



Photo: Laura Schwoerer 2018



adult school

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

COMMUNITY, CAREER & ADULT EDUCATION

2019 SPRING/SUMMER Schedule



Photo: Laura Schwoerer 2018



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)

Parent Participation Summer Fun!

June 17th -July 25th (Garden ends on Aug. 8th.) No classes July 1st-5th.



SIBLINGS: Younger siblings may join classes for an additional \$15 per class. Add "Sibling Fee" (under Product) to your online cart. Infants under the age of one are free.

Summer Fun with Infants Baby must be age of class by the first class meeting. \$38
Learn from discussions and guest speakers as you observe babies and meet other parents. Class time includes songs, sign language and topics such as sleep, development, nutrition and safety. Expectant parents are welcome.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
0-12 mo	Tues	12:30-2:30p	Danielle Snyder	SLO Adult School D1	70205
0-12 mo	Thurs	9:30-11:30a	Denise Indvik	SLO Adult School D1	70200

Summer Fun with Tiny Hikers Child must be age of class by the first class meeting. \$48
Hike the beautiful trails of SLO County with your child in a backpack or carrier. Each hiking class includes guided discussions on health, stress-reduction, nature, and child development.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-24 mo	Wed	10:00a-12:00p	Liz Wilson	SLO Adult School D2	79902

Summer Fun with Young Toddlers Child must be age of class by the first class meeting.
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 #
12-24 mo	Tues	9:30-11:45a	Denise Indvik	SLO Adult School D3	\$43 71301
12-24 mo	Wed	9:30-11:45a	Denise Indvik	SLO Adult School D3	\$43 71300
12-30 mo	Tues	4:00-6:00p	Denise Indvik	SLO Adult School D3	\$38 73408

Summer Fun with Older Toddlers Child must be age of the class by the first class meeting. \$48
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 #
24-40 mo	Tues	9:30a-12:00p	Liz Wilson	SLO Adult School D2	72100
24-40 mo	Thurs	9:30a-12:00p	Liz Wilson	SLO Adult School D2	72102
24-40 mo	Thurs	9:30a-12:00p	Julie Ashworth	MB Morro Elem. Rm.18	72199

Summer Art for Preschoolers Child must be age of the class by the first class meeting. \$38
Explore and create art projects with your child featuring different materials each week. This class also includes plenty of circle time and outdoor play.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
2.5-4 yrs	Tues	4:00-6:00p	Danielle Snyder	SLO Adult School D4	72108

San Luis Coastal Adult School

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



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

Summer Fun with Preschoolers Child must be age of the class by the first class meeting. \$48
 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 #
3-5 yrs	Tues	9:30a-12:00p	Julie Ashworth	MB Morro Elem. Rm.17	76891

Summer Fun with Fizzle Pop Child must be age of the class by the first class meeting. \$48
 Explore early math and science concepts through play, experiments, art and literature.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-6 yrs	Mon	9:00-11:30a	Lisa LaFaille	SLO Adult School D4	73400
3-5 yrs	Tues	9:00-11:30a	Lisa LaFaille	SLO Adult School D4	73401

Summer Field Trips for Preschoolers \$48

Explore a variety of fun and educational locations in our area. Class will begin at field trip locations and end at a nearby park for picnic and play time. Field trips will be free or require a small fee. First class meets at Morro Elementary.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-6 yrs	Wed	10:00a-12:30p	Julie Ashworth	MB Morro Elem. Rm.17	73200

Summer Fun in the Garden Child must be age of the class by the first class meeting. \$58

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! *Class continues through Aug. 8th. No class on July 18th.*

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-6 yrs	Thurs	9:30a-12:00p	Jennifer Hinson	SLO Adult School Garden	78810

Co-operative Preschool: September 2019 - May 2020

In each of our three cooperative preschools, parents take an active role in their child's education by assisting in the classroom. Our play-based curriculum is designed to nurture the whole child. Children improve school-readiness in a supportive class atmosphere which encourages the love of learning. *Child must be age of class by Sept. 1, 2019. Visit parentparticipation.org to learn more and to submit an Online Enrollment Request.*

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.



