



Photo: Laura Schwoerer 2019



adult school

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

COMMUNITY, CAREER & ADULT EDUCATION

2019 FALL Schedule



PARENT PARTICIPATION PROGRAM



Join the Fun and Meet Friends at Parent Participation!

Parenting is a joy and a challenge. Come to class with an infant, toddler, or preschooler, and learn about the developmental stage of your little one while forming connections with other parents. Credentialed teachers provide opportunities for imaginative play, singing, art, sensory exploration, cooperative experiences and outdoor fun. Strengthen your parenting skills through guided discussions, guest speakers, and focused observation of your child. All adults in a parenting role are welcome (including nannies and grandparents.) *Children's immunization records will be confirmed via CAIR. Those with records that are not up to date or missing will be contacted by our office.* [Register for classes at parentparticipation.org.](http://parentparticipation.org)

Fall Semester • August 26th - December 13th*

Classes Meet Once a Week in San Luis Obispo, Morro Bay or Los Osos

Classes are not in session 9/2, 11/11, and 11/24-29. *Tiny Hikers & Garden: see dates listed.

Parenting the Infant Baby must be age of class by the first class meeting. \$113
Find connection and support while getting to know other parents and their infants. Share in the joys and challenges of parenthood through class discussions and guest speakers. Topics include infant development, sleep, and nutrition.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
0-6 mo	Thurs	12:30-2:30p	Danielle Snyder	SLO Adult School D1	70000
0-12 mo	Tues	4:00-6:00p	Mary Herrera	SLO Adult School D1	70300
0-12 mo	Fri	10:00a-12:00p	Mary Herrera	LO Sunnyside Elem. Rm.19	70301
6-12 mo	Tues	9:45a-11:45a	Nadine McCarty	SLO Adult School D1	70101
6-12 mo	Thurs	9:45a-11:45a	Danielle Snyder	SLO Adult School D1	70100

Tiny Hikers *9/9-10/28 Child must be age of class by the first class meeting. \$60
Hike the beautiful trails of SLO County with your child in a backpack or carrier. Each hiking class also includes guided discussions on health, stress-reduction, and understanding of child development.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-24 mo	Mon	10:00a-12:00p	Debra Romano	SLO Adult School D1	79900

Parenting the Young Toddler Child must be age of class by the first class meeting. \$120
Understand and enjoy your toddler while connecting with other parents. Class emphasis is on parenting discussion and support, sensory and discovery activities, songs and movement, and outdoor play.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
Young Ones					
10-18 mo	Mon	10:30a-12:30p	Denise Indvik	SLO Adult School D3	\$98 71100
Young Toddler					
12-24 mo	Tues	9:30-11:45a	Julie Martin	SLO Adult School D3	71002
12-24 mo	Tues	4:00-6:00p	Denise Indvik	SLO Adult School D3	\$113 71007
12-24 mo	Wed	9:00-11:15a	Mary Herrera	LO Sunnyside Elem. Rm.19	71001
12-24 mo	Wed	9:30-11:45a	Julie Martin	SLO Adult School D3	71003
12-24 mo	Thur	9:30-11:45a	Julie Martin	SLO Adult School D3	71004
12-24 mo	Thur	9:00-11:15a	Mary Herrera	MB Morro Elem. Rm.18	71006

Parenting the Older Toddler Child must be age of the class by the first class meeting. \$128
Enjoy time together as we sing, create, play and foster a healthy relationship with your child. Class discussions center on understanding and honoring your unique little one.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
18-30 mo	Mon	9:15-11:45a	Nadine McCarty	SLO Adult School D2	\$111 72005
24-36 mo	Mon	9:30a-12:00p	Mary Herrera	LO Sunnyside Rm.19	\$111 72000
24-36 mo	Tues	9:00-11:30a	Lisa LaFaille	SLO Adult School D2	72002
24-36 mo	Tues	4:00-6:00p	Nadine McCarty	SLO Adult School D2	\$113 72001
24-36 mo	Thurs	9:00-11:30a	Lisa LaFaille	SLO Adult School D2	72003
24-36 mo	Fri	9:00-11:30a	Julie Ashworth	MB Morro Elem. Rm.18	72007

San Luis Coastal Adult School

Phone (805) 549-1222 Fax (805) 544-0638



SIBLINGS: Younger siblings may join classes for an additional \$45 per class. Add "Sibling Fee" (under Product) to your online cart. Infants under the age of one are free.

