

Photo: Laura Schwoerer 2018



adult school

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

COMMUNITY, CAREER & ADULT EDUCATION

2019 WINTER 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)



Winter/Spring Semester • Jan. 28th - May 24th

Classes meet for 15 weeks (unless noted) in San Luis Obispo, Morro Bay or Los Osos

Parenting the Infant Baby must be age of class by the first class meeting. \$113
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 #
0-6 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 Rm.19	\$106 70301
6-12 mo	Tues	10:00a-12:00p	Nadine McCarty	SLO Adult School D1	70101
6-12 mo	Thurs	10:00a-12:00p	Danielle Snyder	SLO Adult School D1	70100

Tiny Hikers Child must be age of class by the first class meeting. \$88
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	Liz Wilson	SLO Adult School D1	79900

Strolling to Fitness Child must be age of class by the first class meeting. \$101
Enjoy exercising with your little one as we explore a different SLO city park each week. Classes include a power walk, optional strength exercises, circle-time singing, and guided parent discussion.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
0-36 mo	Wed	9:45-11:45a	Jennifer Hinson	SLO Adult School D1	79800

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	11:00a-1:00p	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
12-24 mo	Fri	9:30-11:45a	Danielle Snyder	SLO Adult School D3	\$112 71005

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.

San Luis Coastal Adult School

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



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	9:30-12:00p	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	4:00-6:00p	Nadine McCarty	SLO Adult School D2	\$113 72001
24-36 mo	Tues	9:00-11:30a	Lisa LaFaille	SLO Adult School D2	72002
24-36 mo	Thurs	9:00-11:30a	Liz Wilson	SLO Adult School D2	72003
24-36 mo	Fri	9:00-11:30a	Julie Ashworth	MB Morro Elem. Rm.18	\$120 72007

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	9:00a-12:00p	Liz Wilson	SLO Adult School D2	75005
2.5-4 yrs	Fri	9:00a-12:00p	Liz Wilson	SLO Adult School D2	\$134 75002
3-5 yrs	Tues	9:00a-12:00p	Mary Herrera	LO Sunnyside Elem. Rm.19	75004

Cookin' & Bookin' Child must be age of the class by the first class meeting. \$124
 Early literacy activities include preparing simple snack projects that correlate with a different children's book each week.

AGE	DAY	TIME	TEACHER	LOCATION	CLASS #
3-5 yrs	Mon	9:30a-12:30p	Julie Ashworth	MB Morro Elem. Rm.17	79501

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

AGE	DAY	TIME	TEACHER	LOCATION	FEE	CLASS #
3-5 yrs	Mon	9:00a-12:00p	Lisa LaFaille	SLO Adult School D4	\$124	73300
3-5 yrs	Mon	4:00-6:00p	Lisa LaFaille	SLO Adult School D4	\$98	73301

Preschoolers in the Garden Child must be age of the class by the first class meeting. \$128
 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	Tues	9:30a-12:00p	Jennifer Hinson	SLO Adult School Garden	78800
3-5 yrs	Fri	9:30a-12:00p	Jennifer Hinson	SLO Adult School Garden	\$120 78801

Co-operative Preschool: September 2019 - June 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. Registration information for Fall 2019 will be available after Feb.1st. Learn more at parentparticipation.org.*

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	9:15a-12:15p	Jolie Burrows	SLO High School Preschool Rm.

PARENT EDUCATION

In collaboration with Parent Connection of SLO County: sloparents.org

Disciplina Positiva - Positive Discipline in Spanish Bessy Hoffman #79811
 Thur, 1/24-2/21 (4 nights, no class 2/14) 6:00-8:00p Los Osos Middle School Library No Charge
 In this class parents will learn tools to improve communication and solve problems *with* your children/teenagers, and much more. Childcare provided.

En esta clase, los padres aprenderán herramientas para mejorar la comunicación y resolver problemas con sus hijos / adolescentes, y mucho más. Cuidado de niños provisto.

new!

The Adolescent Brain Lea Payne Scott #79110
 Wed, 1/30 6:00-7:30p 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 also 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.

