

FALL 2022



**Classes for your new career await you!**



Explore the possibilities. Design your Future!  
[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)

## Director's Message

### Welcome to Poway Adult School's 2022 Fall Quarter!

Fall is a time of year typically associated with going back to school, so this might be the perfect quarter for you to consider returning to school to upgrade your career skills or pursue a personal interest.

One of the things we've learned is that living through and with a pandemic has had a significant effect on individual's personal and career goals. As a result, staff at Poway Adult School have been surveying our community and retooling our offerings in response to the feedback we've received.

One major difference you'll notice this term is the expansion of our adult Career Technical Education courses. These courses are offered both in-person and on-line. Some of these new offerings include Entrepreneurship and related Technology courses, so that you will be able to learn the skills to become the architect of your career going forward.

We're also introducing a number of new Community Education classes to meet your personal goals. Some of the new classes in the personal interest category include:

- Clay sculpting horse figures
- Oil painting composition
- Resin jewelry
- Decorative craftband weaving
- Mahjong
- Nutrition courses
- Poise and Presence
- Autobiographical Story Telling

That said, rest assured that we will continue to offer your old favorites. Whether it's learning something new or continuing to hone your skills in an area you already know and love, we hope you'll be returning to school with us this fall.

See you in class!



Kathleen Porter  
Executive Director



## Mission Statement



**To provide adults with exemplary learning opportunities by offering timely and relevant courses, programs, and services that are responsive to our community's needs. Poway Adult School works with students to identify and reach their individual goals, including career advancement, college preparation, and life enrichment.**



### POWAY ADULT SCHOOL

(Twin Peaks Center)  
13626 Twin Peaks Rd  
Poway, CA 92064

Tel 858.668.4024

[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)

### Office Hours

Monday through Thursday: 8AM to 7:00PM  
Friday: 8AM to NOON

August 10, 2022

Published Quarterly

Issue No. 99

**What's Inside**

**Career Technical Education . . . . .5**

    Self-Paced . . . . . 5

    Application Technology . . . . . 6

    Business & Finance . . . . . 7

    Career Support . . . . . 8

    Career Training and Certification . . . . . 8

    Sales and Marketing . . . . . 10

**Arts, Home Arts and Design . . . . .11**

    Ceramics . . . . . 11

    Clay Sculpting . . . . . 11

    Craft Arts . . . . . 11

    Drawing and Painting . . . . . 13

    Fiber Arts . . . . . 16

    Floral Design . . . . . 18

    Photography and Editing . . . . . 19

**Culinary Arts. . . . .21**

    Cake Decorating . . . . . 21

    Cooking . . . . . 22

    Desserts . . . . . 23

    Instant Pot ® Cooking . . . . . 24

**Healthy & Active Lifestyle . . . . .25**

    Dance. . . . . 25

    Fitness . . . . . 26

    Healing Arts . . . . . 28

    Nutrition . . . . . 28

    Sports: Golf, Tennis and Pickleball . . . . . 29

    Yoga. . . . . 31

    Tai Chi and Qigong . . . . . 32

    Women’s Self Defense. . . . . 32

**Languages . . . . .33**

    American Sign Language . . . . . 33

    Filipino . . . . . 33

    Chinese . . . . . 33

    French . . . . . 34

    Japanese . . . . . 34

    Korean . . . . . 34

    Italian . . . . . 35

    Spanish . . . . . 36

**Personal Enrichment. . . . .37**

    Creative Writing . . . . . 37

    Gardening . . . . . 37

    Music . . . . . 38

    Parent Education . . . . . 40

    Personal Finance & Recreational Activities . . . . . 42

    Planning for the Future. . . . . 43

    Posture & Photogenic Techniques. . . . . 45

**Academic Classes . . . . .46**

    English As A Second Language (ESL) . . . . . 46

    Academic Skill Development . . . . . 47

    Adult Secondary Education (ASE) . . . . . 48

**Maps . . . . .49**

## calendar

---

### FALL CALENDAR

**August 10**

Adult Community Education and Career  
Technical Education Registration Begin

**August 22-24**

English as a Second Language and  
High School Diploma and High School  
Equivalency Registration and Orientations

**August 29**

English as a Second Language and High  
School Diploma and High School Equivalency  
Classes Begin

**September 5**

Labor Day Holiday, Office Closed

**September 6**

Adult Education Fall Classes Begin

**September 19**

Professional Growth Day, No morning  
Classes, Office Closed

**November 11**

Veteran's Day Holiday observed, No Classes,  
Office Closed

**November 21-26**

Thanksgiving Recess, No Classes, Office  
Closed

**December 7**

Adult Education Winter Term Registration  
Begins

**December 10**

Adult Education Fall Classes End

**December 19- January 3**

Winter Recess, Office Closed

## would You Like to Teach Others?

---



Have you ever considered teaching others? Become part of our PUSD Adult School staff. Anyone with a special knowledge, talent or skill is welcomed to contact us. Learn more about this opportunity by setting an appointment with us at (858) 668-4009 or [dguzman@powayusd.com](mailto:dguzman@powayusd.com). We are always looking for new teachers, so bring your expertise and enthusiasm to show others how to Live And Learn!

## Special Events:

---

### Poway Symphony Orchestra

#### Performance

Sunday November 20, 2022 4:00PM  
Poway Center for the Performing Arts  
15498 Espola Rd,  
Poway 92064  
Open to the public

### Poway Symphonette and the Incarnation Liturgical Choir Present A "Holiday Extravaganza Concert"

Sunday December 11, 2022 7:00pm  
Incarnation Lutheran Church  
16889 Espola Rd,  
Poway 92064  
Open to the public



# CAREER TECHNICAL EDUCATION

## *Self-Paced* – Online Content with 24/7 Access

Classroom lab support with an in-person instructor available.  
Create your own schedule and finish within 20 weeks of starting the course.  
30-minute individual orientation session required prior to starting the course (in person or Zoom.)

### Microsoft Excel

#### Level 1-The Essentials SELF-PACED

Navigate the Excel workbook environment, enter, edit and format data, use formulas and create charts for analysis.

**11084**      \$89

#### Level 2 SELF-PACED

Create and edit tables, calculate using advanced functions, create PivotTables and Charts, and use Analysis tools.

**Pre-Requirement:** Excel Level 1, or knowledge of Excel

**11085**      \$89

### Microsoft PowerPoint

#### SELF-PACED

Navigate, create and design presentations, edit and format slides, insert objects, add transitions and animations and run slide shows.

**11090**      \$89

### Microsoft Word

#### Level 1 SELF-PACED

Create and edit documents, format text and paragraphs, insert tables and graphics.

**11087**      \$89

#### Level 2 SELF-PACED

Manage documents, modify format features, create and use templates, enhance reports with graphics, collaborate and customize the environment.

**Pre-Requirement:** MS Word Level 1

**11088**      \$89

### Outlook

#### SELF-PACED

Manage email communications, schedule appointments and meetings; manage contact information; schedule tasks and create notes, customize message response options and organize mail.

**11092**      \$89

## COURT REPORTER COURSE UPDATES

### New Court Reporter Cohort Begins January 2023

Here's your opportunity to become a Court Reporter and have the potential to earn \$80,000 a year. Upon completion of the 6 Module program, students are qualified to sit for the National Registered Reporter Exam. Registration per Module is \$1047. Payment plans are available.

Contact [jcolon@powayusd.com](mailto:jcolon@powayusd.com) for more information.

### A to Z Intro to Steno Machine Shorthand

FREE 5-week introductory program. Consecutive Saturdays from 9:00AM–12:00PM. Interested students in San Diego and surrounding areas.

Register for class at [powayadulthoodschool.com](http://powayadulthoodschool.com)

Contact Judy Moreno at [jmoreno@powayusd.com](mailto:jmoreno@powayusd.com) if you have any questions.

### Secure your spot in this dynamic hands-on class

**11384**   8/27–10/1      9:00AM–12:00PM      Sat      5wks      ONLINE      FREE      MORENO  
(no class 9/24)

## Application Technology

### Getting Started on Computers

#### Part 1 Beginning

This class is a perfect fit for beginners in the computerized world. We will cover the basics of navigating through your computer. You will learn to search the internet, the fundamentals of emailing and the essentials of Microsoft Word.

9/14–10/5		9:00–11:00AM
4wks	W	PAS 601
<b>11339</b>	\$69	HERNANDEZ

### Getting Started on Computers

#### Part 2 Enhanced Computer Skills

You've taken the foundation class - now you're ready for more and this class will deliver. After minimal review, you will move on in Windows 10, Word, Excel, Microsoft Edge, Google Chrome and email. Bring a USB/flash drive to class to save your work.

**Skills Needed:** Windows and word processing basic skills.

10/12–11/2		9:00–11:00AM
4wks	W	PAS 601
<b>11340</b>	\$69	HERNANDEZ

### Getting Started with Google

Learn the Google basics. This class covers Google Drive, Gmail, Google Docs, Sheets, Slides, Forms and more. Create, manage and locate files and folders. Collaborate through shared drives, folders and documents. Become comfortable managing your Gmail inbox and personalizing your settings. Create, edit, share and give your documents a professional look. Please have your gmail account set up before you come to class.

9/19–10/24		9:00–11:00AM
6wks	M	PAS 601
<b>11350</b>	\$89	HERNANDEZ

### Getting Started with Social Media

Let's get social! Focus on the basics of all things social as we take you step-by-step through setting up your most popular social media accounts including Instagram, Facebook, and Twitter. From getting started to sharing and posting, we will cover all steps including, how to upload photos and create your first post, and how to use the basic features each platform has to offer.

9/19–10/10		6:00–8:00PM
4wks	M	PAS 601
<b>11346</b>	\$69	CERDA

### Programming using Java

#### Introduction

In this online course, take the first steps towards beginning your career in computer programming. Learn vocabulary in line with the software industry and practice a range of computational thinking concepts and fundamentals. These skills easily allow you to transition to other languages like Python, C#, and other programming languages so you can develop core business logic of apps, websites, and make web-based projects work. At the end of course you will:

- Have a strong foundation of Java basic concepts with hands-on experience
- Be able to make an informed decision on whether you want to pursue career in Software
- Have strong foundation for Java Intermediate and Advance concepts

9/14–12/7		6:00–7:30PM
12wks	W	ONLINE
<b>11333</b>	\$119	AGARWAL

# Business & Finance

## Accounting

### Level 1

This course offers the principles and processes involved in manual double-entry accounting. Employment possibilities include bookkeeping, banking, accounting clerk, accounts receivable clerk and accounts payable clerk. Instruction includes the following areas:

- Banking
- General ledger
- Special journals
- Income Statement
- Balance Sheet
- Introduction to QuickBooks

No hidden fees. Class includes textbook and working papers.

9/15–12/8		6:00–8:30PM
12wks	Th	PAS 502
<b>11345</b>	\$179	CADWELL

## Getting Started in Excel

### Introduction

This one-day course gives you an introduction to Excel Level 1. It is geared towards students with no knowledge of Excel. We begin with navigation and command uses of the mouse. By the end of the class, you will be able to create your own spreadsheet with basic formulas.

9/10		9:00–11:30AM
1day	Sat	PAS 402
<b>11342</b>	\$35	HERNANDEZ



## Microsoft Excel

### Level 1

Microsoft Excel is the industry standard for spreadsheets. Learn to create, edit and format spreadsheets, create charts, use formulas and functions, and manage large spreadsheets.

9/17–10/22		9:00–11:30AM
6wks	Sat	PAS 402
<b>11343</b>	\$99	HERNANDEZ

### Level 2

Utilize advanced features of Microsoft Excel to create and edit tables, calculate using advanced functions, create and update PivotTables and Pivot Charts, and use What if Analysis tools.

**Pre-Requisite:** Excel Level 1, or knowledge of Excel

10/25–11/29		6:00–8:30PM
5wks	T	PAS 601
<b>11344</b>	\$99	HERNANDEZ

## QuickBooks

### Comprehensive

QuickBooks is the most widely accepted accounting system currently used in businesses. Master this powerful, yet easy-to-use software. Set up a company and continue through accounts receivable and payable, banking and credit, payroll, budgeting, reporting and year-end transactions. Completion of this course will prepare you for the QuickBooks Certified User exam. No hidden fees. Class includes textbook and working papers.