Parenting the Preschooler Child must be age of the class by the first class meeting. \$143
 Children enjoy enriching literature, early math concepts, science exploration, and creative play. Parent discussions focus on social, emotional and intellectual development of preschoolers.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
2.5-4 yrs	Wed	9:00-11:45a	Danielle Snyder	SLO Adult School D2	75005
2.5-4 yrs	Fri	9:00-11:45a	Danielle Snyder	SLO Adult School D2	75002
3-5 yrs	Mon	9:30a-12:15p	Julie Ashworth	MB Morro Elem.Rm.17	\$124 75001
3-5 yrs	Tues	9:00-11:45a	Mary Herrera	LO Sunnyside Elem. Rm.19	75004

Fizzle Pop Child must be age of the class by the first class meeting. \$124
 Explore early math and science concepts through play, experiments, art and literature.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-5 yrs	Mon	9:00-11:45a	Lisa LaFaille	SLO Adult School D4	73300
3-5 yrs	Mon	4:00-6:00p	Lisa LaFaille	SLO Adult School D4	\$98 73301

Preschool in the Garden *9/6-10/25 Child must be age of class by the first class meeting. \$60
 Discover the wonders of nature in our Hilltop Garden and covered outdoor classroom. Explore topics like pollinators, wriggly worms, sprouting seeds, interesting insects, succulents and more!

AGE	DAY*	TIME	TEACHER	LOCATION	CLASS #
3-5 yrs	Fri	10:00a-12:00p	Burrows/Hinson	SLO Adult School Garden	78801

Co-operative Preschool: September 2019 - May 2020

Visit parentparticipation.org for more information about our preschool. Classes are currently full. To be placed on our wait list, please go to our website and submit an Online Enrollment Request Form. Child must be age of class by Sept. 1, 2019.

AGE	DAYS	TIME	TEACHER	LOCATION
3 Yrs	Tu/We/Th	9:00a-12:00p	Denise Indvik	SLO Adult School D4
3-4 Yrs	Tu/We/Th	9:00a-12:00p	Julie Ashworth	MB Morro Elem. Rm 17
4 Yrs	Tu/We/Th(Fr Mar-May)	9:15a-12:15p	Jolie Burrows	SLO High School Preschool Rm.

Prenatal & Postnatal Yoga

Prenatal Yoga \$88
 Wed, 9/4-12/4 5:45-7:00p Jessica Godsey Adult School RmJ4 **#78612**

Prenatal yoga focuses on building strength and flexibility during pregnancy to help prepare for birth as well as motherhood. Breathing, relaxation, meditation, and community building will also be discussed. Great for all stages of pregnancy.

Baby & Me Yoga \$54
 Fri, 9/6-11/15 no class 10/4 10:30-11:30a Vanessa Veiock Adult School RmK1 **#98880**

In this supportive class, parents will stretch, tone, and breathe while bonding with infants (pre-crawlers). Sequences focus on the common aches and pains of caring for a baby, as we include our little one in our practice, and create community with other parents.

SCHOLARSHIPS AVAILABLE: to apply call the Adult School at (805) 549-1222

PARENT EDUCATION



new!

How to Talk to Kids about Social Differences

Thurs, 9/19 6:00-8:00p

Explore information and gain guidance on how to talk to kids about race, gender, ability, culture and other differences. This class will present relevant information to children 0-8 with an emphasis on early childhood years. Through this class, participants will have the opportunity to inquire, discuss and practice strategies that address bias and sensitivity in a caring and supportive environment. For more information please contact: raiseupslo@gmail.com. Childcare- see below*

Sandra Sarrouf

#80000

Adult School Rm.B3

\$5

Communication FUNDamentals

Thurs, 9/19-10/24 6:00-8:00p

What's Making you Angry? Learn 10 steps to transforming anger so everyone wins. The process of compassionate communication is a strategy for becoming more aware of the thoughts, words and behaviors that disconnect us from ourselves and each other. Childcare - see below.*

Rick London

#79181

Hawthorne Elementary Library

\$25

The Whole Brain Child

Thurs, 11/7 6:00-8:00p

In this workshop, learn how your child's brain is wired and explore practical brain-based strategies for responding to challenging behavior that helps to nurture your child's developing mind. Explore ways to develop social and emotional intelligence in your family life that wire your child's brain for health, happiness, creativity and compassion. Birth-12 years old. Childcare - see below.*

Lea Payne Scott

#89700

Adult School Rm.B3

\$5

Active Parenting 5 to 12 Year Olds

Wed, 10/9-11/13 5:30-7:30p

Learn skills to achieve a fuller, more satisfying, family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly. Childcare - see below.*

Julie Ashworth

#97900

Del Mar Elementary Library

\$25

Parenting Sober Support Group

First Sunday of the month, 4:00p

Cindy DuSair

No Charge

Third Thursday of the month, 5:30p

Build Your Nest Coaching, 6613-B Bay Laurel Pl., Avila Beach

This open forum meeting is for parents at any stage of recovery who want to get a grip on parenting and stay sober in the process. The group is designed to align solid parenting foundation principles and tools with the 12-step principles so that parents can begin to enjoy both living sober and parenting successfully. For information please contact Cindy DuSair at (805) 550-5865 or cdusair@buildyournestcoaching.com.

