	C. Kershner
Wed AM: 9:30-11:30 Moon Room Child's DOB 5/1/21-8/31/21	C. Broz

The cost of classes listed above is \$75

Fees cover materials and supplies. Parent engagement curriculum free.

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, nature crafts, art, and storytelling. As the season changes we will plant seeds and seedlings, water, watch them grow, and care for them over time. **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 6 week class to form new connections, offer and receive support, and share experiences on parenting your 18mo - 5yr old. Class includes a weekly evening virtual meeting for parents to discuss topics of interest, and access to parenting resources via Google Classroom. **Session Dates: 3/28, 4/4, 4/18, 4/25, 5/2, 5/16**

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

Young at Art

This class is for little hands where the focus is on exploration and inspiring creativity. Inspire your little artist with tempera paint, watercolor, glue, collage materials and sensory art activities. Art has a soothing effect, moves, heals, inspires and connects people. **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 birth-1 year.**

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

ENGLISH AS A SECOND LANGUAGE

Our ESL classes are for adults who want to learn English or improve their English language skills. We offer a variety of classes, ranging from beginning to advanced. All classes focus on listening, speaking, reading, and writing, and we learn about American culture. Students acquire language skills that will help them in their workplace or enable them to find better jobs. All classes use the Burlington English online program in addition to teacher-led instructional activities.

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

ESL Level A - Beginning

The ESL Level A class is an introduction to oral and written English. 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.

<i>M, T</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>S. Turell</i>
<i>W</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>L. Morgan</i>
<i>TH</i>	<i>9-11 a.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>L. Morgan</i>

ESL Level B - Intermediate

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

<i>M, T</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 2</i>	<i>Free</i>	<i>M. Miller</i>
<i>W</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 2</i>	<i>Free</i>	<i>C. Sendell</i>
<i>TH</i>	<i>9-11 a.m.</i>	<i>Room 2</i>	<i>Free</i>	<i>C. Sendell</i>

ESL Level C - Advanced

Students in the ESL Level C class will study the English language at a higher level. Students will speak with increased vocabulary about more complex topics, read more advanced articles and books, and write essays that are well organized and grammatically correct. The class will also study American civics and culture.

<i>M, T</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 3</i>	<i>Free</i>	<i>B. Kraus</i>
<i>W</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 3</i>	<i>Free</i>	<i>TBD</i>
<i>TH</i>	<i>9-11 a.m.</i>	<i>Room 3</i>	<i>Free</i>	<i>TBD</i>

ENGLISH AS A SECOND LANGUAGE

ESL Multi Level Lab

In this lab, ESL students will practice conversation, fluency, pronunciation, listening, vocabulary, reading, and writing. Students will participate in whole class activities, in small groups, and work independently using the computer program, Burlington English. Students must be at High Beginning (CASAS 200) or higher to participate.

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

Pronunciation for English Learners

This course focuses on the pronunciation of American English. ESL students will gain confidence in their speaking skills as they study and practice vowel and consonant sounds, stress, rhythm, and intonation.

W ***12:30-1:30 p.m.*** ***Room 2*** ***Free*** ***C. Sendell***

Literature for Adult Learners

This class provides an opportunity for students - including advanced ESL students and students working towards their high school diploma - to improve their English language skills through 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 class discussions and will 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

This class provides English Language Learners an opportunity to engage in conversation with peers and native English speakers to improve their listening and speaking skills. Through student-centered activities that improve grammar, vocabulary, pronunciation, and intonation, students develop the skills necessary for effective communication.

TH ***11:00 a.m.-12:00 p.m*** ***Room 3*** ***Free*** ***S. Turell***



ENGLISH
as a
SECOND LANGUAGE

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.

Monday dates: 4/15, 5/13; Saturday dates: 4/20, 5/25

M	5:30-7:30 p.m.	Room 2	Free	A. McDowell
SAT	9:30-11:30 a.m.	Room 2	Free	A. McDowell

ADULTS WITH DISABILITIES

WITHOUT WALLS

About Us

We are a community-based program for adults with developmental disabilities that is a joint program of Pacific Grove Adult School and The Gateway Center of Monterey.

Program Focus

Using Person-Centered Practices, we support the preferences, desires, and goals of each individual in the areas of vocation/volunteering, education, personal development, socialization and recreation. To achieve this, we focus on:

- Community Integration
- Relationship Building
- Skill Development
- Hands-on Training

Entrance Criteria

- Be a client of SARC (San Andreas Regional Center). We also reserve openings for those who are not clients. Please call or email to inquire.
- 18 years or older
- Use the restroom independently
- Handle & administer medication independently (during program hours)
- Have a desire to integrate into, or volunteer in, the community
- Able to participate in the community at a student to staff ratio of 3:1

Program Dates

The program is open year round and follows the Pacific Grove Adult School Calendar

For Questions, or to Enroll, Contact:

Daniel Lomeli,
Community Integration Coordinator
Without Walls, Gateway Center of Monterey
850 Congress Ave. Pacific Grove, CA 93950
dlomeli@gatewaycenter.org
831-785-6516 (Text or Call)

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 Exam 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 210 credits:

- English: 40 credits
- Social Studies: 40 credits
- Math: 20 credits
- Science: 20 credits
- Fine Art or Foreign Language: 20 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).
- For non active students, 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>

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**

**Canterbury Woods
651 Sinex Ave, Pacific Grove**

**Meals on Wheels
700 Jewel Ave, Pacific Grove**

**Morris Dill Courts
515 Junipero Ave, Pacific Grove**

PGHS Pool
(located toward the back of the campus)
615 Sunset Dr, Pacific Grove

PGMS Gym
(located toward the back of the campus)
835 Forest Ave, Pacific Grove



PACIFIC GROVE
ADULT EDUCATION

Start building your future.



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



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

1025 Lighthouse Ave, Pacific Grove, CA 93950

📍 Room 4

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

Zoom/Google Meets available.

Join us to shape your future at PGAE! 🌟

Pacific Grove Adult Education

1025 Lighthouse Ave
Pacific Grove

pgadulted.pgusd.org

831-646-6580

Office Hours:

Monday thru Thursday
8 a.m. - 8 p.m.

Friday
8 a.m. - 4 p.m.



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

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