PARENT EDUCATION

Classes are in collaboration with Parent Connection of SLO County. Visit sloparents.org for coaching and resources.

Love & Logic

Tim Ross

#79101

Wed, 4/24-5/29 (6 nights) 6:00-8:00p Sinsheimer Elementary School Library \$25

Love allows children to grow through their mistakes. Logic allows them to live with the consequences of their choices. Learn the Love and Logic process of building relationships with discipline. 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 childcare pre-registration.

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.

Parenting Teens



new!

Love & Logic for Parents of Teens

Tim Ross

#79201

Tues, 4/23-5/28 (6 nights) 6:00-8:00p

Laguna Middle School Library

\$25

Love allows children to grow through their mistakes. Logic allows them to live with the consequences of their choices. Parents of teens will discover tried and true methods of handling resistance, allowing teens to manage their own problems, and that it's never too late to prepare for the real world.

The Adolescent Brain

Lea Payne Scott

#79110

Wed, 5/15

6:00-8:00p

Laguna Middle School Library

\$5

Explore recent discoveries of the adolescent brain that explain why this is a vital, and sometimes maddening phase of life for everyone involved. We will discuss exciting ways in which understanding how the adolescent brain functions can help us not only survive but thrive together as healthy families through the teenage years and beyond.

MUSIC (Vocal)

Singing Class

Mon, 5/6-8/12

5:30-7:30p

SLO Adult School Rm.J4

\$140 + \$30 pianist fee in class

Katherine Arthur

#202900

Thurs, 5/9-8/15

11:00a-1:00p

Sunnyside Elem., Rm.3 Los Osos

Katherine Arthur

#202903

Fri, 5/10-8/9

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, 5/9-8/15

5:30-7:30p

Sunnyside Elem., Rm. 3 Los Osos

\$140 + \$40 pianist fee in class

Katherine Arthur

#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.

Join us for an Adult School Scholarship Fundraiser

Classical Sass Concert with Katherine Arthur, Soprano & Paul Woodring, Piano

Songs of Robert Schumann: a delightful journey through some of the most beautifully composed songs written in the height of the Romantic Era!

Saturday, July 13th, 3:00 p.m.

Trinity United Methodist Church, Los Osos

\$20 in advance, \$25 at the door. Purchase tickets at ae.slcsd.org or call (805) 549-1222.

All proceeds go to support the Adult School's Scholarship Fund.

San Luis Coastal Adult School

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

COOKING

NEW!

Cooking with Essential Oils

#23350

Tues, 6/11 5:30-8:30p SLO Adult School Kitchen J1
Taryn Mohler \$34
Learn what essential oils are and which ones can be used in cuisine. Explore how to incorporate essential oils into your everyday cooking, adding fun and flavor to your meals! Prepare a variety of foods using essential oils, including small plates, dessert, and create unique butters, olive oils and salt rubs.



Taught by Sheila McCann at the House of Bread

299 Marsh St., San Luis Obispo

Each class is \$52 + a \$15 material fee collected in class. Classes are hands-on with take-home bread included.

Bread Baking Basics

Mon, 5/6 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, 5/20 10:30a-1:30p #21410

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

Flat Breads

Mon, 6/3 10:30a-1:30p #21490

Create flatbreads for pizzas, pita and focaccia breads.

Sourdough Bread

Mon, 6/17 10:30a-1:30p #21440

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

Artisan Hard Crusted Bread

Mon, 7/8 10:30a-1:30p #21430

Enjoy making Italian rosemary olive ciabatta and French baguettes.

MUSIC (Instrumental)

Guitar - Beginning

\$60

Wed, 5/8-8/7 6:25-7:25p Adult School J2 Justin Martinez #205900

Ukulele - Beginning

\$60

Mon, 5/6-8/5 6:25-7:25p Adult School H1 Justin Martinez #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.