*Childcare can be provided for a nominal fee, although parents are strongly encouraged to provide their own. Call the Adult School office at (805) 549-1222 to inquire about registering your child(ren).

Parent Education classes are in collaboration with Parent Connection of SLO County



Parent Connection of San Luis Obispo County is a parent education and support program that strives to encourage, strengthen and nurture families. Parent Connection offers a variety of services designed to make parenting less stressful and more rewarding, while promoting positive parenting techniques and building a families protective factors.

Visit sloparents.org for coaching and resources.

**SCHOLARSHIPS
AVAILABLE**
for all Adult School classes
Call (805) 549-1222 to apply

No Classes in Session/Office Closed:

Sept. 2 Labor Day

Nov. 11 Veteran's Day

Nov. 24-29 Thanksgiving Break

MUSIC

Guitar - Beginning

Wed, 9/4-12/11 6:00-7:00p Sinsheimer Music Rm Kevin Graybill **\$70 #205900**

Ukulele - Beginning

Tues, 9/3-12/10 6:00-7:00p Sinsheimer Music Rm Kevin Graybill **\$70 #205920**

This is a relaxed pace course designed to teach the fundamentals of playing a variety of songs and musical styles. Learn basic chords and how to read chord diagrams and tablature. Suited to those who have never played as well as those with minimal experience. Students must bring their own instrument.

Guitar Ensemble

Wed, 9/4-12/11 7:05-8:20p **\$84 #205701**

Sinsheimer Music Rm Kevin Graybill

Ukulele Ensemble

Tues, 9/3-12/10 7:05-8:20p **\$84 #205930**

Sinsheimer Music Rm Kevin Graybill

Ensemble students will enjoy a low-key environment with emphasis on playing music versus learning how to play the guitar or ukulele. Any level welcome. Other instruments permissible by instructor consent.



SLO County Band

Thur, 9/5-12/12 7:00-9:00p Adult School Rm.J4 Leonard Lutz, Conductor **\$47 #205800**

SLO County Band has been in existence since 1880, providing music for public events, parades, and patriotic occasions. Participants provide their own musical instruments and stand. For more information, email: tspears805@gmail.com.

Singing Class

Wed, 9/4-12/11 5:30-7:30p Sunnyside Elem., Rm.3 Los Osos Katherine Arthur **\$145 + \$30 pianist fee in class #202900**

Thurs, 9/5-12/12 11:00a-1:00p Sunnyside Elem., Rm.3 Los Osos Katherine Arthur **#202903**

Fri, 9/6-12/13 11:00a-1:00p Sunnyside Elem., Rm.3 Los Osos Katherine Arthur **#202902**

Learn the basics of how to sing in a balanced and efficient way. Explore your vocal potential in a fun "learn by doing" setting. Non-experienced and experienced singers welcome. Class limited to 12 students.

Singing Performance Practice

Thurs, 9/5-12/12 5:30-7:30p Sunnyside Elem., Rm. 3 Los Osos Katherine Arthur **\$145 + \$40 pianist fee in class #203000**

Intermediate singers will hone their skills in solo performances in a safe and welcoming environment. Learn vocal techniques, poise, expression, and ways to overcome stage-fright. There will be an optional public performance of songs. Enrollment subject to instructor's approval. Email: arthur@calpoly.edu.

COOKING



Taught by Sheila McCann at the House of Bread

299 Marsh St., San Luis Obispo

Each class is \$52 + a \$20 material fee collected in class.

Classes are hands-on with take-home bread included.

Bread Baking Basics

Mon, 9/30 10:30a-1:30p **#21400**

Explore different types of yeasts and flours and the effects they have on bread. Varied shaping and baking techniques will be explored to create fabulous homemade bread and cinnamon rolls.

Whole Grain Bread

Mon, 10/7 10:30a-1:30p **#21410**

Explore baking with whole grains and produce a great tasting, light loaf with a soft texture.

Artisan Hard Crusted Bread

Fri, 10/18 10:30a-1:30p **#21430**

Enjoy making Italian rosemary olive ciabatta and French baguettes.

Sourdough Bread

Mon, 10/21 10:30a-1:30p **#21440**

Learn how to make a sourdough starter, mix, shape and bake sourdough bread.

Flat Breads

Mon, 10/28 10:30a-1:30p **#21490**

Create flatbreads for pizzas, pita and focaccia breads.