**Skills Needed:** Windows basic skills.

9/15–12/8		6:00–8:30PM
12wks	Th	PAS 601
<b>11341</b>	\$175	WILSON
9/17–12/10		9:00AM–12:15PM
12wks	Sat	PAS 601
<b>11364</b>	\$175	CADWELL

## Career Support

### Build Your Network to Enhance Your Career

We will explore how to build your career opportunities. Learn tips and tricks on how and where to develop professional networking leads to open doors for your next career steps.

11/15		5:00–6:30PM
1day	T	ONLINE
11337	Free	McANDREWS
11/17		5:00–6:30PM
1day	Th	PAS 100
11338	Free	McANDREWS

### Career Exploration Series

This series of workshops covers what you need from start to finish to embark on obtaining an interesting, in-demand career. Register and attend any or all workshops. The four workshops will be:

- Develop Your Career Plan
- Target Your Resume
- Ace Your Interview
- Using Your Interests Profile to Find Your Career Path

Choose from online or in-person classes.

8/30–9/20		5:00–6:30PM
4wks	T	ONLINE
11335	Free	McANDREWS
10/6–10/27		5:00–6:30PM
4wks	Th	PAS 100
11336	Free	McANDREWS

### Use Technology to Job Search and Network

Take control of your job search! Learn how to use different job search engines, sites, and social media to effectively conduct your job search. Understand the basics of using search engines such as Indeed and SimplyHired, creating job alerts, uploading applications and resumes, protecting your online privacy, and how to watch out for scams. You will also learn how to set up a LinkedIn profile and how best to use it for networking and applying for jobs.

11/10–11/17		6:00–8:00PM
2wks	Th	ABX Computer Lab
11349	Free	COLON

## Career Training and Certification

### Nurse Assistant

This course prepares students to take the Nurse Assistant Certification Exam. Instruction covers basic nursing skills, medical terminology, and basic anatomy and physiology and is taught by a licensed nurse. Students spend 60 hours learning theory, 100 hours in clinical or mock clinical experiences and additional hours for test preparation and activities. In addition to the registration costs, students should expect to pay an additional amount of \$200–\$300 for course required items and are given a list after enrollment. More information online at [Powayadulthoodschool.com](http://Powayadulthoodschool.com) Interested students must participate in Orientation on August 19 and meet at 4:00PM on Zoom. For more information contact Denise McAndrews at [dmcandrews@powayusd.com](mailto:dmcandrews@powayusd.com) or calling (858) 208-0423.

9/9–12/17	F	4:00–8:00PM
	Sat	7:30AM–4:00PM
15wks		DNHS P116
11058	\$995	ARELLANO

### Special Education Instructional Assistant Preparation

#### Special Education

Instructional aides (IA's) and paraeducators in special education are in high demand in San Diego County. IA's assist teachers with educational programs and services. Becoming an IA or a paraeducator can lead to advanced careers as an educator. This class will teach you the terminology, strategies, and theories in special education including: a brief history of special education, the 13 disability categories, curriculum and behavioral strategies, and understanding the IEP. While this class prepares you with important information and training in regard to becoming an instructional aide, it does not guarantee you a position.

10/6–11/3		5:00–7:30PM
5wks	Th	ABX 15
11242	\$99	FINK

# career Training and certification

## Electronics Coding

new

### Introduction

If you are interested in taking the first steps toward a career in Embedded Development or want to create fun projects through programming and electronics then this series is for you. Through hands-on projects, learn the basics with an Arduino, using the Arduino IDE and C programming, electronic components and breadboard. No prior experience is needed.

9/12–9/26		6:00–8:00PM
3wks	M	ABX Computer Lab
<b>11388</b>	\$79	DURAES

## IoT—Internet of Things

new

This continuation class takes a deeper dive into the field of embedded development. Learn how to build a water buddy, a device that automatically waters your plants, through new technologies. Understand IoT, MQTT Broker/Pub Sub, Wi-Fi, and IoT projects using the ESP8266, Arduino IDE and C Programming.

10/17–11/7		6:00–8:00PM
4wks	M	ABX Computer Lab
<b>11389</b>	\$99	DURAES

## Real Estate License Series

### Legal Aspects of Real Estate

Live, Interactive Real Estate Licensing Classes! Real estate is filled with legal issues, forms, and contracts. This course covers all the essentials. Discussion includes the main laws governing real estate, property interests, title and vesting, dispute resolution, contract law, listing and purchase agreements, and other contracts commonly used in real estate transactions. This course fulfills the elective requirement to obtain a California Real Estate License. Class fee includes textbook, quizzes, final exam and course certificate.

**NOTE:** Week 2 is a self-study session. No class meeting that date.

9/15–10/6 (no class 9/22)		6:00–9:00PM
4wks	Th	ABX Media CTR
<b>11252</b>	\$119	WATKINS

### Real Estate License Exam Prep

While most people fail the state exam on their first try, our licensing classes have a record of an over 90% exam pass rate! If you are taking the California state exam, it's a good idea to have extra-focused exam preparation and review! Taught by a veteran real estate broker who has helped many students obtain their license, this Real Estate Exam "Cram" class covers all the important material needed to pass the state exam. Class fee includes a real estate exam prep guide, practice tests with 900 sample questions, terms and definitions, "hot sheets" of exam questions, math review and test-taking tips.

10/27–11/17		6:00–9:00PM
4wks	Th	ABX Media CTR
<b>11253</b>	\$119	WATKINS

## teacher profile



**Gregg Watkins**

Gregg is a highly qualified business owner with a 20-year profile of success in the real estate and financial industries as a Real Estate Broker, Investor, and Business Banker. He has helped many people navigate the real estate market with finding foreclosure bargains, accomplishing a short sale, and investing in real estate. Gregg's background also includes work in the entertainment industry and film/TV production. In addition to his real estate and finance classes, Gregg has coached attorneys, national speakers, radio personalities, and accomplished film actors. Gregg has taught hundreds of classes over the years, and enjoys sharing his knowledge and experience to help his students.

## Sales and Marketing

### Social Media Marketing for Business

Take charge of your digital marketing strategy. Tweeting or posting without a solid marketing strategy is neither wise nor a valuable use of your time. In this course, you will learn how to positively boost your brand using Facebook, Twitter, YouTube and Instagram. Then sign up for the more in-depth course listed below to turn your strategy into action.

10/17–11/7		6:00–8:00PM
4wks	M	PAS 601
<b>11347</b>	\$69	CERDA

### Website Design for Your Small Business

Take your business to the next level by learning how to build or enhance your website. Create the capability to conduct financial transactions or optimize web searches, so others can find you. By using WordPress, you'll attain your own domain and customize your website to obtain your marketing goals. You will also learn how to make your website responsive for all devices for easy customer accessibility.

9/21–10/12		6:00–8:00PM
4wks	W	PAS 601
<b>11348</b>	\$69	CERDA

**Coming Winter  
2023**

## Our Online University for In-Depth Career Training, Entrepreneurship and Technology Courses

### Career Training

- Digital Marketing Professional
- Mastering Project Management with PMP Prep
- Human Resource Professional
- Accounts Payable Specialist
- Medical Coding and Billing
- Paralegal
- Pharmacy Technician

### Entrepreneurship

- Start Your Own Online Business
- Start and Operate Your Own Home-Based Business
- Start Your Own Arts and Crafts Business
- Certificate in Starting Your Own Business in Health and Healing
- Starting a Nonprofit
- Wow, What a Great Event!
- Creating a Successful Business Plan
- Certificate in Food, Nutrition and Health

### Technology

- Introduction to Database Development
- Introduction to Google Analytics
- Creating Mobile Apps with HTML5

For more information, contact Jon Colon at [jcolon@powayusd.com](mailto:jcolon@powayusd.com)

# ARTS, HOME ARTS AND DESIGN

## Ceramics

### Fundamentals of Ceramics

Explore the wonderful world of ceramics through construction, decoration and glazing techniques. Focusing on the fundamentals of pottery, you will make various pottery pieces using a variety of hand and wheel thrown techniques. All supplies are included in class fee. Beginners and experienced potters are welcome. Come join the fun!

9/12–10/31		3:30–6:00PM
8wks	M	PHS N3102
<b>11192</b>	\$195	BOURDETTE
9/12–10/31		6:30–9:00PM
8wks	M	PHS N3102
<b>11219</b>	\$195	AZEKA
9/14–11/2		3:30–6:00PM
8wks	W	PHS N3102
<b>11193</b>	\$195	BOURDETTE
9/14–11/2		6:30–9:00PM
8wks	W	PHS N3102
<b>11220</b>	\$195	AZEKA

## Clay Sculpting

### Clay Sculpting

new

#### Horses

Sculpting is a powerful form of expression. In this course you will create a horse. Sculpt the detailed body features that are proportional and properly aligned with each other. Work with different types of clays to understand their texture, purpose, and project applicability. All tools and supplies are included in the class fee.

9/9–10/7		10:00AM–12:30PM
5wks	F	PAS 501
<b>11263</b>	\$139	AMIR-MOSTOFIYAN
10/10–11/7		6:00–8:30PM
5wks	M	PAS 501
<b>11264</b>	\$139	AMIR-MOSTOFIYAN

## Craft Arts

### Glass Etching Workshop

#### Fall or Holiday Glass

Glass etching is easy and fun and leaves a permanent, washable imprint. In this Fall and Holiday themed class, you will learn how to use etching cream and self-stick etching stencils to create a one-of-a-kind unique glass. You will leave with your own glass. All supplies are included in the class fee.

11/2		6:00–8:00PM
1day	W	ABX 18
<b>11131</b>	\$49	POWELL

### Jewelry Making

#### Wire-Wrap Earrings

You will make two simple and classy pairs of earrings using beads, and hypoallergenic hooks. This is all accomplished with wire-wrapping techniques, and jump rings. All supplies are included in the class fee.

11/3		6:00–8:00PM
1day	Th	ABX 21
<b>11311</b>	\$39	PATTISON

new

### Dazzling Holiday Charm Bracelet

In this holiday-themed jewelry-making class, we'll use ruby red and emerald green beads and stones and holiday charms to design a beautiful bracelet that will dangle on your wrist for your festive celebrations. All supplies are included in the class fee. If you have personal holiday charms that you want to add to your bracelet, please bring them to class.

11/10		6:00–8:30PM
1day	Th	ABX 21
<b>11309</b>	\$45	PATTISON

## Decorative Craftband Weaving

### Introduction

Have you ever wanted to make a craft or a basket, but you just don't know where to get started? Great news, an introduction to craftband basket weaving, is the perfect choice for you! No experience is necessary. You will leave with a basket. Simple as that! This class is ideal for designers, artisans, or anyone interested in basketry crafts. All supplies are included in the class fee.

9/9-9/30		9:30-11:30AM
4wks	F	PAS 213
<b>11312</b>	\$89	TIONGSON

new

### Beyond Beginning

You've taken the Introduction class and are ready to experiment with more basket weaving fun. We'll try some new techniques and styles of baskets. All supplies are included in the class fee.

9/10-10/1		9:00-11:30AM
4wks	Sat	PAS 213
<b>11376</b>	\$109	TIONGSON
10/15-11/5		9:00-11:30AM
4wks	Sat	PAS 213
<b>11377</b>	\$109	TIONGSON



Learn to weave a basket this Fall!

### Pumpkins

new

Fall is here and pumpkins are everywhere. We'll make a pumpkin basket to display or use for Halloween candy. All supplies are included in the class fee.

**Pre-Requisite:** Craftband Basket Weaving Introduction class

10/10		9:00-11:30AM
1day	M	PAS 213
<b>11314</b>	\$49	TIONGSON
10/17		6:00-8:30PM
1day	M	ABX 6
<b>11316</b>	\$49	TIONGSON



### Fall Cornucopia

new

Enhance your fall decor with a cornucopia. We'll make the basket and you fill it with fall delights. All supplies are included in the class fee.