Ukulele - Intermediate

\$72

Mon, 5/6-8/5 7:30-8:45p Adult School H1 Justin Martinez #205921

Continue to build your skills on the ukulele. Learn to play and create songs, play in any key, add to your chord vocabulary, and begin fingerpicking techniques to play chord melodies.

Guitar & Ukulele Ensemble

\$72

Wed, 5/8-8/7 7:30-8:45p Adult School J2 Justin Martinez #205700

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

\$50

Thur, 5/9-8/8 7:10-9:10p Adult School Rm.J4 Leonard Lutz, Conductor #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.

ARTS

The Art of the Memoir: Writing Stories that Matter

Mon, 5/6-6/17 5:30-7:30p Adult School Rm B3 Jane Hawley #67120 \$72
 Writers of any level will shape their own experiences into powerful stories. The course will include lively writing prompts, a variety of readings, instruction about the craft of writing, and feedback on student work.



Succulent Square Wreath

Wed, 6/5 6:00-8:00p \$65 (materials included) #22080
 SLO Adult School Kitchen J1 Joan Martin Fee
 Choose from a large collection of succulents to create a lush 13" wreath. Everything is provided to complete this gorgeous wreath, including a care sheet so your wreath thrives.

Sea Glass Hammered Wire Jewelry

Wed, 6/12 6:00-8:00p \$50 (materials included) #232111
 SLO Adult School Kitchen J1 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 you'll learn how to harden and strengthen wire. Use all your new knowledge to create your own beautiful sea glass jewelry. No experience necessary.

Mosaic Garden Rock or Paper Weight

Tues, 5/14 6:00-8:00p \$45 (materials included) #23310
 SLO Adult School Kitchen J1 Joan Martin Fee
 Learn basic mosaic techniques to decorate a 6-8" rock with a variety of baubles, for a colorful touch to your garden or to use as a decorative paperweight in your home.



Knit and/or Crochet

Wed, 5/22-7/17 6:30-8:30p #104000 \$75
 Adult School Rm J1 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



DANCE

Taught by Laura Slania at Sinsheimer Elementary Multi-Purpose Room.

Classes rotate partners, unless otherwise specified.

No experience necessary, except for "continuing" classes. Hard soled shoes recommended.

Beginning East Coast Swing

Wed, 6/12-7/24 6:00-7:00p \$35 #21230
 East Coast Swing is one of the most versatile dances for nearly any genre of music – rock, pop, country and, of course, swing. Learn it from the very beginning and be dancing before the end of summer!

Continuing East Coast Swing

Mon, 6/10-7/22 6:00-7:00p \$35 #212320
 If you already know the basics, then this class is for you! We'll expand basic patterns while reviewing technique and fundamentals of connection and lead and follow. East Coast Swing experience is necessary.

Country Two-Step

Mon, 6/10-7/22 7:05-8:05p \$35 #205210
 Get your country on and be ready for the fair this summer with Country Two Step. This fast paced traveling dance is geared toward the beat of many country music songs and is a lot of fun.

Salsa

Wed, 6/12-7/24 7:05-8:05p \$35 #212100
 Get your hips shaking and your blood pumping with this fun fast paced dance. Salsa is one of the easier Latin dances to learn and this class will get you dancing in no time. We will start with the basics and add a variety of patterns and styling.

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

No Classes in Session/Office Closed:

April 19 Spring Holiday
 May 27 Memorial Day
 July 4 Independence Day

ESL: English as a Second Language



Meet our ESL Teachers

Mark Murray, Becca Sciocchetti, and Ana Mathis

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
- Classes with * have childcare available.
- Attend class to register in the first 3 weeks.
- Registration ends April 24th & 25th .
- *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.*
- *La inscripción termina el 24 y 25 de abril.*

ESL Classes April 8th - May 30th (Students must register by April 24th/25th)

CLASS LOCATION	DAYS	TIME	INSTRUCTOR
Hawthorne Elementary School* 2125 Story St., SLO - Maker Space Rm.	Tues. & Thurs.	12:00-2:30 pm	Becca Sciocchetti
Hawthorne Elementary* (Focus on Child Development & Family Services)	Tues. & Thurs.	6:00-8:30 pm	Becca Sciocchetti
Pacheco Elementary School 261 Cuesta Dr., SLO - Computer Lab	Tues. & Thurs.	8:30-11:00 am	Ana Mathis
Pacheco Elementary School* 261 Cuesta Dr., SLO - Computer Lab	Mon & Wed.	6:00-8:30 pm	Mark Murray
Los Osos Middle School* 1555 El Moro St., LO -Room E13	Tues. & Thurs.	6:00-8:30 pm	Mark Murray

Classes with a * have free childcare available.