ARTS



Knit and/or Crochet

Wed, 9/25-11/20 6:30-8:30p
Adult School Rm J1

#104000

\$85

Megan Selby

Learn to knit or crochet, read a pattern, choose appropriate yarn for beginner to intermediate projects. Experienced students can bring work in progress. Beginners email teacher for a supply list: selbymegan@gmail.com

Sea Glass Hammered Wire Jewelry

Mon, 10/7 6:00-8:00p
SLO Adult School Kitchen J1

#232111

\$52 (materials included)

Joan Martin Fee

Learn fun techniques to create a one-of-a-kind jewelry set. The instructor will demonstrate how to drill holes in sea glass and how to hammer wire to strengthen, harden and texturize. Use your new knowledge to create your own beautiful sea glass jewelry. No experience necessary.



Wonky Mosaic Tree

Tues, 11/12 6:00-8:30p
SLO Adult School Kitchen J1

#23909

\$58 (materials included)

Joan Martin Fee

Create a colorful wonky holiday tree choosing from instructor's huge selection of plate pieces, baubles, trinkets and bling. You'll learn all about mosaics from cutting, gluing, and grouting to cleaning. Great for beginners.

Succulent Holiday Tree

Mon, 11/18 6:00-8:00p
SLO Adult School Kitchen J1

#22081

\$62 (materials included)

Joan Martin Fee

Add gorgeous local succulents to a sphagnum moss tree form to create a stunning centerpiece. A care sheet will be provided.



Resin Necklaces

Mon, 12/2 6:00-8:00p
SLO Adult School Kitchen J1

#234801

\$42 (materials included)

Joan Martin Fee

Create two stunning necklaces by adding charms, beads, trinkets, glitter and paper to metal tray bezels. We'll mix resin and encase your necklaces so they glisten.

DANCE

Taught by Laura Slania at Sinsheimer Elementary Multi- Purpose Room

Classes rotate partners. No experience necessary. Hard soled shoes recommended.

Rumba

Wed, 9/18-11/6 6:00-7:00p

\$40

#21280

Learn this versatile Latin dance! One of the most useful dances you can have in your repertoire. We'll start with the simple box step and progress with more complicated patterns to have you dancing up a storm in no time.



Beginning West Coast Swing

Wed, 9/18-11/6 7:05-8:05 p

\$40

#21240

West Coast Swing's versatility and styling puts it in a category all by itself and it continues to grow in popularity. West Coast Swing can be applied to nearly any genre of music or tempo.



LANGUAGE

Mandarin Chinese for Beginners

Thurs, 9/12-11/14 6:00-8:00p Laguna Middle School Library Ji Li #208010 \$100 + book
Acquire a good grasp of spoken and written Chinese, and understand conversational Chinese at a natural speed, with the confidence to respond appropriately. Purchase book in class.

Conversational Spanish 1A

Tues, 9/17-11/12 5:30-7:30p Morro Bay High Rm.103 Debbie Highfill #22880 \$100
Learn to speak one of the world's most common languages. Understand the grammar so you can easily grow your Spanish understanding and fluency. Interactive and fun. The book, *Spanish is Fun, Book 1, 5th Edition*, is included.

Conversational Spanish 1C

Tues, 9/3-11/5 5:30-7:30p Adult School Rm.B3 Leif Hanson #228921 \$100
Concluding our first year of Spanish, we'll review the first two trimesters and continue practice in the present tense and future. Students will engage in small group activities designed to connect participants with each other while building their Spanish skills. *Spanish is Fun, Book 1, 5th Edition* will be used.

Spanish in the Workplace

Wed, 10/16-12/11 5:30-7:30p Adult School Rm.B3 Leif Hanson #22990 \$80
Class will cover specific vocabulary for medical, clerical and school occupations. Learn how to ask and respond to questions in Spanish while on the job. Learn how to give and understand instructions and to engage in conversations with clients, parents and co-workers. Book is included in price of class.

English as a Second Language (ESL)



Meet our ESL Team

Mark Murray, Becca Sciocchetti, Ana Mathis, Beth Meyer (not shown)

Our instructors have experienced living in a foreign country, and approach each student with the knowledge and compassion necessary for successful English language development. Whether you are looking to communicate with your child's school, prepare for citizenship, gain workplace language, or participate more fully in the community, our teachers will help you fulfill your goals.