11/7		9:00-11:30AM
1day	M	PAS 213
<b>11315</b>	\$49	TIONGSON
11/14		6:00-8:30PM
1day	M	ABX 6
<b>11317</b>	\$49	TIONGSON

### Holiday Door Wreath

new

Adorn your front door with a holiday wreath. Finish it off with a bow and your house will welcome friends and family. All supplies are included in the class fee.

11/28		9:00-11:30AM
1day	M	PAS 213
<b>11378</b>	\$55	TIONGSON
12/5		6:00-8:30PM
1day	M	ABX 6
<b>11379</b>	\$55	TIONGSON

# Drawing and Painting

## Acrylic Painting

This fun and relaxing class is designed with a goal - you painting! Whether you're a beginning student or a continuing painter, this class will offer an opportunity for you to explore the potential of this wonderful material. Acrylics can be used like watercolors or like oils, but you'll also explore techniques unique to this medium. You may work on your own art, as well as on class projects. Continuing students are welcome. See our website for supply information under the Community Ed and Student Resources section.

9/6-11/1 (no class 10/4)	6:00-9:00PM
8wks T	PAS 501
11116 \$189	LESBERG
9/7-11/2 (no class 10/5)	10:00AM-1:00PM
8wks W	PAS 501
11117 \$189	LESBERG
9/7-11/2 (no class 10/5)	2:00-5:00PM
8wks W	PAS 501
11118 \$189	LESBERG
9/7-11/2 (no class 10/5)	6:00-9:00PM
8wks W	PAS 501
11119 \$189	LESBERG
9/8-11/3 (no class 10/6)	10:00AM-1:00PM
8wks Th	PAS 501
11120 \$189	LESBERG

## Alcohol Ink Arts

### Introduction

Alcohol inks are brightly colored dye-based paints that are most often used in creating free-flowing textures. They can be used alone in mixed media projects. We will paint on tiles that can be used as trivets. No previous art experience is needed. You'll soon discover that with alcohol inks there are no mistakes. Most supplies are included in the class fee. See our website for additional supply information under the Community Ed and Student Resources section.

9/15-9/29	2:30-5:00PM
3wks Th	PAS 501
11243 \$79	CALLA

## Acrylic Painting

### Black Gesso and Beyond

Black gesso, as well as white gesso, can really make your colors sing. You'll incorporate some interesting masking, stenciling, and painting techniques into a totally new, possibly more abstract, creation. As always, there will be time to work on your own projects. Beginning as well as continuing students are welcome. See our website for supply information under the Community Ed and Student Resources section.

11/8-12/6	6:00-9:00PM
4wks T	PAS 501
11121 \$105	LESBERG
11/9-12/7	10:00AM-1:00PM
4wks W	PAS 501
11122 \$105	LESBERG
11/9-12/7	2:00-5:00PM
4wks W	PAS 501
11123 \$105	LESBERG
11/9-12/7	6:00-9:00PM
4wks W	PAS 501
11124 \$105	LESBERG
11/10-12/8	10:00AM-1:00PM
4wks Th	PAS 501
11125 \$105	LESBERG

## Acrylic Pouring

The acrylic pouring technique has created some truly awesome pieces of art. The acrylic paints react with each other when combined together to make interesting and visually organic motifs. Between the vibrant, complex color combinations and the dreamy, flowing patterns, artwork created through acrylic pouring can look absolutely stunning. Though these pieces seem intense and challenging, they're actually easy and fun to create. Some supplies are included in the class fee. See our website for supply information under the Community Ed and Student Resources section.

9/7-10/5	5:30-7:00PM
5wks W	ABX 18
11128 \$89	POWELL

## Charcoal Drawing

### Beginning

Learn to draw by blocking shapes, then value and depth. It becomes easier when you relax and peek outside your comfort zone. We will walk you through the basics of charcoal drawing- blending, shading, layering, etc. By creating a 3D image in charcoal, you develop your skill and confidence by using the medium of Charcoal. Most supplies are included in the class fee. Other supply information will be discussed in the first class.

9/12-10/3		12:30-2:30PM
4wks	M	PAS 501
<b>11222</b>	\$119	LUO

## Colored Pencil Techniques

Learn how to get the most from your colored pencils. We will explore a variety of techniques, tools and papers in this class to help you achieve stunning results in your drawings. Colored pencils combine the best things from drawing with the best things from painting! All levels are welcome, from beginner to advanced.

9/12-10/17		6:00-8:00PM
6wks	M	ABX 21
<b>11266</b>	\$139	HENRY

## Digital Painting on an iPad with Procreate

Learn to use the app Procreate to create beautiful digital illustrations that can then be turned into prints, stickers, whatever!! Procreate is an incredibly robust digital paint program that will amaze you with its capabilities. You'll learn how to use all of the features that make this such a popular app with illustrators and artists. Procreate is only offered on an Apple platform, so other tablets will not work for this class.

**Please Note:** You must have an iPad and Apple Pencil and bring them to class. You will need to purchase the App for this at a cost to you of \$9.99. You will make this purchase in the class with the instructor's assistance.

9/13-10/18		6:00-8:00PM
6wks	T	ABX 21
<b>11268</b>	\$105	HENRY

## Drawing Fundamentals

### Beginning

Learn classical drawing techniques that will help you draw and paint more realistically than ever before. Develop a strong understanding of how to portray light and shadow over form so that what you draw looks real. This class will teach you the basics of working in charcoal and help you find ways to incorporate art and creativity into your daily practice. The skills and techniques that you learn along the way will improve your drawing, regardless of subject or medium that you like to work in. All supplies are included in the class fee.

9/17-10/22		10:00AM-12:00PM
6wks	Sat	PAS 501
<b>11270</b>	\$129	HENRY

### Beyond Beginning

Enhance your skills and learn how to draw more complex objects in Charcoal. We'll draw a variety of items including objects with local color, transparent objects, hands and feet. Get the most out of this beautiful and expressive medium while building a solid understanding of the principles of drawing realistically. All supplies to be purchased by the student as needed.

9/13-10/18		1:00-3:00PM
6wks	T	PAS 502
<b>11267</b>	\$109	HENRY

### Portraits

Building on the skills learned in the previous courses you will learn how the same concepts are applied to the human head. We will break down how to block in your basic shapes and then how to refine them in order to draw realistic and beautiful portraits in charcoal. All supplies are included in the class fee.

**Pre-Requisite:** Previous knowledge of charcoal, pencil drawing or related basic drawing techniques.

9/15-10/20		6:00-8:00PM
6wks	Th	PAS 213
<b>11269</b>	\$125	HENRY

## Oil Painting Composition

new

Get ready to rumble! You're going to learn how to compose your own paintings without all the drama of staring at a blank canvas while trying to create a great work of art. You'll be on your way to that masterpiece when you learn to quickly and thoughtfully create multiple designs and turn them into six finished paintings. No turpentine is used in this class. All levels are welcome. Supplies included, just bring an apron and rags.

10/24–12/5		9:00AM–12:00PM
6wks	M	PAS 501
<b>11262</b>	\$169	HAWES

## Oil Painting

### Beginning

Oil painting transports you to another world, helps you de-stress, and gives you confidence while simultaneously being meditative. We will create three beautiful paintings in this fun class. This is a beginner class, but all levels of students are welcome. Most supplies are included in the class fee. See our website for additional supply information under the Community Ed and Student Resources section.

9/8–10/20 (no class 9/22)		6:00–8:30PM
6wks	Th	ABX 18
<b>11276</b>	\$149	PATTISON

## Watercolor

### Beginning

Designed for the absolute beginner, or anyone wishing to brush up on your watercolor skills. You will make a color wheel, study color theory and learn to paint the basic strokes. You will study still life, landscape, florals, and some experimental painting. Come and have a great time exploring the wonderful world of watercolor. Most supplies are included in the class fee. See our website for additional supply information under the Community Ed and Student Resources section.

10/10–12/5		12:30–3:30PM
8wks	M	PAS 501
<b>11223</b>	\$209	LUO

## Oil Painting with the Masters

new

### Renoir

Forget your fear of painting people when you follow in the brushstrokes of the most romantic artist of the Impressionists, Pierre Auguste Renoir. Learn the style and mystique of this great master as you paint "Dance at Bougival," "Two Sisters" and "Charles Le Coeur in His Garden." No drawing is required and no turpentine is used in this class. All levels are welcome. Supplies are included in the class fee, just bring an apron and rags.

9/6–10/11		9:00AM–12:00PM
6wks	T	PAS 501
<b>11259</b>	\$169	HAWES

### Renoir Part II

new

Join the party by painting in the brushstrokes of Renoir. We'll recreate his masterwork, "Luncheon of the Boating Party". Discover Renoir's future wife and friends as you paint their likenesses. This painting combines people, landscape, and still life in one work. Join the challenge! No drawing is required and no turpentine is used in this class. All levels are welcome. All supplies are included in the class fee, just bring an apron and rags.

10/18–11/29		9:00AM–12:00PM
6wks	T	PAS 501
<b>11305</b>	\$169	HAWES

### California Impressionists

new

We love their work but don't know their names, right? Discover California Impressionist Franz Bischoff, a master of color. Follow in his brushstrokes as you depict bold and beautiful landscapes including "Gold-Rimmed Rocks and Sea" "Desert Giants" and Vista Arroyo." No drawing is required and no turpentine is used in this class. All levels are welcome. Supplies included, just bring an apron and rags.

9/12–10/17		9:00AM–12:00PM
6wks	M	PAS 501
<b>11261</b>	\$169	HAWES

## Resin Art

### Resin in Art

There are many techniques for making art from resin. We'll explore some of these. We'll create a beach scene, use molds and try different pigments and styles. No experience is necessary, this class is both for beginners and experienced artists. Most supplies are included in the class fee. Other supply information will be discussed on the first night of class.

9/6–10/4		6:00–8:00PM
5wks	T	ABX 18
<b>11127</b>	\$119	POWELL
9/19–10/17 (no class 10/10)		6:00–8:00PM
4wks	M	ABX 18
<b>11126</b>	\$99	POWELL

### Ocean Charcuterie Boards

Charcuterie boards with an ocean wave on them are all the rage these days. Learn how to use resin and decorate the edge of a cutting board to make this unique piece of usable art. All supplies are included in the class fee.

9/7–9/14		7:15–9:00PM
2wks	W	ABX 18
<b>11129</b>	\$69	POWELL

## Resin Jewelry

new

### Pendants and Earrings

We will use resin to make pendants and earrings of different styles. You will leave class with numerous completed pieces to gift or wear. All supplies are included in the class fee.

**Pre-Requisite:** Must have previous experience using Resin or have taken a Resin class

9/21–10/5		7:15–9:00PM
3wks	W	ABX 18
<b>11130</b>	\$65	POWELL

## Fiber Arts

## Crochet

### Beginning

Learn four basic stitches, single crochet, half double crochet, double crochet, and triple crochet. You will be making a tote bag that at the end of the class you can use for your next crocheting project. See our website for supply information under the Community Ed and Student Resources section. No prior knowledge of crocheting is necessary.

**Recommended Textbook:** Crochet Techniques & Tips, ISBN- 10:1450882560

9/6–9/27		6:00–7:30PM
4wks	T	ABX 4
<b>11135</b>	\$65	PANTFOERDER

### Beyond Basics

Do you know the basic crochet stitches: single, half-double, double, triple? Tired of the same old stitch and want to branch out to more intricate stitches or patterns? With different combinations, there are hundreds of stitches to create and you are on your way to making a beautiful sampler afghan or other projects of your choice. See our website for supply information under the Community Ed and Student Resources section.

**Recommended Textbook:** Crochet Granny Squares, ISBN-10:1680220160

10/24–12/5		6:00–7:30PM
6wks	M	ABX 4
<b>11136</b>	\$79	PANTFOERDER

### Tunisian Crochet

Join us for this introduction to Tunisian crochet. We will learn a few basics with interlocking patterns that you can put together as an afghan or other projects. Bring a Tunisian crochet hook and yarn of your choice.

