

WINTER 2024

REGISTRATION BEGINS

DECEMBER 13th



“Lighting the Path for Your Education”



WINTER SCHEDULE DATES:

January 8 through March 23

NO CLASSES:

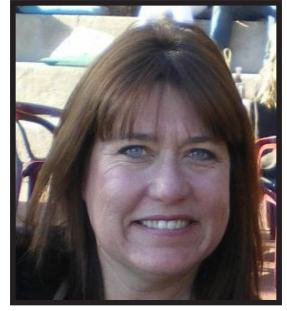
January 15

February 12-17

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

These specially designed classes for mature adults provide learning 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). *Hybrid Instruction- Attend online and in-person.*

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

Strength and Balance with Marta

This class will help you 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

ACTIVE OLDER ADULT/COMMUNITY ED

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

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 many art classes such as Painting or Drawing. How about learning new skills in a Photography class? Cinema History, Guitar and Tai Chi classes offer an opportunity for personal growth and community connection.

ART

Color Pencil

What a perfect time to explore light and shadow or textures and contrasts. It is a time to expand our artistic endeavors beyond botanical art. Although our primary tool will remain colored pencils, we will also explore the synergy of colored pencil with watercolor, pen and ink, acrylic paint, gouache and charcoal in order to create the brooding wintery images of the central coast. Some prior experience with colored pencil is encouraged.

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

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 \$120 M. Gilmore

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

COMMUNITY EDUCATION

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 \$100 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.

W 5:30-7:30 p.m. Art Room \$75 S. Payne

Beginning Watercolor (8 weeks; 1/22-3/18)

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

Drawing Skills (8 weeks; 1/23-3/19)

We will work on warm up techniques and habits that improve drawing skills. In class you will work on drawings of your choice from photos or still life. Students should have some drawing experience

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

Art in the Evening: The Masters (8 weeks; 1/24-3/20)

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 \$80 D. Grindol

COMMUNITY EDUCATION

Ink and Watercolor (8 weeks; 1/25-3/21)

Using mainly photo references we will work in ink and watercolor and explore techniques that combine both media.

TH 1-3 p.m.

Art Room

\$100

D. Grindol

Calligraphy and Cards

A New Year and a new (or continuing) hobby. Learn the classic calligraphy hand of ITALIC - beautiful, versatile and elegant. Broad-edge nib calligraphy at its best. The Pilot Parallel pen makes this even easier by eliminating the need for ink dipping. Bonus card making projects each week. Other writing styles will be explored, too. This class is designed for everyone, including beginners.

W 1-3 p.m.

Rm 1/Hybrid

\$100

M. Howe

FOREIGN LANGUAGE

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

Italian I

This class is an introduction to the Italian language. Students will learn to master basic communicative situations, such as introducing themselves, 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

COMMUNITY EDUCATION

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.

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

Spanish II

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

T **1-2:30 p.m.** **Room 3** **\$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

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 welcome.

W **6-7:30 p.m.** **Room 3** **\$75** **C. Rodriguez**

French I

Refresh your high school or college French. We will review the verbs *etre*, *avoir*, *aller*, *faire* and the *-er* verbs in the present tense as well as numbers and how to ask questions. We will 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 the near future, the *passé composé* and the reflexive verbs. We will also uncover tricks to help master pronunciation. Planning a trip to France soon? A full lesson will be dedicated to restaurant vocabulary and key sentences. Proficiency in the present tense is preferred.

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

COMMUNITY EDUCATION

French III

This is a conversational based class. Students will participate in extensive guided conversations. Intermediate level of grammar structures will be introduced as well as increased vocabulary building and pronunciation activities. Proficiency in the present, near future, and passé composé 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 I

Spoken by over 110 million people worldwide, Farsi is a rich poetic language with historical roots and international importance. Learning Farsi can offer up opportunities in government or corporate employment, travel or literary-cultural pursuits. Learn Farsi from an experienced instructor and interpreter. Students will learn to read and write simple texts in Farsi and understand and respond to basic questions and hold grammatically-correct beginning-level conversation.

M **5:30-7:30 p.m.** **Room 3** **\$60** **M. Belali**

FITNESS AND RELAXATION

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.

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

Adult Lap Swim

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

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

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**

COMMUNITY EDUCATION

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>
<i>SAT</i>	<i>9:30-10:30 a.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$50</i>	<i>M. Kerchen</i>

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.

<i>W</i>	<i>12-1 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$50</i>	<i>S. Beck</i>
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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. For all levels from beginners and up.

<i>W</i>	<i>1:15-2:45 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$70</i>	<i>S. Southard</i>
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Beginning Jazz

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.

<i>W</i>	<i>3-4:30 p.m.</i>	<i>Multi-Purpose Rm</i>	<i>\$70</i>	<i>S. Southard</i>
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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.**

<i>T</i>	<i>12-2 p.m.</i>	<i>Morris Dill Courts</i>	<i>\$80</i>	<i>Dalhamer/Ottmar</i>
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Pickleball - Intermediate

This class provides players with an opportunity to work on more advanced skills such as blocking, topspin drives, and third-shot drops. **Use of sound-dampening paddles is encouraged.**

<i>TH</i>	<i>12-2 p.m.</i>	<i>Morris Dill Courts</i>	<i>\$80</i>	<i>Dalhamer/Ottmar</i>
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COMMUNITY EDUCATION

Ballroom Dancing

Fundamentals of ballroom dancing. Focusing on basic concepts of dancing: frame, posture, connection, line of dance, linear and oblique movement, timing, tempo and rhythm, turns, body movement and environment.