FREE Adult ESL Program • Programa de ESL Adulto Gratis

- All levels of learners are welcome!
- Infants may accompany parent in class
- Childcare available.
- Attend class to register in the first 3 weeks.
- Register by Sept. 17th.
- *• Todos los niveles de estudiantes son bienvenidos!*
- *• Los bebés pueden acompañar a los padres en clase.*
- *• Las clases con * tienen cuidado de niños disponible.*
- *• Asistir a clase para inscribirse en las primeras 3 semanas.*
- *• Registrarse antes del 17 de septiembre.*

ESL Classes Aug. 28th - Dec. 19th (Please register in class by Sept.17th)

CLASS LOCATION	DAYS	TIME	INSTRUCTOR
CL Smith Elementary School 1375 Balboa St., SLO - Rm.8	Tues. & Thurs.	8:30-11:00 am	Becca Sciocchetti
Pacheco Elementary School 261 Cuesta Dr., SLO - Computer Lab	Tues. & Thurs.	8:30-11:00 am	Mark Murray
Baywood Elementary School 1330 9th St., Los Osos - Music Room	Tues. & Thurs.	12:00-2:30 pm	Becca Sciocchetti
Los Osos Middle School 1555 El Moro St., LO -Room E13	Tues. & Thurs.	6:00-8:30 pm	Beth Meyer
SLO High School (Child Development & Family Services are welcome!) 1499 San Luis Dr., SLO -Rm 513	Tues. & Thurs.	6:00-8:30 pm	Becca Sciocchetti

Citizenship Test Prep for English Learners

For students (intermediate level or above) who wish to prepare to take the U.S. Citizenship Test

CLASS LOCATION	DAYS	TIME	INSTRUCTOR
SLO Adult School 1500 Lizzie St., SLO -Rm H1	Mon. & Wed.	6:00-8:30 pm	Mark Murray

LIFELONG FITNESS



**Classes are open to all levels (unless specified.)
Teachers offer modifications for individual levels of fitness.
Classes are not in session 11/11, and 11/24-29.**

Metabolic Conditioning

Cassandra Bodlak Adult School K1 **#91600**
T/Th, 9/3-12/12 8:05-9:05a \$95
Class is a perfect blend of cardio, strength, interval training and core exercises using free weights, kettlebells, stability balls and resistance bands. Mats provided. Bring water and a towel.

Advanced Strength Training

Cassandra Bodlak Sunnyside Rm 2 **#86190**
M/W, 9/4-12/11 8:15-9:15a \$88
Michele Aeck Adult School K1 **#86113**
Sat, 9/14-12/14 8:00-9:00a \$48

Use a variety of equipment to increase your arm and leg strength and tone your core musculature. Class is specially designed to improve your strength, flexibility, coordination and balance. **Experience in weight training is necessary.**

Pilates Cardio-Strength Fusion

Michele Aeck Adult School RmK1 **#91100**
T/Th, 9/10-12/12 6:00-7:00p \$88
Achieve a balance between fun and function, so that you get what you need. Toning builds lean muscles and builds lung capacity. Cardio strengthens your heart and burns fat. Flexibility increases your range of motion and decreases stress.

Zumba

Amy Harway Monarch-Mult.Rm **#95001**
Tue, 9/3-12/10 6:00-7:00p \$55
Join the party! Zumba is the most popular dance fitness program in the world, with over 10 million people in 100 countries dancing to the hottest songs every day. Get a great cardio workout and have fun at the same time. No prior dance experience required.

new!

Healthy Back 101

Cassandra Bodlak Adult School, K1 **#92721**
Fri, 9/13 9:00-10:15 \$10

10 exercises to a Healthy Back. In this course you will learn a wonderful pattern of moves created to procure strength and flexibility for your back, so you live without pain! Learn about popular schools of thought in back health methods. Notes provided to take home. You don't want to miss this, it could change your life!

Yoga

Jessica Daem Adult School RmK1 **#96401**
M/W, 9/4-12/11 5:45-7:00p \$111
A class which builds heat, strength and flexibility through dynamic movements and long holds.

Gentle Yoga

Cassandra Bodlak Sunnyside Rm2 **#96521**
M/W, 9/4-12/11 10:30-11:45a \$111
Jessica Daem Adult School RmK1 **#96504**
M/W, 9/4-12/11 4:30-5:30p \$88
Sara Valadez Sunnyside Rm2 **#96501**
M/W, 9/4-12/11 5:30-6:30p \$88
Kat Yeung Avila Community Ctr. **#96502**
T/Th, 9/3-12/12 9:30-10:45a \$118
Cassandra Bodlak Adult School RmK1 **#96505**
T/Th, 9/3-12/10 10:30-11:45a \$114
Lindsey Morgan Sunnyside Rm2 **#96503**
T/Th, 9/3-12/12 5:30-6:30p \$95

Looking to increase your flexibility, strength and range of motion? Emphasis is on posture, breathing, relaxation and stress release. Mats, blocks and straps are available. Open to all levels.