**Recommended Textbook:** Tunisian Crochet Volume 1 Basic and Textured Stitches, ISBN 10:1539153908

11/3–11/10		6:00–7:30PM
2wks	Th	ABX 4
<b>11137</b>	\$39	PANTFOERDER

## Crochet

new

### Holiday Projects

Get a head start with your holiday craft projects. We will learn how to read a pattern and then make several different snowflakes that you can use as ornaments, gift tags or decorations. Basic knowledge of crocheting is helpful but not mandatory. See our website for supply information under the Community Ed and Student Resources section.

11/17–12/8		6:00–7:30PM
3wks	Th	ABX 4
<b>11304</b>	\$45	PANTFOERDER

## Sewing

### Level 1- Basics

You can learn to sew! With minimal to no sewing experience, the focus is on the basics: operating a sewing machine, selecting fabrics, laying out pattern pieces, reading basic pattern instructions and learning beginning construction techniques. Receive instructions and demonstrations on installing inter-facings, facings, zippers, hemming and more. Classroom sewing machines and tools will be available. Students will supply fabric and sewing notions. Suggested supplies and project samples are shared at the first class.

9/6–10/11 (no class 9/27)		6:00–9:00PM
5wks	T	RBHS 804
<b>11132</b>	\$129	FOWLER

## Free Motion Stitching

new

### Beginning

Would you like to add creative stitching to your sewing techniques toolkit? In this class, we will cover the basics of free-motion stitching from machine setup to practicing four different versatile designs. Learn different techniques for transferring designs onto fabric and ways to apply creative stitching to your sewing and quilting projects. Project supplies are included in the class fee.

**Pre-Requisite:** Sewing Basics, Level 1 or previous sewing knowledge

10/20–11/17		6:00–9:00PM
5wks	Th	RBHS 804
<b>11134</b>	\$139	FOWLER

## Introduction to Quilting

If you want to learn to quilt but are not ready to tackle cutting and sewing hundreds of pieces of fabric, then this introductory class is for you! In this class, your instructor will guide you step by step from selecting essential supplies and tools, using a rotary cutter, to constructing an easy mini patchwork quilt using the time-saving strip piecing method. Most supplies for the mini quilt will be provided. You may bring your own sewing machines if so desired.

**Pre-Requisite:** Sewing Level 1 or previous sewing knowledge.

10/18–11/15		6:00–9:00PM
5wks	T	RBHS 804
<b>11133</b>	\$139	FOWLER

## Knitting

### Beginning

This class is designed for anyone who has never picked up a pair of knitting needles. Learn how to cast on, knit, cast off, and read a knitting pattern. You will complete your first project, a simple scarf by the end of the class. See our website for supply information under the Community Ed and Supply List section.

10/8–10/29		9:00–11:30AM
4wks	Sat	PAS 100
<b>11218</b>	\$89	LE

### Holiday Hats

new

In this intermediate knitting class, we'll use our circular needles to make fun holiday hats for whichever holiday you celebrate. See our website for supply information under Community Ed and Student Resources section.

**Pre-Requisite:** Previous knitting knowledge of how to knit and purl.

11/5–11/12		9:00–11:30AM
2wks	Sat	PAS 100
<b>11265</b>	\$49	LE

## Floral Design

### Floral Design

#### Basics

Learn the key design techniques for preparing and arranging fresh flower arrangements. Understand the elements, principles, forms and techniques of Floral Design. We will discuss how to combine the most common flower varieties, the latest techniques for the care and handling of flowers, where and how to buy wholesale flowers and other design tips and tricks as you create your own unique arrangement to take home. All supplies are included in the class fees. Please bring a container to hold an 8" tall vase and a towel to help transport your arrangement home.

9/19		6:00–8:30PM
1day	M	PAS 213
<b>11370</b>	\$55	CONDIE

#### Let Your Creativity Blossom

Let your creativity flow! Create more challenging arrangements using tropical flowers, exotics, lilies, Dutch flowers, and several species of roses. Use an unusual and diverse variety of greenery and interesting containers to complement each arrangement. Discuss cut flower identification and preservation. We will talk about culture and traditions. All supplies are included in the class fee.

9/26		6:00–8:30PM
1day	M	PAS 213
<b>11371</b>	\$55	CONDIE

#### Pumpkin and Succulent Design

With some colorful succulent varieties, plus a little moss and glue, this pumpkin succulent centerpiece comes together just in time for Halloween plus you can enjoy it all season long. Your succulent pumpkin centerpiece will look just as gorgeous sitting on a porch as it will on a dining room table. All supplies are included in the class fee.

10/17		6:00–8:30PM
1day	M	PAS 213
<b>11372</b>	\$55	CONDIE

#### Thanksgiving Tablescape Design

Celebrate the change of seasons as our passionate instructor teaches you step-by-step how to make this impressive, photo-worthy, fall tablescape for all your family and friends to love this holiday season. Creating floral arrangements using farm-fresh flowers such as hydrangeas, Ruscus, amaranthus, roses and yes the floral of the month peonies. You'll be amazed at what you can do. All supplies are included in the class fee.

11/14		6:00–8:30PM
1day	M	ABX 18
<b>11373</b>	\$55	CONDIE

#### Holiday Dried Floral Wreaths

Celebrate the sensational seasonal changes. Join us for a step-by-step lesson on holiday wreaths. We'll make an impressive, Pine Dried Floral Wreath that you created. Learn design basics such as color, scale, and combination and gain the confidence to design more stunning arrangements for your home or event. All supplies are included in the class fee.

11/28		6:00–8:30PM
1day	M	ABX 18
<b>11374</b>	\$55	CONDIE



**Amanda Condie**

Amanda specializes in Event Planning and Floral Design for all occasions. She loves to design florals in styles that are truly unique and that will embellish any event. She hopes that you have a positive experience in her classes.

# Photography and Editing

## Digital Photography

**NOTE:** Bring your camera and its manual to this workshop. Please make sure your battery is charged.

### An Introduction to Your DSLR Camera (DSLR or Mirrorless)

Get to know the menus and settings on your camera in this hands-on class.

9/7		6:00–9:00PM
1day	W	MCHS N8
<b>11205</b>	\$39	SHEFFLER
9/24		9:00–11:30AM
1day	Sat	PAS 402
<b>11306</b>	\$35	HOLMES

### Beginning DSLR (DSLR or Mirrorless)

Go beyond “Auto” mode on your DSLR camera. Become comfortable in using the manual settings to get the exposures and the looks you want in your photography. See how the three exposure settings - Aperture, ISO, and Shutter Speed - work together, and how each of them affects the way your photo looks. Learn your camera’s focusing modes, exposure metering, white balance, and more. We’ll talk about different kinds of photography- sports, portraiture, and landscape; and how to choose the best settings for anything you want to shoot.

9/14–9/21		6:00–8:30PM
2wks	W	MCHS N8
<b>11207</b>	\$55	SHEFFLER
10/1–10/8		9:00–11:30AM
2wks	Sat	PAS 402
<b>11307</b>	\$55	HOLMES

### Cell Phone Photography

Your phone is a sophisticated image-making device that is readily available. Learn how to take better cellphone photographs and ways to manipulate and create great images. Apply the latest editing and photo-sharing apps.

**NOTE:** A working knowledge of basic cell phone usage, App Store accessibility and data connection necessary.

9/29		6:00–9:00PM
1day	Th	MCHS N8
<b>11209</b>	\$39	SHEFFLER
10/6		6:00–9:00PM
1day	Th	MCHS N8
<b>11210</b>	\$39	SHEFFLER

### Sports Photography

Your instructor’s specialty is Sports Photography. Learn how to use both available and artificial light to capture both live sports and staged sports/action scenarios. We will also go over basic editing workflow and some cool tips and tricks to make your images really pop. We will practice various techniques for capturing motion and sports. We will also discuss how and where to photograph sports and talk about lens choices, camera settings, focusing strategies, possible lighting, file management, and editing. Get started with a new hobby and perhaps take it to the next level.

**Pre-Requisite:** A working knowledge of DSLR camera and basic photography process.

**NOTE:** Bring your camera and manual, and make sure your battery is charged.

9/27		5:30–8:30PM
1day	T	MCHS N8
<b>11208</b>	\$39	SHEFFLER

new

### How to Use Flash

Add LIGHT to your photography! We will learn about all forms of artificial light, from the built-in flash in your camera to strobes you attach on-camera or set up off-camera with radio triggers. Learn how to fill shadows or make your subject pop off the background. Highlight whole scenes, counter-balance the sun, or play with motion in your photos. We will learn how to use modifiers (like umbrellas or reflectors) to shape the light any way you choose. All gear is instructor-supplied, just bring your camera! (You may use class cameras if you don’t have one of your own.)

**Pre-Requisite:** A basic knowledge of DSLR camera use.

10/5		6:00–9:00PM
1day	W	MCHS N8
<b>11211</b>	\$39	SHEFFLER

## Photo Walk With Model

Meet with the Instructor and a model on location. Learn how to set up and light a portrait shoot on location for an editorial fashion-style look. Learn how to work with the model and assistants and get an opportunity to shoot directly with your own camera, using the instructor's lighting gear. Be ready for a fun and fast-paced professional-style shoot. Bring your DSLR camera with you with a fully charged battery. Your instructor will email you the map pin for the exact location the week before class.

**Pre-Requisite:** A working knowledge of your DSLR camera or previous photography experience.

10/22		8:00–11:00AM
1day	Sat	
<b>11214</b>	\$39	SHEFFLER

## Take Great Portraits

Whether you are using a DSLR or the Cell Phone you carry around with you, you can take great portraits. Learn new ways to use the lighting available to you, expose properly, use the landscape to your advantage, and pose your subject in a way that makes them pop and look their best. We will look at natural and artificial lighting, natural environments, indoors or out, and learn how to work with the situation you are given. Bring your DSLR or phone camera to this workshop for hands-on practice.

10/11		6:00–9:00PM
1day	T	MCHS N8
<b>11212</b>	\$39	SHEFFLER

## Adobe Lightroom

### Introduction

Adobe Lightroom is a photo editing software that allows you to organize, edit, and manage your photos quickly and efficiently like a pro. See why no photographer should be without Lightroom. No experience is necessary. This class takes you from set-up, importing, correcting and editing, all the way through the process of exporting images ready for sharing on social media and/or print.

9/12–9/19		6:30–8:30PM
2wks	M	MCHS N8
<b>11206</b>	\$49	SHEFFLER
10/29–11/5		9:00–11:30AM
2wks	Sat	PAS 402
<b>11308</b>	\$55	HOLMES

## Landscape Photography

We will discover the five elements of a great landscape photograph. We will look at examples and learn how to use these 5 elements to capture the depth and dimensionality we see in real life and create truly wall-worthy images. In week 1 we will learn how to shoot a great landscape and you'll have a week to try it out. Bring photos to week 2 to learn how to edit and discuss print options.

**Pre-Requisite:** A working knowledge of DSLR camera and basic photography process.

**NOTE:** Bring your camera and manual, and make sure your battery is charged.

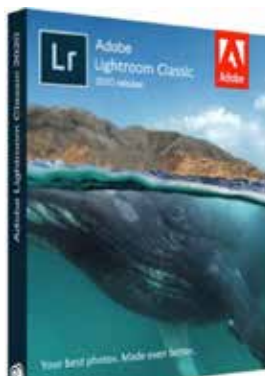
11/2–11/9		6:00–9:00PM
2wks	W	MCHS N8
<b>11216</b>	\$59	SHEFFLER

new

## Dance and Motion Photography

If you've ever wanted to try to photograph dance, either live on-stage or in-studio with lighting, this is your chance to learn with no pressure. We will go over everything from how to work with a dancer or other movement-oriented subject, how to pose your subjects, how to capture motion using static lights and flash, and of course what gear to use to do the job, from cameras and lenses to lighting and accessories. We will have live subjects modeling and moving for us, and this is very much an experiential class. You can shoot with your own camera or try the instructor's.

11/8		5:30–8:30PM
1day	T	MCHS N8
<b>11217</b>	\$39	SHEFFLER



# CULINARY ARTS

## Cake Decorating

### Cake Decorating

#### Cake Decorating 101

Learn the basics of cake decorating. We will practice piping borders, lacework and many different flowers. We'll also work with Russian tips. Come join the fun of cake decorating using your creativity and imagination. Supplies are included in the class fee.