LANGUAGE

Mandarin Chinese for Beginners

Thurs, 5/9-7/18 6:00-8:00p Adult School Rm.B3 Ji Li **\$100 + book #208010**
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.

Beginning Italian

Wed, 6/19-8/7 7:30-8:55p Adult School Rm.H3 Joseph Carro **\$69 #20789**
Learn greetings, familiar phrases, common questions and answers, and the basics of the Italian language. Emphasis on speaking Italian during travels. Informal atmosphere with plenty of time for conversation. Contact instructor with questions at jcarro@charter.net. Book included.

Spanish in the Workplace

Wed, 6/5-8/7 5:30-7:30p Adult School Rm.B3 Leif Hanson **\$115 #22990**
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.

Beginning Spanish

Wed, 6/19-8/7 6:00-7:25p Adult School Rm.H3 Joseph Carro **\$69 #20790**
Learn greetings, familiar phrases, common questions and answers, and the basics of the Spanish language. Emphasis on speaking and understanding Spanish, in an informal atmosphere with plenty of time for conversation. Contact instructor with questions at jcarro@charter.net. Book included.

Conversational Spanish 1B

Tues, 5/7-8/13 5:30-7:30p Adult School Rm.B3 Leif Hanson **\$100 #22890**
Continuation of Spanish 1A. Expand usage of present tense verbs with phrases that can be used in the workplace and community. Call office to purchase the book, *Spanish is Fun, Book 1, 5th Edition*.

Conversational Spanish 1C

Tues, 4/9-6/4 5:30-7:40p Morro Bay High School Rm.103 Debbie Highfill **\$100 #228920**
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.

LIFELONG FITNESS

Classes are open to all levels (unless specified.)
Teachers offer modifications for individual levels of fitness.



Classes Designed for 50+

Strength Training for 50+

Coral Minton Adult School Rm J3 **#86010**
M/W, 5/6-8/7 no class 5/27-6/5 9:10-10:10a \$82

Cassandra Bodlak Sunnyside Rm2 **#86011**
M/W, 5/6-8/7 9:20-10:20a \$91

Coral Minton Adult School Rm J3 **#86015**
M/W, 5/6-8/7 no class 5/27-6/5 10:15-11:15a \$82

Coral Minton Sunnyside Rm 2 **#86101**
T/Th, 5/7-8/8 no class 5/28-6/6 8:15-9:15a \$79

Coral Minton Sunnyside Rm2 **#86012**
T/Th, 5/7-8/8 no class 5/28-6/6 10:25-11:25a \$79

Cassandra Bodlak Adult School J3 **#86030**
T/Th, 5/7-8/8 9:10-10:10a \$91

Sue Gin Avila Community Ctr **#86040**
T/Th, 5/7-6/20 11:00a-12:15p \$56

Increase your flexibility and coordination while building muscle strength and endurance.

Total Body Conditioning for 50+

Coral Minton Adult School Rm J3 **#91700**
M/W, 5/6-8/7 no class 5/27-6/5 8:05-9:05a \$82

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 J4 **#84000**
M/W, 5/6-6/19 10:40-11:55a \$52

Coral Minton Sunnyside Rm2 **#84001**
T/Th, 5/7-8/8 no class 5/28-6/6 9:20-10:20a \$79

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.

Tai Chi Made Simple!