Prenatal Yoga

Jessica Godsey Adult School RmJ4 **#78612**
Wed, 9/4-12/4 5:45-7:00p \$88
Prenatal yoga focuses on building strength and flexibility during pregnancy to help prepare for birth as well as motherhood. Breathing, relaxation, meditation, and community building will also be discussed. Great for all stages of pregnancy.

new!

Baby & Me Yoga

Vanessa Veiock Adult School RmK1 **#98880**
Fri, 9/6-11/15 no class 10/4 10:30-11:30a \$54
In this supportive class, parents will stretch, tone, and breathe while bonding with infants (pre-crawlers). Sequences focus on the common aches and pains of caring for a baby, as we include our little one in our practice, and create community with other parents.

San Luis Coastal Adult School

Phone (805) 549-1222 Fax (805) 544-0638

LIFELONG FITNESS

Introducing our new Exercise Rooms at the Adult School SLO

Many of our SLO classes will be held in bright new exercise rooms located on our campus in the K building (Taylor Gym.) As you come into our parking lot, the K building is located on the right. Handicapped parking is at the north end of the building.

Classes Designed for 50+

Total Body Conditioning for 50+

Coral Minton Adult School Rm K1 **#91700**
M/W, 9/4-12/11 8:05-9:05a \$88
Improve performance using structured patterns of work and rest periods with a perfect blend of cardio, strength, interval training and core exercises. This class is geared towards people beginning a workout regime or older adults.

Flexibility & Balance Training for 50+

Sue Gin Adult School Rm K2 **#84000**
M/W, 9/4-12/11 no class 10/7 10:40-11:55a \$111
Coral Minton Sunnyside Rm2 **#84001**
T/Th, 9/3-12/12 9:20-10:20a \$95
A gentle stretch and balance program for seniors. Work according to your own abilities using stability balls, chairs, weights and other props to improve balance and wellness.

Strength Training for 50+

Coral Minton Adult School Rm K1 **#86010**
M/W, 9/4-12/11 9:10-10:10a \$88
Cassandra Bodlak Sunnyside Rm2 **#86011**
M/W, 9/4-12/11 9:20-10:20a \$88
Coral Minton Adult School Rm K1 **#86015**
M/W, 9/4-12/11 10:15-11:15a \$88
Coral Minton Sunnyside Rm2 **#86012**
T/Th, 9/3-12/12 10:25-11:25a \$95
Cassandra Bodlak Adult School K1 **#86030**
T/Th, 9/3-12/12 9:10-10:10a \$95
Sue Gin Avila Comm.Ctr **#86040**
T/Th, 9/3-12/12 no class 10/8 11:00a-12:15p \$118
Increase your flexibility and coordination while building muscle strength and endurance.

Advanced Strength Training for 50+

Coral Minton Sunnyside Rm 2 **#86101**
T/Th, 9/3-12/12 8:15-9:15a \$95



Intro to Tai Chi Push Hands

Randal Bodlak Bayside Martial Arts **#90700**
Sat, 10/5 10:00a-1:00p \$20
The gentle art of push hands is easy to learn and uses partner exercises to develop sensitivity in the practitioner's whole body. Balance, awareness, and coordination all improve with practice. Requires no experience.

Tai Chi for Beginners

Randal Bodlak Bayside Martial Arts **#90310**
T/Th, 9/3-12/12 10:00-11:00a \$95
Learn the basics of Tai Chi. Perfect for people new to the art. Class will cover proper alignment, movement and breathing, basic form work and partner exercises. All levels welcome.

Qi Gong Fitness

Randal Bodlak Bayside Martial Arts **#90500**
M/W, 9/4-12/11 9:15-10:15a \$88
Gary West Adult School Rm K2 **#90503**
Wed, 9/4-12/4 9:35-10:35a \$48
Qi Gong is a gentle system of standing and seated stretching, moving and breathing exercises that improve range of motion, stress levels, coordination and balance.

Intro to Escrima for Mind & Body

Randal Bodlak Bayside Martial Arts **#903800**
Sat, 9/14 10:00a-1:00p \$20
Using sticks to create patterns in the air or with a partner, the filipino art of escrima is not only beautiful, it's great for the brain-body connection. Try something different, new and challenging.

Aikido Workshop for Beginners

Mary Tesoro Adult School Rm J4 **#92810**
Tue, 9/3 5:45-7:15p \$10
Aikido (pronounced eye-key-doe) uses graceful, flowing, non-aggressive moves to go with the flow, get out of harm's way, and guide the energy of an attack to a harmonious resolution. Come learn how this peaceful Japanese martial art can improve your physical and mental sense of well being.