9/8–9/15		6:00–8:00PM
2wks	Th	PAS 501
11233	\$69	GLADOW

#### Beyond Beginning

Let's explore some different tips. Piping new flowers, basket weave and more. We will experiment with fondant and the tools it takes to make a large fondant flower. You will design your own fondant flower. Bring a container to take your flowers home. We will learn how to stack cakes. and then start working with cake dummies the second night practicing different designs or you can bring in your own baked 8" cake to work on in class.

**Pre-Requisite:** Cake Decorating 101 or previous experience.

9/29–10/6		6:00–8:00PM
2wks	Th	PAS 501
11234	\$69	GLADOW

#### All About Halloween

If you are new to cake decorating or have taken 101, you will love practicing more piping skills using fall colors, Halloween designs and sprinkles. In the second class, you can bring in unfrosted cupcakes to decorate. We will add pumpkins, spiders in a web, skeletons, and Frankenstein faces. All the skills can be used on cakes, cupcakes, and cookies. Your family and friends will love your fun creations. Supplies are included in the class fee.

10/20–10/27		6:00–8:30PM
2wks	Th	PAS 501
11235	\$69	GLADOW

new

#### All About the Holidays

If you are new to cake decorating or have taken 101, you will practice more piping skills using Holiday colors and sprinkles. We will create small Christmas trees that can be used as a cake topper or used in a gingerbread display. The second night bring in unfrosted cupcakes to decorate with poinsettias, wreaths and snowmen. All the skills you learn can be used on cakes, cupcakes, cookies, and gingerbread houses. Don't forget to share your creations at your next Holiday gathering. Supplies are included in the class fee.

12/1–12/8		6:00–8:30PM
2wks	Th	PAS 501
11236	\$69	GLADOW

## teacher profile



Sarah Gladow

Sarah has been a Pastry Chef/Baker for Casa de las Campanas in Rancho Bernardo for over 30 years. She started baking right after graduating from Poway High School. She holds multiple certificates in cake decorating including working with buttercream, fondant and pulled sugar.

Baking and cake decorating is an art and has always made her happy. She would love to teach you the art.

## Cooking

**new**

### Mangia Italiano! Italian Cooking Classes

Immerse yourself in Italian culture through cooking! This class will elevate all of your senses as you cook and eat your way through various regions of Italy. Italy is known for its rich traditions of food which are grounded in the fundamental values of community, nourishment, and stewardship. Together we will explore recipes rooted in the Italian culture that evokes simplicity and seasonality.

#### Sicily

**new**

We'll "travel" to Southern Italy cooking and tasting dishes custom to Sicily. We will make a traditional Tomato Sauce that can be used with various Italian dishes. We will also make a classic Caponata dish incorporating the traditional tomato sauce freshly made, and Sauteed Swordfish (or other seasonal fish). Buon Appetito! Bring a chef's knife, three kitchen towels and containers to take any leftovers home.

9/21		6:00–9:00PM
1day	W	PHS B1
<b>11381</b>	\$59	PIVIROTTO-PEARLMAN

#### Naples

**new**

We'll make Bruschetta as our antipasti, the traditional first course of a formal Italian meal. We'll also make Polpetta as well as Puttanesca Sauce, which originated in Naples. Buon Appetito! Bring a chef's knife, three kitchen towels and containers to take any leftovers home.

10/19		6:00–9:00PM
1day	W	PHS B1
<b>11386</b>	\$59	PIVIROTTO-PEARLMAN

#### Rome

**new**

We'll make Sauteed Mushrooms, followed by Carbonara, a Roman staple, and will finish off with a Romaine Salad (or another Seasonal Salad). Buon Appetito! Bring a chef's knife, three kitchen towels and containers to take any leftovers home.

11/16		6:00–9:00PM
1day	W	PHS B1
<b>11382</b>	\$59	PIVIROTTO-PEARLMAN

#### Romagna Regions

**new**

We'll make Risotto custom to the style of Piedmont, Lombardy, and Emilia-Romagna Regions. We'll also make Baked Chicken, a versatile dish cooked in an Italian Kitchen in the winter months as well as Steamed Green Beans (or another Seasonal Vegetable). Buon Appetito! Bring a chef's knife, three kitchen towels and containers to take any leftovers home.

12/7		6:00–9:00PM
1day	W	PHS B1
<b>11383</b>	\$59	PIVIROTTO-PEARLMAN



Preserve Your Produce

Jams, Jellies and Marmalades

Using simple canning methods you will learn economical ways to make seasonal fruit jams and jellies in this hands-on class. Wondering what to do with all the citrus on your trees? We will make a citrus marmalade also. Each participant will take home jars of products to share with family and friends. Please bring an apron, a chef’s knife and three kitchen towels.

9/7		6:00–9:00PM
1day	W	PHS B1
11359	\$55	JAOUDE

Tamales

Join us as our chef guides you through the process of tamale making. We will make one dozen chicken tamales and some traditional sweet tamales. Each student will take home one dozen completed tamales. Bring an apron, a chef’s knife, three kitchen towels and containers to transport your tamales home.

12/1		6:00–9:00PM
1day	Th	PHS B1
11361	\$59	HEINEKE
12/8		6:00–9:00PM
1day	Th	PHS B1
11362	\$59	HEINEKE



Tamale-making Teamwork

Desserts

Middle Eastern Gluten-Free Desserts

new

Middle Eastern delicacies reflect the region’s exotic flavors. Join us as we make marzipan, which has a sweet, nutty flavor along with the rose water and orange blossom water nod to the culture. We’ll make a traditional spice pudding with rice flour and a Mahalabia- Milk Pudding. You will find these desserts refreshing, flavorful and simple. Please bring an apron, three kitchen towels and containers to bring your delicacies home.

9/14		6:00–9:00PM
1day	W	PHS B1
11360	\$55	JAOUDE

French Buche de Noel

Impress your friends this holiday season with a Yule Log. Join the fun and learn how to make an authentic French Buche de Noel from scratch. It is a lot easier than you think! We will also make meringue mushrooms from scratch. Bring three kitchen towels, your favorite chef knife, a spreading spatula and containers to bring home your goodies.

12/5		6:00–9:00PM
1day	M	RBHS 807
11231	\$59	JAOUDE
12/7		6:00–9:00PM
1day	W	RBHS 807
11232	\$59	JAOUDE



Buche de Noel

## Instant Pot® Cooking

### Instant Pot® 101

Bring your 6 or 8 quart Instant Pot and learn about all the buttons and accessories. In this hands-on class, you will learn how the Instant Pot works and how to use it to cut cooking time, make healthy meals, and save energy and money. If you hate to cook but love to eat, this class is for you. We'll make pulled pork, black-eyed peas, and applesauce. Bring an apron, a chef's knife, three kitchen towels and containers to take any leftovers home.

9/8		6:00–8:30PM
1day	Th	PHS B1
11237	\$49	TARNOVE

### Easy Italian Food with Instant Pot®

Mangiamo! (Let's eat!) Longing for the flavors of Italy without the prep time? In this hands-on course, learn to make easy and tasty Italian dishes with your Instant Pot. We'll make mushroom risotto, sausage soup and chicken piccata. Bring a 6 or 8-quart Instant Pot, an apron, a chef's knife, three kitchen towels and containers to take any leftovers home.

**Pre-Requisite:** Instant Pot 101 or prior experience using an electronic pressure cooker.

9/22		6:00–8:30PM
1day	Th	PHS B1
11238	\$49	TARNOVE

### Savory Soups With Instant Pot®

Soups are wonderful comfort food. Learn how to easily make three different healthy, filling soups with your Instant Pot in this hands-on cooking class. We will make Zuppa Toscana, Minestrone and Chicken Tortilla Soup. Bring your 6- or 8-quart Instant Pot, chef's knife, an apron, three kitchen towels and containers to bring any leftovers home.

**Pre-Requisite:** Instant Pot 101 or prior experience using an electronic pressure cooker.

11/17		6:00–8:30PM
1day	Th	PHS B1
11241	\$49	TARNOVE

### Easy French Cuisine with Instant Pot®

new

Savor the flavors of French cooking without the time-consuming prep. If you've been intimidated by French cooking, we'll make it easy for you. On the menu are Beef Bourguignon, Garlic Chicken, and Ratatouille (a vegetable stew). Bon Appetit! Please bring a 6- or 8-quart Instant Pot, chef's knife, three kitchen towels and containers to bring any leftovers home.

**Pre-Requisite:** Instant Pot 101 or prior experience using an electronic pressure cooker.

10/20		6:00–8:30PM
1day	Th	PHS B1
11239	\$49	TARNOVE

### Easy Turkey and the Trimmings with Instant Pot®

new

Whether you're planning a small Thanksgiving celebration this year, can't get enough of turkey, or are looking for some healthy takes on the traditional Thanksgiving side dishes, this class is for you. We'll make turkey breast with gravy, mashed potatoes, green bean casserole, and maple sweet potato casserole. Please bring a 6- or 8-quart Instant Pot, chef's knife, three kitchen towels and containers to bring any leftovers home.

**Pre-Requisite:** Instant Pot 101 or prior experience using an electronic pressure cooker.

11/3		6:00–8:30PM
1day	Th	PHS B1
11240	\$49	TARNOVE

# HEALTHY & ACTIVE LIFESTYLE

## Dance

### Latin Dancing

For spicy good fun, put some Merengue, Mambo and Cha Cha rhythms in your dancing. With a touch of Salsa you'll be moving to the infectious Latin beats. Partners are recommended, but not required. Each person must register separately. Wear dance shoes or sneakers (no sandals please).

10/4–11/15		7:00–8:30PM
7wks	T	TBK MPR
11144	\$69	KOLLENBORN

### Line Dancing

#### Level 1

Line dancing is great exercise; healthy for your mind and body. And psst... you don't need a partner. Enjoy an evening of fun. It's all about good music, good people and good fun! You'll quickly learn the basics and you will be dancing on your first night.

9/7–11/2		6:00–7:30PM
9wks	W	SH MPR
11140	\$85	CHIANG

#### Level 1.5

Do you already have experience as a line dancer and feel comfortable with line dance terminology and protocol? Would you like to add some new dances that are being done locally to your dance repertoire in a fast-paced class geared for the high improver/intermediate dancer? Then come join us because this is the class for you.

**NOTE:** This is not a beginner level class.

9/7–11/2		7:30–9:00PM
9wks	W	SH MPR
11141	\$85	CHIANG

### Night Club 2-Step

Enjoy this partner dance, usually danced to mid-tempo contemporary ballads such as "Lady in Red" by Chris de Burgh. This is a very common and popular dance at social dances, so grab a partner and dance the night away. It's a perfect dance to learn for all the upcoming holiday parties. Partners are recommended but not required. Each person must register separately. Wear dance shoes or shoes that you can turn and spin in safely.

10/27–11/17		6:15–7:45PM
4wks	Th	BHMS MPR
11162	\$49	LIMON

### Soul Line Dance

If you like the Cupid Shuffle and the Electric Slide, you'll absolutely love the Temptations Cha-Cha and Blurred Lines. There is no reason to sit at parties and watch everybody else dance. You too can jump on the floor and rock soul line dances to your favorite R&B, Latin, Jazz and Gospel artists. Come ready to have lots of fun. Secure footwear required, no boots.

9/13–11/1		6:00–7:15PM
8wks	T	BHMS MPR
11138	\$69	JACKSON

#### Level 1.5

Have you had a taste of SOUL line dancing and want to take it to the next level? Come dance to the mesmerizing sounds of Luther Vandross, Barry White, Earth, Wind and Fire, and more. It's a perfect class for those already familiar with the basic line dance steps (or fast learners). Secure footwear required, no boots.

9/13–11/1		7:30–8:45PM
8wks	T	BHMS MPR
11139	\$69	JACKSON

## Fitness

### Belly Dancing

#### For Fun and Exercise

Come enjoy an exciting low-impact total body workout. Learn the ancient art of Middle Eastern Dancing. Learn authentic moves and combinations in a fun way. No experience is necessary. Wear comfortable gym clothes, socks, ballet or jazz shoes and bring a sache (scarf) to wear around your hips. Come and unleash the belly dancer within!