Love & Logic Tim Ross #79101
 Wed, 2/20-3/27 (6 nights) 6:00-8:00p Hawthorne 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 - see below.*

Communication FUNdamentals Rick London #79181
 Thur, 2/21-3/28 (6 nights) 6:00-8:00p Monarch Grove Elementary School Library \$25
 The process of compassionate communication is a strategy for becoming more aware about the thoughts, words and behaviors that disconnect us from ourselves and each other. By increasing our understanding about the life-serving connection between needs and feelings, we can become healthier examples for our children to follow. Childcare - see below.*

Active Parenting the Preschooler Julie Ashworth #77202
 Wed, 4/10-5/1 (4 nights) 5:30-7:30p Baywood Elementary Library \$15
 Learn skills that help develop cooperation, responsibility and good character in your children. Explore positive discipline techniques to avoid those all-too-familiar power struggles. Childcare - see below.*

Parenting Sober Support Group Cindy DuSair
 Sat, 1/5-5/4 10:30a-12:00p Build Your Nest, 6613-B Bay Laurel Dr., Avila Beach No Charge
 Wed, 1/15-5/15 5:30-7:00p Build Your Nest, 6613-B Bay Laurel Dr., Avila Beach No Charge
 For parents at any stage of recovery who want to get a grip on parenting and stay sober in the process! Group aligns parenting foundational principles with 12-step principles. For information call (805) 550-5865.

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

new!

Prenatal Yoga Jessica Godsey #78612
 Wed, 1/9-3/13 5:45-7:00p Adult School RmJ4 \$68
 See Page 6

COOKING

Enjoy the cuisine you create in class and leave with recipes to share with family and friends.



Mediterranean Vegetarian Dishes #235600
 Wed, 1/23 5:30-8:30 SLO Adult School Kitchen J1 Kathryn Arceneaux \$55
 Create Israeli cauliflower with white wine vinaigrette, Lebanese mujadara (lentils with caramelized onions and rice), Algerian green beans with almonds, Moroccan carrot and chickpea salad.

Traditional Cajun Dinner #233500
 Wed, 2/13 5:30-8:30 SLO Adult School Kitchen J1 Kathryn Arceneaux \$55
 Learn about the history and culture of the Cajun meal. Prepare chicken fricassee with rice, old fashioned Creole cornbread, and sweet potato and pecan pie.

Modern Greek Dinner #233600
 Wed, 3/13 5:30-8:30 SLO Adult School Kitchen J1 Kathryn Arceneaux \$55
 Learn Greek history, culture, and the beauty of each dish's ingredients and the comfort it brings. Prepare tabbouleh (bulgar wheat with parsley, mint and olive oil) kotopoula stifado (chicken stew with tomatoes and onions) and melitina (sweet cheese pastries).

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HEALTH & NUTRITION

NEW!

DEEP (Diabetes Empowerment Education Program)

Wed, 1/9-2/13 6:00-8:00p Adult School F3 Patty Herrera #79911 \$5
This six week program can prevent and/or reduce adverse health outcomes related to diabetes, reduce risk factors associated with diabetes, increase self-management skills and facilitate short and long term behavioral change. Individuals living with or at risk of diabetes are invited.

DEEP (Programa de Empoderamiento Educacion)

Wed, 2/20-3/27 6:00-8:00p Adult School F3 Cesar Vega #79921 \$5
Este programa de seis semanas puede prevenir y / o reducir los resultados adversos de salud relacionados con la diabetes, reducir los factores de riesgo asociados con la diabetes, aumentar las habilidades de autogestión y facilitar el cambio de comportamiento a corto y largo plazo. Se invita a las personas que viven con o están en riesgo de diabetes.

MUSIC

Singing Class

Mon, 1/7-4/22 5:30-7:30p SLO Adult School Rm.J4 Katherine Arthur #202900 \$140 + \$30 pianist fee in class
Thurs, 1/10-4/18 11:00a-1:00p Sunnyside Elem., Rm.3 Los Osos Katherine Arthur #202903
Fri, 1/11-4/26 12:00-2:00p 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, 1/10-4/18 5:30-7:30p Sunnyside Elem., Rm. 3 Los Osos Katherine Arthur #203000 \$140 + \$40 pianist fee in class
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.