Aikido for Everyone

Mary Tesoro Adult School Rm J4 **#92800**
Tue, 9/10-12/10 5:45-7:15p \$88
This class is designed for everyone, beginner through blackbelt, to gain the calm, centered presence that comes from practicing the subtle but powerful techniques of Aikido. Guided by a philosophy of peace, Aikido aims to use the least amount of harm necessary to subdue aggression. Class participants receive customized instruction, from basics to advanced. Good for body, mind, and spirit! Instructor Tesoro, 5th degree blackbelt, has 37 yrs experience. Questions? Call instructor at: 805-544-8866.

Fall Prevention

Randal Bodlak Bayside Martial Arts **#90600**
Sat, 11/9 10:00a-12:00p \$10

The name says it all! Balance exercises, anti-falling drills and methods of getting up off the floor will be covered to help your walking and everyday movement.

CAREER READINESS CLASSES



Whether you're job hunting or looking to earn a promotion, workforce prep classes will improve your skills and enhance your marketability. **Classes are free with a referral** from the Adult School or one of our partners: America's Job Center, Eckerd, Department of Social Services, Child Care Resource Network, Community Action Partnership (CAPSLO), Lucia Mar USD, Templeton USD, and Cuesta College. Call (805) 549-1222 for more information.

A **Certificate of Completion** is awarded to students fulfilling course requirements.

COMPUTER COURSES

Microsoft Word Basics Marilyne Cleeves #60305
 Tues/Wed, 9/10-9/18 (4 nights) 5:30-8:30p Adult School H4 \$46
 This class covers basic business formatting techniques using MS Word. Students will learn formatting techniques for business letters using both block and modified block styles; how to create letterhead and a business flyer. The course also includes graphics and how to edit images in MS Word. **Skill Level: Beginner with some typing skills.**

Excel Basic Training Marilyne Cleeves #61000
 Tues/Wed, 9/24-10/2 (4 nights) 5:30-8:30p Adult School H4 \$46
 Learn the fundamentals of Excel 2016 by entering data, inserting formulas, understanding functions, as well as formatting and creating an embedded chart. Learn tips and tricks to avoid errors and increase productivity. **Skill level: Beginner with entry level Microsoft Office experience.**

QuickBooks Pro 2019 Marilyne Cleeves #61101
 Tues/Wed, 10/8-10/16 (4 nights) 5:30-8:30p Adult School H4 \$46
 QuickBooks is the current standard business accounting program, for offices or home. Learn how to input data, create reports, graphs, checks and to manage multiple accounts. **Windows experience recommended. Skill Level: Intermediate.**



APPAREL TECHNIQUE & CONSTRUCTION



Meet MEGAN SELBY Sewing, Knit & Crochet Instructor

Megan's entire life has been dedicated to sewing and design. She received her degree in Textile and Clothing from Cal Poly, worked as a clothing designer for years, designed costumes for theater productions around the world and has taught others the art of sewing and design. She received a Master Knitters Certificate in 2007 and a Pattern Making and Design Certificate in 2015. Currently Megan manages a sewing and design business out of her home studio in SLO and shares her love for creating through classes and costuming for local theater productions. Recently, Megan worked with Alice&Co Patterns and the Victoria & Albert Museum in London to develop a 60's inspired dress pattern for the museum's Mary Quant exhibit.

Participants must bring a sewing machine, notions and thread, unless arranged with instructor. Some supplies are available. Email instructor, Megan Selby, with questions and for a supply list at: selbymegan@gmail.com

Apparel Technique and Construction - Beginning \$60
 Thurs, 9/26-11/21 6:00-8:30p SLO Adult School Rm.J1 #100000
 Introduction to techniques and principles of sewing with a single needle machine. Choose from three beginner projects. Students will learn to use the serger, a garment industry fundamental tool.

Apparel Technique and Construction - Intermediate \$120
 Wed, 9/11-12/11 9:00a-12:00p no class 9/18 SLO Adult School Rm.J1 #101011
 Intro to advanced techniques in garment construction. Learned skills can be applied to the garment industry or home sewing. Student selected projects are developed under the guidance of the instructor. Topics: zippers, buttonholes, fitting, pattern drafting and copying garments to a pattern.

San Luis Coastal Adult School

Phone (805) 549-1222 Fax (805) 544-0638

HIGH SCHOOL DIPLOMA and HiSET/GED Test Prep



We're here to help you reach your life goals.

All classes are FREE and attendance is at your convenience.

Register any time - it's never too late! After an initial orientation meeting, students may come work with our teachers during Learning Center hours (below) at the Adult School, room H3.

1. Call (805) 549-1222 to make an orientation appointment.
2. Bring your high school transcripts to your appointment.
3. Work with an instructor/counselor to set your individualized learning plan.
4. Attend 6 hours a week or enroll in Independent Study.
5. Become a high school graduate!
6. Transition to academic and career pathways.