9/12–10/31		6:00–7:15PM
8wks	M	HR MPR
<b>11154</b>	\$69	JAOUDE
9/21–11/9		6:00–7:15PM
8wks	W	PV MPR
<b>11155</b>	\$69	JAOUDE

#### Level 1.5

Now that you have taken the beginner class, join this class and build on what you've learned. We'll take the fundamental moves taught in the beginning class and add fun combinations with authentic Middle Eastern music.

9/12–10/31		7:30–8:45PM
8wks	M	HR MPR
<b>11156</b>	\$69	JAOUDE
9/21–11/9		7:30–8:45PM
8wks	W	PV MPR
<b>11157</b>	\$69	JAOUDE

### Forever Young

#### 30-Minute Workout

As we age it's easy to lose our muscle density as well as run the risk of bone loss due to inactivity. In this fun 30-minute workout we'll use light weights as well as your own bodyweight to gain flexibility and increase muscle strength. We'll also incorporate stretches as well as other movements, including standing and seated exercises that you can also do at home.

9/9–11/18		8:45–9:15AM
10wks	F	PAS 503
<b>11146</b>	\$55	TAYLOR
9/9–11/18		9:20–9:50AM
10wks	F	PAS 503
<b>11296</b>	\$55	TAYLOR

### GROOV3

#### Dance, Sweat, Live

Try this amazingly fun and accessible hip-hop dance class. In this judgment-free zone you will learn choreographed routines broken down to your favorite music. This class is taught at two speeds- slow, then fast- making learning easy. Then we put it all together for three times the empowerment, watch as you DANCE, SWEAT and LIVE far beyond this class.

9/7–10/5		6:00–7:00PM
5wks	W	MID MPR
<b>11163</b>	\$45	STRACHAN
10/19–11/9		6:00–7:00PM
4wks	W	MID MPR
<b>11387</b>	\$45	STRACHAN

### Indoor Cycling

#### Interval Spin/ Arm Ride

Indoor cycling workouts are a great way to get in a vigorous workout, burn calories and keep your muscles in shape- and you don't have to wear a helmet. Besides a good ride, we will also work our arms in this class. Please bring weights weighing 1 to 5 pounds. Wear comfortable clothing and bring a towel and water.

9/14–10/19		6:00–7:00PM
6wks	W	DNHS B125
<b>11390</b>	\$59	LUNA
10/26–12/7		6:00–7:00PM
6wks	W	DNHS B125
<b>11391</b>	\$59	LUNA

### Killer Sculptured Abs

Join us for the ultimate abs and butt workout. Whether you're a first-time exerciser or a returning student, get ready to move, get stronger and feel your best inside and out. Bring light weights (1-3 pounds) and a mat. Let's get Strong to the Core!

9/6–11/15 (no class 11/1)		10:00–11:00AM
10wks	T	PAS 503
<b>11142</b>	\$89	MELLENTIN

POUND Fitness

Channel your inner rock star in this full-body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements while using Ripstix, (lightly weighted drumsticks) engineered specifically for exercising. Designed for all fitness levels, this workout is easily modifiable and the alternative vibe and welcoming philosophy is for men and women of all ages and abilities. Participants need to bring their own yoga mats. Be as BRAVE, BOLD and LOUD as you want to.

9/12–12/5 (no class 10/31) 6:00–7:00PM  
11wks M SC MPR  
11149 \$95 ARNETT

Total Fitness Workout

Is your workout in a rut? Have your results plateaued? Or, are you new to exercise and want to get started in a safe and friendly environment? Well you're in luck! This Certified Personal Trainer-directed workout is designed for both males and females at all fitness, exercise and age levels. Come for a fun and energetic 60-minute workout, increasing muscle tone and shaping and defining your total body. Resistance bands and free weights are encouraged to be used. Please have a towel or mat as well as water and a great attitude and we'll do the rest!

9/7–11/16 6:00–7:00PM  
11wks W PAS 503  
11145 \$95 TAYLOR

Senior Zumba

Beginning

Join us for this dance fitness program that is sweeping the nation. You will learn basic Zumba steps to exciting Latin beats and rhythms from around the world. This course includes a balanced, effective, fun and engaging workout session for seniors. No rhythm required!

9/6–11/15 12:30–1:30PM  
11wks T PAS 503  
11280 \$95 GHAIBI  
9/8–11/17 12:30–1:30PM  
11wks Th PAS 503  
11281 \$95 GHAIBI

Strength Training for Seniors

Increase your balance, stability and stamina. Rewind the aging process while strengthening your body and mind. It's never too late. Bring your own 1-2 pound hand weights.

9/8–11/17 (no class 11/3) 9:05–10:05AM  
10wks Th PAS 503  
11143 \$89 MELLENTIN

teacher profile



Brittanie Arnett

Brittanie is a Poway native, born and raised. She has been a POUND instructor for 3 years and loves helping people unleash their inner rockstar and just let loose! When she's not with her POUND posse, she works manages events and communication for an organization that helps underserved youth reach their full potential. Brittanie also loves attending concerts, camping, and trying new things.

## Healing Arts

### Mahjong

new

#### Beginning

Mahjong is a tile-based game that was developed in China during the Qing dynasty. It is a game of skill, strategy and calculation that involves a degree of chance. Learn rules, strategies and even a bit of Chinese while you play this fun game. Come and give your brain a workout and have some fun.

10/15–11/5		9:30–11:30AM
4wks	Sat	PAS 610
11257	\$75	YUEN



### Mindfulness Meditation

We often find ourselves losing track of our present moments and put our lives into autopilot, subconsciously going through the motions of life. Mindfulness meditation is all about developing the awareness to step out of the automatic pilot and enjoy the present moments in our lives. This course is an opportunity for you to develop an understanding and practice the foundations of mindfulness meditation. Develop the basic skills you need to bring awareness and presence to your mind, body, and emotions. Wear soft, comfortable clothing and flat-soled shoes or socks.

9/17–10/8		9:00–10:30AM
4wks	Sat	PAS 503
11147	\$65	ACHARYA

## Nutrition

### Fight Inflammation

#### The Power of Food

Learn about the significance of inflammation as it relates to chronic diseases. We will discuss the different types of inflammation and their causes. Learn about nutrition-related anti-inflammatory compounds and the foods that provide them. We will have a recipe demonstration and food sampling to help you gain confidence in the preparation of anti-inflammatory foods.

9/14		1:00–2:30PM
1day	W	PAS 502
11170	\$29	MCNAMARA

### Nutrition and the Healthy Gut

new

You will be introduced to a functional nutrition approach to your gut health. Learn how functional nutrition addresses the root cause of health problems instead of muting symptoms and about various ways to address root causes using diet, supplements, and lifestyle changes. We will have a food demonstration with recipe(s) featuring whole foods that promote gut health.

10/5		1:00–2:30PM
1day	W	PAS 502
11294	\$35	MCNAMARA

### Nutrition and Lifestyle Changes for Prediabetes

new

You will be introduced to nutrition concepts as they relate to prediabetes. Learn how you can decrease diabetes risk by eating healthy, being more active, and losing weight. There will be a food demonstration featuring foods that promote healthy blood glucose control.

10/26		1:00–2:30PM
1day	W	PAS 502
11295	\$35	MCNAMARA

# Sports: Golf, Tennis and Pickleball

## Golf

### Introduction to Golf

This class is designed to look at golf's rich history, explore the advances in equipment and course development and to equip you with the four swing packages necessary to get the ball in the hole in the fewest number of strokes possible. You will be introduced to the three basic elements of the grip, address and basic swing components. .

9/12-9/26		6:00-7:30PM
3wks	M	ABX 19
11282	\$45	GILES
11/7-11/28		6:00-7:30PM
3wks	M	ABX 19
11283	\$45	GILES

### The Short Game

The three skills associated with the short game are putting, chipping and pitching. The fastest way to lower your score is to understand and apply the components of each of these skills. This course is designed to explain, demonstrate and practice each of these. You will learn the appropriate grip, address, point of contact and finish for each of these. Each Wednesday we will meet in a classroom for instruction and application of skills. Each Saturday morning, we will meet at a local golf course/learning center for guided practice (fees not included).

**Pre-Requirement:** Golf Introduction class or previous learning of basic golf skills.

9/28-11/5	W	6:00-7:30PM
	Sat	8:00-9:30AM
6wks		ABX 19
11284	\$139	GILES

## Golf

*I wish there are more classes and I look forward taking the next level with Mr. Giles. I hope he will also do a summer intensive camp for adults or even youths! He is such a great instructor - fun and patience in explaining the technique to each student. During the last field trip, I was extremely happy when he helped me to improve my swing mechanic - I finally learned using my pitching wedge correctly!*

## Tennis

### Beginner

Tennis is a great way for you to meet new people, have fun and live longer. Learn forehand, backhand, groundstrokes, volleys, lobs, overheads and serves, as well as rules, scoring, and etiquette. Bring a tennis racket, water, hat or visor and sunscreen. Join us and surprise yourself!

9/10-12/3 (no class 10/8)	8:00-9:30AM
11wks Sat	RBHS Tennis Crts
11164	\$129 TOSCANO
9/17-12/3	8:00-9:30AM
11wks Sat	WVS Tennis Crts
11165	\$129 CRETELLA

### Intermediate

This class is about developing more control when you hit the ball, for those who have already taken Tennis 1. We'll include instruction, traditional tennis plus special games designed to accelerate learning skills and techniques. Bring a tennis racket, water, hat or visor and sunscreen. Tennis-Exercise you can enjoy!

**Skills Needed:** Decent control of the tennis ball.

9/10-12/3 (no class 10/8)	9:30-11:00AM
11wks Sat	RBHS Tennis Crts
11167	\$129 TOSCANO
9/17-12/3	9:30-11:00AM
11wks Sat	WVS Tennis Crts
11166	\$129 CRETELLA

### Competitive Drills and Games

This class is for those who play tennis, but want to learn to hit better and move faster. Designed to be more effective and more fun than just playing tennis, the class includes some instruction of traditional tennis plus special games designed to accelerate learning skills and techniques. Games include 4-Square, Olympics, and Offense/Defense. Bring a tennis racket, water, hat or visor and sunscreen. Join us and surprise yourself!

**NOTE:** Class not recommended for Beginners.

9/10-12/3 (no class 10/8)	11:00AM-12:30PM
11wks Sat	RBHS Tennis Crts
11169	\$129 TOSCANO
9/17-12/3	11:00AM-12:30PM
11wks Sat	WVS Tennis Crts
11168	\$129 CRETELLA

## Pickleball

### Basics

Are you ready for the latest craze? Try pickleball. This novice level class is for anyone interested in learning the basic skills, rules and strategies for singles and doubles. Bring your own paddle (you can purchase this at the Pickleball Central website), hat/visor, sunscreen, sunglasses, water bottle with water in it and a smile. Balls will be provided.

#### Session 1

9/10–10/15		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11173</b>	\$79	EINHORN
9/10–10/15		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11179</b>	\$79	RITTER
9/10–10/15		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11181</b>	\$79	LEIDERMAN
9/10–10/15		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11185</b>	\$79	HARLAND
9/10–10/15		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11182</b>	\$79	LEIDERMAN
9/10–10/15		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11186</b>	\$79	HARLAND
9/10–10/15		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11366</b>	\$79	RITTER

#### Session 2

10/29–12/10		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11180</b>	\$79	RITTER
10/29–12/10		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11183</b>	\$79	LEIDERMAN
10/29–12/10		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11187</b>	\$79	HARLAND
10/29–12/10		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11189</b>	\$79	EINHORN
10/29–12/10		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11184</b>	\$79	LEIDERMAN
10/29–12/10		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11188</b>	\$79	HARLAND
10/29–12/10		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11367</b>	\$79	RITTER

### Beyond Basics

This class is for players who have an existing knowledge of basic strokes and match play. Doubles improvement will be the main emphasis. What to bring: same as Pickleball Basics class.

**Skills Needed:** You should be able to serve and return moderate serves with 50% consistency and to move forward to volley at the kitchen line with some success.