Guitar - Beginning

Wed, 1/9-3/27 6:25-7:25p SLO Adult School Rm.H1 Justin Martinez #205900 \$60

Ukulele - Beginning

Mon, 1/7-4/15 6:25-7:25p SLO Adult School Rm.H1 Justin Martinez #205920 \$60
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, 1/9-3/27 7:30-8:45p SLO Adult School Rm.H1 Justin Martinez #205700 \$72

Ukulele - Ensemble

Mon, 1/7-4/15 7:30-8:45p SLO Adult School Rm.H1 Justin Martinez #205930 \$72
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

Thurs, 1/10-4/25 7:10-9:10p SLO Adult School Rm.J4 Leonard Lutz, Conductor #205800 \$50
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. mfarbs@charter.net.

DANCE

Taught by Laura Slania at Sinsheimer Elementary Multi-Room.

Classes rotate partners, unless otherwise specified. No experience necessary, except for "continuing" classes.

Continuing East Coast Swing

Mon, 1/28-3/25 6:00-7:00p #212320 \$40
If you already know the basics, then this class is for you! We will expand basic patterns while continuing to review technique and fundamentals of connection and lead and follow. East Coast Swing experience is necessary.

Continuing Rumba & Cha Cha

Mon, 1/28-3/25 7:05-8:05p #202601 \$40
Already know Rumba and/or Cha Cha? Here's your chance to expand your knowledge and discuss the similarities and differences between the dances and integration of fun new patterns.

Introduction to Social Dancing

Wed, 1/30- 3/20 6:00-7:00p #21250 \$40
Start your new year off right with an introduction to some of our most popular dances. Class will include introductions to East Coast Swing, Rumba, Waltz and Country Two-Step. Partners are required.

Nightclub Two-Step

Wed, 1/30-3/20 7:05-8:05p #20550 \$40
The perfect slow floaty dance for many 'first dance' songs or just dancing as a guest at a wedding. Come to class and find out what this dance is all about. No experience or partner required.

LIFELONG FITNESS

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

Yoga

Jessica Daem Adult School Rm J3 **#96401**
M/W, 1/7-4/24 5:35-6:50p \$111

Cassandra Bodlak Sunnyside Rm2 **#96407**
M/W 1/7-4/24 10:30-11:45p \$111

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, 1/7-4/24 4:30-5:30p \$88

Cassandra Bodlak Adult School Rm J3 **#96505**
T/Th, 1/8-4/25 10:20-11:35a \$118

Cassandra Bodlak Sunnyside Rm2 **#96501**
M/W, 1/7-4/24 5:30-6:30p \$94

Lindsey Morgan Sunnyside Rm2 **#96503**
T/Th, 1/8-4/25 5:30-6:30p \$94

Carolyn Hottle Avila Community Ctr. **#96502**
T/Th, 1/8-4/25 9:30-10:45a \$118

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.

NEW!

Prenatal Yoga

Jessica Godsey Adult School Rm J4 **#78612**
Wed, 1/9-3/13 5:45-7:00p \$68

Learn yoga positions that prepare the body to support more weight and alleviate common discomforts of pregnancy. For women who have completed their first trimester. A release from an OB/GYN is required; fax it to (805)544-0638.

Women's Self Defense Intro: Standing Attacks

Mary Tesoro Adult School Rm J4 **#92703**
Fri, 1/11 5:30-9:30p \$38

Mary Tesoro Adult School Rm J4 **#92704**
Fri, 4/12 5:30-9:30p \$38

Learn simple, powerful defenses against common standing attacks on women. The techniques are from the nationally acclaimed Model Mugging program and can be used by women of all shapes and sizes. Instructor Mary Tesoro, author of "Options For Avoiding Assault" and cofounder of Model Mugging of San Luis Obispo, has taught self defense for over 30 years.

Metabolic Conditioning

Cassandra Bodlak Adult School J3 **#91600**
T/Th, 1/8-4/25 8:05-9:05a \$94

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, 1/7-4/24 8:15-9:15a \$88

Coral Minton Sunnyside Rm 2 **#86101**
T/Th, 1/8-4/25 8:15-9:15a \$94

Michele Aeck Adult School J3 **#86113**
Sat, 1/12-4/27 8:00-9:00a \$52

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.**

Total Body Conditioning

Coral Minton Sunnyside Rm 2 **#91702**
T/Th, 1/8-4/25 11:35-12:35p \$94

Improve performance and maximize efficiency using structured patterns of work and rest periods with a perfect blend of cardio, strength, interval training and core exercises.



NEW!