DAY	LEARNING CENTER OPEN HOURS	INSTRUCTOR
Monday	5:00 p.m.- 8:00 p.m.	Parke Godar
Tuesday	9:30 a.m.-1:00 p.m. (Orientation & Open Classroom) 2:00 p.m - 8:00 p.m.	Staff Parke Godar
Wednesday	9:30 a.m.-1:00 p.m. 5:00 p.m.- 8:00 p.m. (Spanish HiSET Test Prep)	Parke Godar Staff
Thursday	9:30 a.m. - 1:00 p.m. 5:00 p.m.- 8:00 p.m.	Parke Godar Parke Godar

Introducing HiSET Preparation in Spanish!

Wednesdays 5:00-8:00 p.m.

¡Introduciendo la clase de preparación HiSET en español!

Los miércoles 5:00-8:00 p.m.

California High School Equivalency Certificate

TEST DATES: Aug.16th, Sept.20th, Oct.18th, Nov.15th, Dec.13th

HiSET Paper-Based or Computer Based Test (English & Spanish)

The HiSet is equivalent to the GED and approved by the State of California. Create an account online at hiset.ets.org. To register, contact the Adult School office with your account number and payment (\$150/entire test or \$30 each of the 5 sections). **Registration ends at noon on the Tuesday before the test date.** There are no refunds for no-shows.

Welcome to the Adult School!

Our mission is to meet the diverse educational needs of our community by empowering lifelong learners to reach their professional, personal and family goals. We build community by helping adults receive their high school diplomas, learn English, find parenting support, stay fit, and learn something new. If you or someone you know needs financial support to take one of our classes, please call the Adult School office to inquire about our scholarship program. Thank you for taking our classes, and allowing us to serve you!

-Sally Ames, Principal



Office Team: Sally, Michele, Marilyn, and Denise

San Luis Coastal Adult School
& Parent Participation



Follow us!

Register Online at ae.sicUSD.org

REGISTRATION

Preregistration is recommended for all classes to prevent classes from being canceled due to low enrollment. All registrations will be dated and processed in the order in which they are received.

NEED-BASED SCHOLARSHIPS

Call (805) 549-1222 to apply for a scholarship to help defer the cost of your class.

COMPLAINT POLICY

Complaints regarding district non-compliance with state- or federally-funded program regulations or possible discrimination should be reported to the administrator in charge.

REFUND POLICY

Refunds, minus a \$10 service fee, will be granted if a student withdraws with **24 hours notice before** the first class meeting. In the event that a class is canceled due to low enrollment, class fees will be refunded in full.

CLASS LOCATIONS

Avila Center	Avila Beach Community Center 191 San Miguel St., Avila Beach
Bayside Martial Arts	Bayside Martial Arts Studio 1200 2nd St., Los Osos
Baywood	Baywood Elementary School 1330 9th St., Los Osos
C.L. Smith	C.L. Smith Elementary School 1375 Balboa St., SLO
Del Mar	Del Mar Elementary School 501 Sequoia, Morro Bay
Hawthorne	Hawthorne Elementary School 2125 Story St., SLO
LAMS	Laguna Middle School 1050 Los Osos Valley Rd., SLO
LOMS	Los Osos Middle School 1555 El Moro St., Los Osos
MBHS	Morro Bay High School 235 Atascadero Rd., Morro Bay
ME	Morro Elementary School 1130 Napa Ave., Morro Bay
Pacheco	Pacheco Elementary School 261 Cuesta Dr., SLO
SLOHS	San Luis Obispo High School 1499 San Luis Dr., SLO
SI	Sinsheimer Elementary School 2755 Augusta St., SLO
SU	Sunnyside Elementary School 880 Manzanita Dr., Los Osos

Register Online...it's Easy!

1. Go to ae.sicUSD.org and click on "View Classes & Register"
2. Select a category on the left
3. Scroll through to view all classes or filter by using categories on top
4. To register, click on REGISTER NOW
5. You will need to login as a Returning Customer or Create an Account
6. Click on VIEW CART AND CHECKOUT (or CONTINUE SHOPPING)
7. Click on CONTINUE CHECKOUT after confirming class(es)
8. Read "Acknowledgement & Assumption of Potential Risk" and click box at bottom to acknowledge
9. Choose payment method, enter information, and select PROCESS PAYMENT
10. An invoice will be emailed along with class information

Non-Profit
Organization
U.S. Postage
PAID
San Luis Obispo
California
Permit Number 36
ECRWSS

Residential Customer
Time value - Do not delay



SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT
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San Luis Obispo, CA 93401
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sloadultschool.org