#### Session 1

9/10–10/15		8:30–10:00AM
6wks	Sat	WVS Crts
<b>11177</b>	\$79	NERIO
9/10–10/15		8:30–10:00AM
6wks	Sat	OVMS Crts
<b>11393</b>	\$79	SNYDER
9/10–10/15		10:15–11:45AM
6wks	Sat	WVS Crts
<b>11175</b>	\$79	NERIO
9/10–10/15		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11190</b>	\$79	EINHORN
9/10–10/15		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11394</b>	\$79	SNYDER

#### Session 2

10/29–12/10		8:30–10:00AM
6wks	Sat	WVS Crts
<b>11176</b>	\$79	NERIO
10/29–12/10		10:15–11:45AM
6wks	Sat	WVS Crts
<b>11178</b>	\$79	NERIO
10/29–12/10		10:15–11:45AM
6wks	Sat	OVMS Crts
<b>11191</b>	\$79	EINHORN

### Let's Play

Playing pickleball in an organized tournament setting. Each week a designated type of tournament will be used to set up matches for doubles play. Round-robin, elimination and challenge tournament formats will be used in conjunction with assigned, seeded and random partner selections. Your playing level should be at the "Beyond Basics" class level or above.

**NOTE:** This class is not for beginners.

9/17–11/19		8:30–10:00AM
10wks	Sat	WVS Tennis Crts
<b>11171</b>	\$109	PFEIL
9/17–11/19		10:15–11:45AM
10wks	Sat	WVS Tennis Crts
<b>11172</b>	\$109	PFEIL

# Yoga

## Chair Yoga for Seniors

Chair yoga safely improves senior health. It is a great way while you are seated to loosen and stretch painful muscles, reduce stress, improve circulation and joint mobility. Come for a fun and safe way to practice yoga. You will enjoy amazing benefits and feel great.

9/12–11/14		9:45–10:45AM
10wks	M	PAS 503
<b>11224</b>	\$89	KAUR
9/14–11/16		9:45–10:45AM
10wks	W	PAS 503
<b>11225</b>	\$89	KAUR

## Gentle Yoga

Have you been searching for a gentler, slower-paced yoga practice? In this class, people of all fitness levels, sizes and ages can enjoy practicing yoga in an atmosphere of safety and comfort. We will focus on breathwork, include more warmup movements, and postures are held longer. Gentle Yoga will offer you the benefits of stress reduction, spinal health, muscle tension release and increased range of movement. Please bring a yoga mat and a small blanket or towel.

9/6–12/6		10:00–11:15AM
13wks	T	ONLINE
<b>11153</b>	\$129	BOZORGCHAMI
9/8–12/8		6:00–7:15PM
13wks	Th	PAS 503
<b>11158</b>	\$129	BOZORGCHAMI
9/12–12/5		6:00–7:15PM
12wks	M	ABX Media CTR
<b>11152</b>	\$125	BOZORGCHAMI
9/12–11/14		8:30–9:30AM
10wks	M	PAS 503
<b>11226</b>	\$89	KAUR

## Hatha Yoga

If you have a good understanding of basic yoga postures, movement and coordinated breathwork, begin to explore a wider variety of poses and styles. This class is more vigorous than Gentle Yoga. Do not eat for two hours before class and bring a yoga mat.

**Important Note:** Participants must be able to easily transition from standing to sitting to lying down postures.

9/13–12/6 (no class 10/25)		6:00–7:15PM
11wks	T	PAS 503
<b>11318</b>	\$115	DOHRN-SIMPSON
9/14–12/7		6:00–7:00PM
12wks	W	CV MPR
<b>11148</b>	\$109	KILLEN
9/14–11/16		8:30–9:30AM
10wks	W	PAS 503
<b>11227</b>	\$89	KAUR

## Tai Chi and Yoga Fusion

Gain strength, balance and flexibility through the fusion of Tai Chi and Gentle Yoga. The gentle moves of both practices done mindfully, followed by deep relaxation results in an overall calm body and mind. Please bring a yoga mat.

9/7–12/7		6:00–7:15PM
13wks	W	ABX Media CTR
<b>11159</b>	\$129	BOZORGCHAMI

## teacher profile



Darshan Kaur

Yoga has been a part of her life for almost 14 years, and her practice has helped her grow stronger physically, mentally and emotionally. It made her more flexible and fearless, both on and off the mat. Yoga inspires her to live each moment more mindfully. With a Master's Degree in Yoga Science, she specializes in Yoga Therapy and Diet and Lifestyle.(Ayurveda-Sister branch of Yoga). She seeks to help others thrive in life by nurturing body, mind and soul with yoga. Her hope is that you step off the mat with a smile feeling refreshed, nourished and balanced.

## Tai Chi and Qigong

### Senior Beginning Tai Chi

Take time to work on your balance of mind and body. This graceful moving meditation develops essential skills for healthy living; relaxed breathing, postural alignment, good balance, improved circulation, better coordination and ultimately experiencing the harmony of a peaceful mind.

9/6-12/6		6:00-7:00PM
13wks	T	ABX Media CTR
<b>11160</b>	\$119	BOZORGCHAMI
9/7-12/7		10:00-11:00AM
13wks	W	ONLINE
<b>11161</b>	\$119	BOZORGCHAMI

### Tai Chi and Qigong for a Healthy Life

#### Eight Essential Energies (Part 1)

Tai Chi and Qigong are ancient healing arts widely practiced around the world. Tai Chi, originally a style of Martial Art, focuses on meditative movements that are known for improving one's balance, body awareness, and overall wellness after longtime practice.

9/6-11/8		6:00-7:00PM
10wks	T	CR MPR
<b>11278</b>	\$69	WU

#### Yang Style 24 Steps

Yang Style 24 steps is an extremely popular form of Tai Chi practiced in China among daily practitioners. This form will give you an introduction to the essential elements of Tai Chi along with the traditional flavor of longer forms.

9/6-11/8		7:00-8:00PM
10wks	T	CR MPR
<b>11279</b>	\$69	WU

## Women's Self Defense

### Krav Maga

#### Women's Self-Defense

Learn to defend yourself against the most common attacks that you may encounter, i.e. chokes, grabs, bear hugs, and other attacks often used by larger, stronger aggressors. Krav Maga teaches you how to transform your fear into anger and unleash it into empowerment. This class will be held at Invictus Krav Maga, 12234 Poway Rd, Suite 200, Poway.

10/5-11/2		5:30-6:30PM
5wks	W	Invictus
		Krav Maga
<b>11285</b>	\$55	MONTALBANO
11/5-12/10		12:00-1:00PM
5wks	Sat	Invictus
		Krav Maga
<b>11286</b>	\$55	MONTALBANO

new

#### Edged Weapon Defensive Tactics Workshop

In this one-time workshop, you will learn to defend yourself against attacks from various bladed weapons.

Krav Maga is considered to be the best form of self-defense when confronted with real world scenarios.

This class will be held at Invictus Krav Maga, 12234 Poway Rd, Suite 200, Poway.

11/16		5:30-6:30PM
1day	W	Invictus
		Krav Maga
<b>11395</b>	\$29	MANTALBANO

## Krav Maga

*This course was 5 stars! John and Ute did a great job teaching us. I love the course so much that I want to take it again. The skills are useful for real life and I'm tremendously grateful for the opportunity to learn life saving techniques.*

# LANGUAGES

## American Sign Language

### Beginning 2

This class provides a transition from the introductory level. It will focus on more in-depth conversational, expressive and receptive skills. An emphasis on fingerspelling practice as well as discussions of Deaf culture and history will be explored.

10/12–11/16		6:00–7:15PM
6wks	W	ABX 21
11303	\$59	MANNING

## Filipino

### Beginning Conversation 1

Magandang umaga! That’s how we say “Good morning!” in Filipino. Discover how learning a new language can be fun and interesting. You will be introduced to the evolution of the Filipino alphabet (from Sanskrit to the present era), and be able to build a considerable amount of functional vocabulary. You’ll soon be able to initiate conversations and make new friends, as well as widen your knowledge of the Filipino people and their culture.

9/6–11/8		6:00–7:30PM
10wks	T	ABX 5
11248	\$109	ESPINOSA

## Chinese

### Beginning Conversation 1

Learn Chinese the easy way! In this introductory course we will introduce pinyin and four tones of the Chinese language. We will focus on basic Mandarin Chinese conversation, vocabulary and grammar.

**Required Textbook:** Chinese Made Easy, Level 1, Simplified, 3rd Edition,  
ISBN-13: 9789620434587

9/8–11/10		6:00–7:30PM
10wks	Th	ABX 19
11297	\$109	ZHOU

### Beginning Conversation 2

Continue learning Chinese. If you have taken Chinese Beginning or have some previous knowledge of the language join us. Emphasis is on everyday social conversations using more sophisticated vocabulary.

**Required Textbook:** Chinese Made Easy, Level 1, Simplified 3rd Edition,  
ISBN-13:9789620434587

**Pre-Requisite:** Completion of Chinese Conversation 1 and instructor recommendation, or basic Chinese language knowledge.

9/8–11/10		7:30–9:00PM
10wks	Th	ABX 19
11298	\$109	ZHOU



## French

### Beginning

This class is designed for people with no knowledge of French, but it can also be a very good refresher for long-ago high school classes. You will learn the greetings, how to introduce yourself, some basic social conversation, useful words and expressions. You will obtain a basic language foundation and master the main verbs that are used in every language: to be, to have, to do, to go. Also discover how to be comfortable with the numbers and the calendar: dates, days of the week, seasons. At the end of the class, you will be able to write and to make an oral presentation of yourself and tell about your hobbies all in French.

**Required Textbook:** Easy French Step-by-Step, by Myrna Bell Rochester.  
ISBN-13:978-0071453875

9/12-11/14		6:00-7:30PM
10wks	M	ABX 5
<b>11321</b>	\$109	SURETT

### Beginner 2

Continue to build on our French grammar skills by conjugating in both present and future tenses. We will also develop our reading skills by reading short compositions. and developing our writing tools by crafting small presentations on common everyday themes. This class will place emphasis on speaking skills and correct grammar usage.

**Required Textbook:** Easy French Step-by-Step by Myrna Bell Rochester  
ISBN-13:978-0071453875

9/8-11/10		1:00-2:30PM
10wks	Th	PAS 404
<b>11322</b>	\$109	SURETT



## Japanese

### Beginning

Conversational Japanese can be easy and fun. In this introductory course, we will focus on conversation and commonly used vocabulary. The main focus is to practice speaking using weekly vocabulary. You can start using your Japanese at sushi restaurants and Japanese markets locally in San Diego. No previous experience is necessary.

**Required Textbook:** Easy Japanese Step-By-Step, Third Edition, by Gene Nishi  
ISBN-10:1260116271

9/10-11/12 (no class 9/24)		9:00-10:30AM
9wks	Sat	PAS 401
<b>11271</b>	\$99	PATTISON

9/12-11/14 (no class 9/26)		6:30-8:00PM
9wks	M	ABX 22
<b>11272</b>	\$99	PATTISON

## Korean

### Beginning 1

Anyong-haseyo! In this basic conversation class, designed for the absolute beginner, we will learn the basic foundation of the Korean language. We'll learn greetings and the alphabet which will lead you to expand your basic conversation.

**Required Textbook:** Talk to me in Korean, Level 1, ISBN 10:1186701072

9/10-10/29		9:00-10:30AM
8wks	Sat	PAS 403
<b>11299</b>	\$89	KIM

### Integrated Levels

Learn the expressions based on a suggested topic of study such as days of the week, season, weather, color, holidays, food, travel words, etc. This class is designed to support your self-guided language learning experience.

**Required Textbook:** Talk to me in Korean, Level 1, ISBN 10:1186701072

9/10-10/29		10:30AM-12:00PM
8wks	Sat	PAS 403
<b>11300</b>	\$89	KIM

new

# Italian

## Beginning

Ciao! Are you planning a trip to Italy, or would you enjoy learning about Italian culture and language? This class is the place for you! This is a course for “absolute beginners” with no experience or very minor exposure to the language, or for those who need a review course before moving to Beginning 2. You’ll be able to utilize the basic conversation and grammar tools necessary to communicate and understand.