Randal Bodlak Adult School Rm J4 **#903900**
Mon, 5/6-8/5 8:30-9:30a \$51

Learn all the benefits of Tai Chi in an easy format. The Tai Chi Corner form allows students a less complex series of movements, both left and right side, creating balance, strength and peace of mind. Great for beginners and advanced.

Tai Chi for Beginners

Randal Bodlak Bayside Martial Arts **#90310**
T/Th, 5/7-8/15 10:00-11:00a \$91

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 Adult School Rm J4 **#90500**
Mon, 5/6-8/12 9:35-10:35a \$51

Gary West Adult School Rm J4 **#90503**
Wed, 5/8-8/7 9:35-10:35a \$55

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.

Aikido for Everyone

Mary Tesoro Adult School Rm J4 **#92800**
Tu, 5/7-8/6 6:00-7:15p \$88

Aikido is a peace-oriented Japanese martial art of self-defense and self-improvement. Aikido develops calm energy, core strength, balance, and agility. Techniques are non-aggressive. Aikido For Everyone is for adults of all ages, shapes, and sizes to learn Aikido in a supportive environment. Beginners thru blackbelt. Questions? Call Instructor at: 805-544-8866.

NEW!

Fall Prevention

Randal Bodlak Bayside Martial Arts **#90600**
Wed, 5/8-6/19 9:00-10:00a \$26

Randal Bodlak Bayside Martial Arts **#90601**
Wed, 6/26-8/7 9:00-10:00a \$26

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.

San Luis Coastal Adult School

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

LIFELONG FITNESS

NEW FITNESS STUDENT? TRY YOUR FIRST CLASS FOR FREE!

(Check our website at ae.slcsud.org to see if space is available.)

Metabolic Conditioning

Cassandra Bodlak Adult School J3 **#91600**
T/Th, 5/7-8/8 8:05-9:05a \$91

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, 5/6-8/7 8:15-9:15a \$91

Michele Aeck Adult School J3 **#86113**
Sat, 5/11-8/10 8:00-9:00a \$51

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.**



Intro to Kettlebell Swing

Cassandra Bodlak Adult School Rm J3 **#92710**
Sat, 6/22 9:30-11:00a \$15

This one-day workshop is intended to teach you the basic mechanics and moves of the Russian Kettlebell Swing so that you can perform it SAFELY. An intermediate / advanced fitness level is preferred, but beginners are most welcome. Barefeet are recommended.

Pilates Cardio-Strength Fusion

Michele Aeck Adult School Rm J3 **#91100**
T/Th, 5/7-8/8 6:00-7:00p \$91

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.

NEW!

Zumba Toning

Amy Harway Monarch-Mult.Rm **#95002**
Tue, 5/7-8/6 6:00-7:00p \$55

Zumba Toning takes your workout to the next level! If you liked Zumba, you will LOVE Zumba Toning. Come shake your maracas with us! Toning Sticks provided.



Yoga

Jessica Daem Adult School Rm J3 **#96401**
M/W, 5/6-8/7 5:45-7:00p \$114

A class which builds heat, strength and flexibility through dynamic movements and long holds.

Gentle Yoga

Jessica Daem Adult School Rm J3 **#96504**
M/W, 5/6-8/7 4:30-5:30p \$91

Cassandra Bodlak Adult School Rm J3 **#96505**
T/Th, 5/7-8/8 10:20-11:35a \$114

Cassandra Bodlak Sunnyside Rm2 **#96521**
M/W, 5/6-8/7 10:30-11:30a \$91

Cassandra Bodlak Sunnyside Rm2 **#96501**
M/W, 5/6-8/7 5:30-6:45p \$114

Staff TBD Sunnyside Rm2 **#96503**
T/Th, 5/7-8/8 5:30-6:30p \$91

Kat Yeung Avila Community Ctr. **#96502**
T/Th, 5/7-8/8 9:30-10:45a \$114

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 Rm J4 **#78612**
Wed, 5/1-5/29 5:45-7:00p \$34

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!