Intro to Kettlebell Swing

Cassandra Bodlak Adult School Rm J3 **#92710**
Sat, 2/23 12:00-1:30p \$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, 1/8-4/25 6:00-7:00p \$94

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, 1/8-4/23 6:15-7:15p \$55

Come join the biggest dance party in the world! Zumba is a fun way to get fit for all ages and levels. No prior dance experience required.

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LIFELONG FITNESS



new!

Escrima for Mind and Body #903800

Randal Bodlak Bayside Martial Arts
Sat, 1/26 10:00a-1:00p \$20
Using concepts from Filipino Escrima, this class will introduce basic hand and stick patterns designed to improve coordination, balance and brain body unity. Escrima is fun, challenging and helpful with various body mind issues.

new!

Escrima Self Defense for Women

Randal Bodlak Bayside Mar.Arts #927900
Thu, 1/10-2/14 6:00-7:00p \$42
Learn basic self defense strategies, strikes and escapes for a solid foundation in a safe and empowering environment.

Aikido Beginners Intro

Mary Tesoro Adult School Rm J4 #92810
Tues, 1/8 5:45-7:30p \$10
This one evening class is a great way to sample Aikido, the Japanese art of self-defense and self-improvement. Learn techniques and see why it's a perfect martial art for today's world. Intro can help you decide if you'd like the ongoing "Aikido For Everyone" class. Wear full-length pants and sleeved top.

Aikido for Everyone

Mary Tesoro Adult School RmJ4 #92800
Tu, 1/15-4/23 5:45-7:00p \$82
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!

Tai Chi Made Simple!

Randal Bodlak Adult School Rm J4 #903900
Mon, 1/7-4/22 8:30-9:30a \$48
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, 1/8-4/25 10:00-11:00a \$94
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, 1/7-4/22 9:35-10:35a \$48
Gary West Adult School Rm J4 #90503
Wed, 1/9-4/24 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.

Classes Designed for 50+

Flexibility & Balance Training for 50+

Sue Gin Adult School Rm J4 #84000
M/W, 1/7-4/24 10:40-11:55a \$111
Coral Minton Sunnyside Rm2 #84001
T/Th, 1/8-4/25 9:20-10:20a \$94

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 RmJ3 #86010
M/W, 1/7-4/24 9:10-10:10a \$88
Cassandra Bodlak Sunnyside Rm2 #86011
M/W, 1/7-4/24 9:20-10:20a \$88
Coral Minton Adult School RmJ3 #86015
M/W, 1/7-4/24 10:15-11:15a \$88
Coral Minton Sunnyside Rm2 #86012
T/Th, 1/8-4/25 10:25-11:25a \$94
Cassandra Bodlak Adult School J3 #86030
T/Th, 1/8-4/25 9:10-10:10a \$94
Sue Gin Avila Community Ctr #86040
T/Th, 1/8-4/25 11:00a-12:15p \$118

An exercise program designed to promote muscle strength. Increase your flexibility and coordination while building strength and endurance.

Total Body Conditioning for 50+

Coral Minton Adult School Rm J3 #91700
M/W, 1/7-4/24 8:05-9:05a \$88
Improve performance and maximize efficiency 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.

ARTS

The Art of the Memoir: Writing Stories that Matter

Tues, 1/15-2/19 5:30-7:30p Adult School Rm B3 Jane Hawley #67120 \$70
 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.

Knit and/or Crochet

Wed, 1/9-2/27 6:30-8:30p Adult School Rm J1 Megan Selby #104000 \$75
 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

Drawing

Tue, 1/22-2/26 6:15-8:15p Laguna Middle School Rm D1 Lauren Rayburn #233200 \$55
 Beginner to intermediate students will learn how to draw using pencil, charcoal, and ink. In our six-week session we will lay the foundation for drawing by working from observing still lifes. Drawing materials required. Please email the teacher for a supply list: lauren@laurenrayburn.com .



Meet Joan Martin Fee Arts & Crafts Instructor

Joan Martin Fee's twenty-five years of working in the craft industry includes designing and demonstrating her projects on *Aleene's Creative Living* television show. She is a magazine editor, instructor editor and teacher. Joan's classes include mosaics, succulent projects, sea glass and wire wrapped jewelry and resin beach scenes where she supplies everything to make and finish an awesome project in one sitting. Joan is constantly dreaming up new, exciting and creative projects to offer her students.