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

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*

T'ai Chi

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.

T, TH *5-6 p.m.* *Multi-Purpose Rm* *\$75* *J. Haussermann*

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.

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

Cinema History-Historical Fiction

As Oscar season ramps up, we will be taking a deep dive into 10 monumental Historical Fiction films from some of the greatest filmmakers in cinema history. Such films include historical dramas and bio pics, ranging from the 1960s to present day.

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

COMMUNITY EDUCATION

History of Mexican Art (8 weeks)

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.

Session dates: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/3, 3/10

SUN 9-10:30 a.m. Online Only \$50 S. Payne

Beginning Guitar

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 and Fruit Tree 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 in the class fee.

SAT 10 a.m.-12 p.m. PGAE (\$5 material fee)+\$20 G. Hyde

Dramatic Photography

Learn the many ways you can improve your photography by using the settings and buttons of your camera appropriately. We will cover what to use when, how, where and why. Most classes will be self discovery with your own camera. Plan to spend some time outdoors each class. The last two classes will be a walk and explore shooting on Fisherman's Wharf and on Cannery Row.

T 6-8 p.m. Butterfly Room \$125 G. Hyde

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

COMMUNITY EDUCATION

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. This course is for beginners and those who want to refresh their skills.

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

Photography Storytelling

Project based class to provide you with guidance and support while you develop a photography story. This course provides structure and accountability in a group setting. Weekly goals and critiques support & expand your photographic knowledge skills while you refine your vision.

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

Obtain a Typing Certificate!
We offer instant, accurate, low cost typing certificates.

Fee: \$35.00 for three attempts
Call (831) 646-6580 to schedule an appointment

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.*

Tues PM 12:30-2:30 Earth Room Child's DOB 11/1/23-3/15/24	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
Mon PM 12:30-2:30 Forest Room Child's DOB 12/1/22-3/30/23	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 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 12/1/21-2/29/22	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
Thur AM: 9:30-11:30 Forest Room Child's DOB 1/1/21-4/30/21	C. Kershner

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: 1/11, 1/18, 1/25, 2/1, 2/8, 2/22.**

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

PARENT ENGAGEMENT FOR STUDENT SUCCESS

CO-OP PRESCHOOL

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

Contact Diane Cates-Pegis at dpegis@pgusd.org or call the Parent Education Office at 831-646-6623 for additional information.

Fee: \$200/month

Co-op Preschool

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

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

Program Dates

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

Zoom Option Available

For more information, please call
831-785-6516

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

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)

ESL

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>L. Morgan</i>
<i>W</i>	<i>9 a.m.-12 p.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>TBD</i>
<i>TH</i>	<i>9-11 a.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>TBD</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>

ESL Level A/B - Beginning/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.

<i>T, TH</i>	<i>5:30-7:30 p.m.</i>	<i>Room 1</i>	<i>Free</i>	<i>TBD</i>
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ESL

ESL Level B/C - Intermediate/Advanced

Students in the ESL level B/C class will study the English language at an intermediate/advanced level and learn more complex grammatical structures of the English language. They'll increase their vocabulary and develop fluency through class discussions, reading selections, and writing essays about everyday topics and more complex themes. Students will learn to write essays that are well organized and grammatically correct. In addition to practicing listening, speaking, reading, and writing skills, the class will study American civics and culture. Students will spend some time working independently using the computer program, Burlington English.

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 Advanced English Learners

The Literature for Advanced English Learners class provides an opportunity for advanced ESL students to read books and short stories in English. Most selections will be from American literature, and we will also read works from other cultures. In addition to improving reading skills, students will engage in class discussions on the material and will write regularly. Vocabulary and grammar lessons will be based on the reading selections.

T, TH 12:30-2:30 p.m. Room 6 Free J. Billets

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: 1/8, 2/5, 3/4 Saturday dates: 1/27, 2/24, 3/23

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

HIGH SCHOOL DIPLOMA/HiSET

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)

HiSet 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>

Math Boot Camp (7 weeks)

Are you studying to get your High School Diploma or to pass the HiSET Math test? Or do you want to improve your Math skills to access more career opportunities? Or do you have Math anxiety? If you answered yes to any of these questions, you are not alone. We are here to help! Join Pamela's Winter Math Boot Camp and crush that Math test! **Session Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 2/29**

<i>TH</i>	<i>6-8 p.m.</i>	<i>Free</i>	<i>Room 4</i>	<i>P. McCormick</i>
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Pacific Grove Adult Education

pgadulted.pgusd.org

831-646-6580

Office Hours:

Monday thru Thursday

8 a.m. - 8:00 p.m.

Friday

8 a.m. - 4 p.m.

LOCATION LIST

PG Adult School

1025 Lighthouse Ave, Pacific Grove

Meals On Wheels

700 Jewel Ave, Pacific Grove

Morris Dill Courts

515 Junipero Ave, Pacific Grove

PGHS Pool

615 Sunset Drive, Pacific Grove



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

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