Gentle Yoga for Brain Injury Survivors

Jane Connely Adult School Rm J4 **#96650**
Thur, 5/6-6/25 5:30-6:45p \$53

If you're looking to join a community of survivors committed to moving and exploring the mind-body connection after brain injury, look no further! This is an introductory class open to all levels, preferably those in a chronic phase of brain injury, at least nine months post injury. This class will have you feeling confident as you modify your movements so that you can join any gentle yoga class in the community. Expect to laugh as we connect the absurdity of our thoughts with a sense of gratitude for our bodies. Caregivers are welcome to join the fun. Please bring water and a towel or blanket. For more information, email janeconnelyot@gmail.com.

BUSINESS EDUCATION

Start Run Grow Your Business

Tues, 6/4-7/30 (no class 7/2) 5:30-8:30p

Lorelei Sibet

#67100

\$125

Classes are held at America's Job Center, 880 Industrial Way, SLO, third floor.

Have you always wanted to start a business but didn't know how or where to start? Do you need more skills to make your existing business successful? Learn the fundamentals of being a successful small business and gain valuable resources to sustain your business. You will learn key business components including marketing, budgeting, insurance/licensing, hiring and firing, and more. Class fee includes class binder and materials. Classes are run by MCSC: Mission Community Services Corporation. Contact Ana Boaz at (805) 595-1357 or ana@mcscorp.org.

Spanish in the Workplace

Wed, 6/5-8/7 5:30-7:30p Adult School Rm.B3

Leif Hanson

#22990

\$115

See page 7

COMPUTER CLASSES



Whether you're job hunting or looking to earn a promotion, workforce prep classes will improve your skills and enhance your marketability. A certificate of completion is awarded to students fulfilling course requirements. **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.

Introduction to Microsoft Office

Tues/Wed, 5/7-5/15 (4 nights) 5:30-8:30p

Marilyne Cleeves

#60500

Adult School-H4

\$46

The course covers fundamental concepts of Microsoft Office with introductory activities using Word, Excel, and PowerPoint. Learn how to integrate graphics and tables to create presentations that are professional and interesting. **Skill Level: Beginner with some typing skills.**

Excel Basic Training

Tues/Wed, 5/21-5/29 (4 nights) 5:30-8:30p

Marilyne Cleeves

#61000

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 2018

Tues/Wed, 6/4-6/12 (4 nights) 5:30-8:30p

Marilyne Cleeves

#61101

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 CAREER READINESS

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

Thurs, 5/9-6/13 6:00-8:30p

SLO Adult School Rm.J1

\$45

#100000

Thurs, 7/11-8/15 6:00-8:30p

SLO Adult School Rm.J1

#100001

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

Wed, 5/8-6/19 9:00a-12:00p

SLO Adult School Rm.J1

\$48

#101010

Wed, 7/10-8/21 9:00a-12:00p

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.	Beth O'Connor 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 Maria Ramirez-Camacho
Thursday	9:30 a.m. - 1:00 p.m. 5:00 p.m.- 8:00 p.m.	Parke Godar Parke Godar



¡Introduciendo la clase de preparación HiSET en español!

Impartido por la maestra de matemáticas de secundaria

Maria Ramirez-Camacho

los miércoles 5:00-8:00 p.m.

Introducing HiSET Preparation in Spanish!

Taught by SLO High School math teacher,

Maria Ramirez-Camacho

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

California High School Equivalency Certificate

TEST DATES: April 12, May 17, June 14, August 16

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 (\$140/entire test or \$28 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: Marilyn, Denise, Karen and Sally

Follow the
Adult School &
Parent Participation



Register Online at ae.sicUSD.org

REGISTRATION

Preregistration is required for all classes. **Please register at least 1 week prior to the first class.** This will 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. Refunds will not be granted to students withdrawing from a class on the day it is scheduled to meet or thereafter. *Please choose classes carefully!* 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
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
MG	Monarch Grove Elementary School 348 Los Osos Valley Rd., Los Osos
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



SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

1500 Lizzie Street, Bldg. H2
San Luis Obispo, CA 93401
(805) 549-1222 ae.sicUSD.org
adultschool@sicUSD.org

Residential Customer
Time value - Do not delay