Succulent Vertical Garden

Mon, 3/11 6:00-8:00p #239890 \$64 (materials included)
 SLO Adult School Kitchen J1 Joan Martin Fee
 Create a gorgeous 11" x 14" vertical succulent garden. You'll add soil to an already assembled wood container, then plant it, choosing from a variety of succulents. Everything is provided to complete your garden.

Mosaic Stepping Stone

Wed, 1/30 5:30-8:30p #23319 \$70 (materials included)
 SLO Adult School Kitchen J1 Joan Martin Fee
 Make a custom 12" mosaic stepping stone with a huge selection of colorful tiles. Create a masterpiece by cutting tiles, gluing, grouting and cleaning. All supplies are provided. Perfect for beginners.



Sea Glass Wire Heart Jewelry

Mon, 2/11 6:00-8:00p #233701 \$49 (materials included)
 SLO Adult School Kitchen J1 Joan Martin Fee
 Learn fun techniques to create a heart-themed wire and sea glass necklace and pierced earrings. The instructor will demonstrate how to drill holes in sea glass and you'll take all your new knowledge and create a one-of-a-kind jewelry set. No experience necessary.



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

CLASSES ARE NOT IN SESSION:
 January 21 Martin Luther King Day
 February 18 Presidents' Day
 April 1-6 Spring Break
 April 19-20 Spring Holiday

LANGUAGE

Mandarin Chinese for Beginners

Wed, 1/16-3/20 6:00-8:00p Laguna Middle School Rm.E7 Ji Li **#208010** \$100 + book
 This course will provide a good grasp of basic Chinese, both spoken and written, enabling you to understand conversational Chinese at a natural speed, with the confidence to respond appropriately when spoken to in different situations. The teacher will assist you in purchasing the book *Chinese Express*.

new!

Italian for Travelers

Wed, 1/9-3/13 6:00-8:00p Laguna Middle School Rm. G4 Joseph Carro **#22300** \$112
 A friendly class to help travelers to Italy learn the basics of the Italian language. Book is included in class price.

Spanish 1A - Conversational

Tues, 1/15-3/19 5:30-7:30p SLO High School Rm.P-10 Leif Hanson **#22880** \$123
 Learn one of the world's most widely spoken languages in a fun and comfortable environment. Our focus will be on Spanish pronunciation, basic vocabulary and phrases that are useful for travel, workplace, marketplace and beyond. The book *Spanish is Fun, Book One, 5th Edition* is included.

Spanish 1B - Conversational

Tues, 1/15-3/12 5:30-7:40p Morro Bay High School Rm.103 Debbie Highfill **#22890** \$100
 This class is the continuation of Spanish 1A. Conversing in Spanish, we will expand usage of present tense verbs with phrases that can be used in the workplace, community, and beyond. The book *Spanish is Fun, Book 1, 5th Edition* will be used. Call the office to purchase the book.

Spanish in the Workplace

Wed, 2/13-3/27 5:30-7:30p SLO High School Rm.P-10 Leif Hanson **#22990** \$71
 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 commands and to engage in conversations with clients, parents and co-workers. Book is included in price of class.

ESL: English as a Second Language



Meet our ESL Teachers

Mark Murray, Becca Sciocchetti, and Ana Mathis

Each of our qualified instructors has experienced living in a foreign country themselves, and they 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 January 23rd & 24th.
- *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 23 y 24 de enero.*

CLASS LOCATION	DATES	TIME	INSTRUCTOR
Hawthorne Elementary School* 2125 Story St., SLO - Maker Space Rm.	Tues. & Thurs. Jan. 8 - May 30	12:00-2:30 pm	Becca Sciocchetti
Hawthorne Elementary* (Focus on Child Development & Family Services)	Tues. & Thurs. Jan. 8 - May 30	6:00-8:30 pm	Becca Sciocchetti
Pacheco Elementary School 261 Cuesta Dr., SLO - Computer Lab	Tues. & Thurs. Jan. 8 - May 30	8:30-11:00 am	Ana Mathis
Pacheco Elementary School* 261 Cuesta Dr., SLO - Computer Lab	Mon & Wed. Jan. 7 - May 29	6:00-8:30 pm	Mark Murray
Baywood Elementary School* 1330 9th St., Los Osos - Room 18	Mondays Wednesdays Jan. 7 - May 29	10:00-12:30 pm 9:00 - 11:30 am	Ana Mathis
Los Osos Middle School* 1555 El Moro St., LO -Computer Lab	Tues. & Thurs. Jan. 8 - May 30	6:00-8:30 pm	Mark Murray

CAREER EDUCATION

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, Womenade, Child Care Resource Network, Community Action Partnership (CAPSLO), Lucia Mar USD, Templeton USD, and Cuesta College. Call (805) 549-1222 for more information.

School Bus Driver- Original Classroom California #69109
 Monday thru Friday, 3/11-3/22 9:00a-12:30p Annette Sharp \$46
 SLCUSD Transportation Training Room, 937 Southwood Dr., SLO

Students will earn a TO-1 Card (required for California School Bus Drives) after successful completion of the course. Must have a clean driving record. Attend the first class for free to ask questions and receive introduction to the class information. Questions? Email Annette at asharp@slcusd.org



Spanish in the Workplace #22990
 Wed, 2/13-3/27 5:30-7:30p SLO High School Rm.P-10 Leif Hanson \$71
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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, 1/10-2/14 6:00-8:30p \$45 #100000
 Thurs, 2/21-4/11 6:00-8:30p (no class 3/14) \$45 #100001
 SLO Adult School Rm.J1

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, 1/9-4/24 9:00a-12:00p (no class 3/13) \$95 #101010
 SLO Adult School Rm.J1

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.

COMPUTER & BUSINESS EDUCATION

Introduction to Microsoft Office Marilyne Cleeves #60500
 Tues/Wed, 2/5-2/13 (4 nights) 5:30-8:30p 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.**

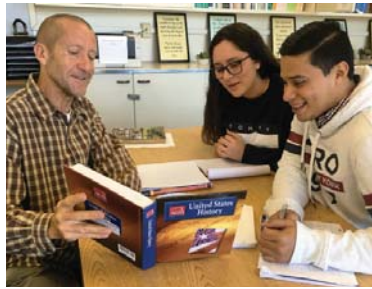
Excel Basic Training Marilyne Cleeves #61000
 Tues/Wed, 2/19-2/27 (4 nights) 5:30-8:30p Adult School-H4 \$46
 Learn the fundamentals of Excel 2016 by entering data, inserting formulas, understanding functions, as well as formatting and creating an embedded chart. Learn tips and tricks to avoid errors and increase productivity. **Skill level: Beginner with entry level Microsoft Office experience.**

QuickBooks Pro 2018 Marilyne Cleeves #61101
 Tues/Wed, 3/5-3/13 (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 how to manage multiple accounts. **Windows experience recommended. Skill Level: Intermediate.**

San Luis Coastal Adult School

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

HIGH SCHOOL DIPLOMA and GED/HiSET 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 open office 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 (online coursework available).
5. Become a high school graduate!
6. Transition to academic and career pathways.

DAY	OPEN TIME	INSTRUCTOR	SUBJECTS
Monday	5:00 p.m. - 8:00 p.m.	Parke Godar	Adult Diploma, GED/HiSET Test Prep & Basic Skills
Tuesday	9:30 a.m. - 1:00 p.m.	Beth O'Connor	Orientation, Adult Diploma, GED/HiSET Test Prep & Basic Skills
Tuesday	2:00 p.m. - 8:00 p.m.	Parke Godar	Adult Diploma, GED/HiSET Test Prep & Basic Skills
Wednesday	9:30 a.m. - 1:00 p.m.	Parke Godar	Adult Diploma, GED/HiSET Test Prep & Basic Skills
Thursday	9:30 a.m. - 1:00 p.m.	Parke Godar	Adult Diploma, GED/HiSET Test Prep & Basic Skills
Thursday	5:00 p.m. - 8:00 p.m.	Parke Godar	Adult Diploma, GED/HiSET Test Prep & Basic Skills

California High School Equivalency Certificate

Test Dates: January 18, February 15, March 15, April 12, May 17

HiSET Paper-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.

GED Computer Based Test (English & Spanish)

The San Luis Coastal Adult School is a Pearson Vue Testing Center. Please register online at gedtestingservice.com. (\$140/entire test or \$35 each of the 4 sections).

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! -The Office Team



Follow the
Adult School &
Parent Participation



Register Online at ae.slcsusd.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.slcsusd.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



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

Residential Customer
Time value - Do not delay

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ECRWSS