**Required Textbook:** Italian Grammar for Beginners Textbook and Workbook, Author: Talk in Italian  
ISBN: 979-8748974455

9/6–11/8		1:00–2:30PM
10wks	T	PAS 403
<b>11197</b>	\$109	GRATZKE
9/12–11/14		7:30–9:00PM
10wks	M	ABX 23
<b>11196</b>	\$109	GRATZKE

## Beginning 2

This class provides a transition from the introductory level and will focus on commonly used vocabulary, articulated prepositions, a variety of verbs, adjectives and Italian idioms. We will focus on constructing simple sentences, listening to short dialogues and developing reading and comprehension skills. This course will prepare you for Beyond Beginning.

**Required Textbook:** Complete Italian Step-By-Step, By Paola Nanni-Tate, ISBN 978-1260463231

**Pre-Requisite:** Beginning Italian or the equivalent

9/6–11/8		7:00–8:30PM
10wks	T	ABX 23
<b>11198</b>	\$109	GRATZKE
9/7–11/9		1:00–2:30PM
10wks	W	ONLINE
<b>11199</b>	\$109	GRATZKE

## Beyond Beginning

Once you have completed Beginning Italian 2, you will move beyond to focus more on comprehension, grammar and conversation. You will read a book at levels of A1, A2 or B1. You will learn how to speak in the past tense, which is very important in conversation.

**Required Textbook:** Complete Italian Step-By-Step, By Paola Nanni-Tate, ISBN 978-1260463231

9/8–11/10		1:00–2:30PM
10wks	Th	ONLINE
<b>11202</b>	\$109	GRATZKE
9/12–11/14		6:00–7:30PM
10wks	M	ABX 23
<b>11201</b>	\$109	GRATZKE

## Intermediate

This class is aimed at deepening the textbook program and advancing you to a higher level of reading comprehension, more difficult grammar concepts and conversation. Pronunciation and vocabulary will improve while working on your ability to speak, use grammar, and write effectively.

9/7–11/9		7:00–8:30PM
10wks	W	ONLINE
<b>11203</b>	\$109	GRATZKE

## Advanced

If you have advanced knowledge of the language, this immersion class will take you to a higher level of cultural exploration and listening comprehension. You will have the opportunity to practice and reinforce all verb tenses.

**Class reading novel:** Storia di Anita by Diana Giovinazzo, ASIN B099MC7KN5 (Amazon.com)

9/6–11/8		5:00–6:30PM
10wks	T	ONLINE
<b>11204</b>	\$119	GRATZKE

## Spanish

### Spanish Conversation

#### Beginning 1

Are you completely new to Spanish? Learn painlessly and confidently how to carry on basic conversations in various settings and situations. Grammar is minimal. English is spoken to support learning.

**Recommended Textbook:** Easy Spanish Step by Step, by Barbara Bregstein  
ISBN-13: 978-0071463386

9/6–11/15 (no class 9/27)	1:00–2:30PM
10wks T	PAS 404
<b>11274</b>	\$109 PATTISON

#### Beginning 2

You're ready for the next step. This class is for continuing beginners, or students with prior knowledge of Spanish, wanting to continue in their studies. Emphasis is on everyday social conversation using more sophisticated vocabulary. English is spoken to support learning.

**Recommended Textbook:** Easy Spanish Step by Step, by Barbara Bregstein  
ISBN-13: 978-0071463386

9/6–11/15 (no class 9/27)	2:30–4:00PM
10wks T	PAS 404
<b>11275</b>	\$109 PATTISON

### Spanish Immersion

#### Level 1

This class is for those who want to begin speaking Spanish the first week. We focus on conversation, pronunciation and understanding natives speaking at a normal speed. We conjugate verbs and learn new words, then use them in sentences. Mainly Spanish is spoken in this class. Previous Experience Recommended: Spanish Beginning 1 or equivalent.

**Recommended Textbook:** Spanish Now, Level I, 8th Edition. ISBN 10: 1438075235

9/7–11/16 (no class 11/9)	6:00–7:30PM
10wks W	ABX 22
<b>11319</b>	\$109 SHEA

#### Level 2

You will really be able to practice your Spanish language skills in this class. We will emphasize comprehension, speaking, reading, pronunciation and composition. Previous Experience Recommended: Spanish Immersion Level 1

**Recommended Textbook:** Spanish Now, Level I, 8th Edition. ISBN 10: 1438075235

9/7–11/16 (no class 11/9)	7:30–9:00PM
10wks W	ABX 22
<b>11320</b>	\$109 SHEA

## teacher profile



**Gaby Shea**

Gaby Shea grew up in Monterrey, Mexico. She attained a Bachelor's Degree in Business Administration. Gaby is currently working at Oak Valley Middle School in the English Language Program, and enjoys teaching Spanish to any enthusiastic students that love the language and Latin culture. Her hobbies are hiking and biking in the beautiful mountains of the San Diego area. She has a Monarch Butterfly garden that treasures and brings happiness to her home.

PERSONAL ENRICHMENT

creative writing

Gardening

Autobiographical Story Telling

Introduction

You will be introduced to Storytelling as a creative art form. Stories have entertained and informed humankind across centuries and cultures. You will journal, review, create and share the “Stories of Their Life.” It is an excellent way to organize life stories of legacy; refresh and reclaim life’s memories; celebrate triumphs; release what no longer inspires growth and proceed into the future with a clearer understanding of self.

9/21–10/26 6:00–7:45PM  
6wks W ABX 6  
11353 \$89 ROHKOHL

Contemporary Poetry

Contemporary poetry, or free verse, is unrhymed and with no specific metrical rhythm. It allows the poet to tell a story with their unique voice without all of the rules. Find your voice and allow your words through poetry.

9/15–10/6 6:00–7:30PM  
4wks Th ABX 21  
11249 \$59 ESPINOSA

Irrigation Systems Maintenance and Repair

With either pending or current watering restrictions, make sure you’re in compliance and that your irrigation system is tuned up and working properly. Low volume sprinkler heads and current water restrictions will be discussed. We will also discuss how to convert your system to drip irrigation.

10/29–11/5 9:00–11:30AM  
2wks Sat PAS 502  
11352 \$49 SAVILLE

Raised Planter Beds and Vertical Gardens

Vertical gardens are a great option for people with small spaces who want to have a garden. Raised planter beds are also a great idea for people who want to discover new locations for a garden. Enjoy a Saturday morning with our resident gardener. You will learn how to build these alternative gardens, irrigate and plant them. We’ll discuss summer and fall vegetables that you can grow in your new containers.

9/24 9:00AM–12:00PM  
1day Sat PAS 502  
11351 \$39 SAVILLE

teacher profile



Eric Saville

Eric has had a life-long passion for horticulture since he was a young boy. He has studied at Cal Poly San Luis Obispo, SDSU and the Horticulture Program at Cuyamaca College. He founded Urban Escapes in 2006. He enjoys creating gardens; digging in the dirt part, landscape design and building the design. Eric enjoys creating edible gardens combining the beauty and the function of a garden. Join a class with Eric and you can share his passion in your home garden.

## Music

### Guitar for Beginners

#### Start Today & Change Your Life

You've been telling yourself for years "I'm going to learn to play the guitar", but you haven't done it. Here is your chance! Come learn the basic fundamental skills needed to start playing the guitar. Our professional instructor teaches you beginning music theory, finger mechanics, strumming rhythm, melody, chords and the ability to excel in music. Bring your own guitar, guitar tuner or app on your phone and guitar picks.

9/6-10/25 (no class 10/11)	6:00-7:30PM
7wks T	ABX 17
<b>11287</b>	\$89 HOOD
9/10-10/22	9:00-10:30AM
7wks Sat	PAS 404
<b>11288</b>	\$89 HOOD



#### Beyond Beginning

There's plenty of beginning guitar instruction and plenty of intermediate guitar instruction available, but there's almost nothing that bridges the gap between them. Crossing that bridge between a beginner and an intermediate player is a big challenge. If you already know how to tune a guitar, play several open position chords, maybe a couple of strumming or picking patterns, can keep fairly good time, have a small handful of easy songs under your belt and ready to play to the next level. Then this course is for you! Bring your own guitar, guitar tuner or app on your phone and guitar picks.

9/6-10/18 (no class 10/11)	7:45-9:00PM
6wks T	ABX 17
<b>11289</b>	\$85 HOOD

### Ukulele Experience

#### Beginning

Grab your ukulele and learn some songs! In this introduction class, you will start off learning basic chords. You will be singing along in no time! Singing along is encouraged but not mandatory. Let's learn a new skill and have some fun. Bring your own ukulele.

10/19-11/30	6:00-7:00PM
6wks W	ABX 23
<b>11292</b>	\$59 GRAYEB

#### Beyond Beginning

Now that you have some experience with the ukulele, we will build on your skills. You will explore more chords and different strums while having more fun.

9/7-10/12	6:00-7:00PM
6wks W	ABX 23
<b>11291</b>	\$59 GRAYEB

## teacher profile



**David Grayeb**

Teaching music privately for over a decade, I'm passionate about using my tried and true methods of teaching to students of all levels. I've continued my education at various colleges including Berklee College of Music, and you may also catch me perform live throughout the week all over San Diego!

**Poway  
Community Choir** 

We are back! If you love to sing, join the Poway Community Choir! There are no auditions but previous experience is welcomed. We are a group of people singing together, united by our love of music, creating a strong sense of community by joining together to more completely understand and perform great choral literature. The wide range of repertoire performed includes choral literature of the great composers from the sixteenth century to the present. as well as folk songs, spirituals, and music from the stage and screen. Check out our new website [www.powaycommunitychoir.com](http://www.powaycommunitychoir.com) for more information. Join us this Fall and bring a friend!

9/20–11/15		6:30–8:30PM
9wks	T	PHS N1109
11385	\$99	GRAY



**Poway Symphony  
Orchestra**

We offer a unique experience including all instrumentation for the modern symphony orchestra. You will be introduced to a wide variety of standard symphonic literature, as well as be provided the opportunity to accompany accomplished soloists. You should have at least three years of current experience playing in an orchestra. Please contact the conductor at [conductorjohn17@gmail.com](mailto:conductorjohn17@gmail.com) for entrance into limited positions (woodwind, brass and percussion). For more information please visit our website at [www.powaysymphonyorchestra.org](http://www.powaysymphonyorchestra.org).

9/12–11/14		7:15–9:15PM
10wks	M	PHS N1100
11195	\$139	LoPICCOLO

**Poway Symphonette**

Are you currently playing in the Poway Symphony Orchestra or just wish to play in a smaller more intimate chamber orchestra? Come join our string chamber orchestra as we explore music from Baroque to Classical favorites. This class is open to string orchestra players with previous experience. For additional information check out our website at <http://powaysymphonette.com>.

9/12–12/19		6:00–7:00PM
13wks	M	PHS N1100
11194	\$105	REINER

*teacher profile*



**John LoPiccolo**

John LoPiccolo is an accomplished conductor and music director with more than 30 years of professional and teaching experience. John attended the famed High School of Music and Art in New York, a Bachelor of Music Degree in Music Education from San Francisco State University and later received a Master of Music degree in Orchestral Conducting from Eastern Washington University. When not studying one of the more than 1000 scores in his collection, he enjoys cooking, constructing, flying model airplanes and spending time with his family.

## Parent Education

---

### 10K Tiny Talks

#### Mastering the Art of the Tiny Talk

In 10K Tiny Talks, parents and caregivers will share their tough sex-ed questions and develop a strategy to break down those tough questions into a series of tiny (and age-appropriate!) talks. Dr. Castelloe will facilitate the discussion and outline effective Tiny Talk strategies. Each student should bring at least one question to share with the class. Students will learn from Dr. C and each other, leaving the class with Tiny Talk outlines for answering tough sex-ed questions.

**Pre-Requisite:** Nurturing Sexual Intelligence in Our Children class

11/2		6:00–8:00PM
1day	W	PAS 502
<b>11325</b>	\$29	CASTELLOE

### Developing an Effective Individualized Education Program

#### Prevent Parent Burnout

An Individualized Education Program (IEP) is a team effort, and you are a key member of that team. Come learn more about the IEP process and timeline. Discover effective strategies to ask questions, request changes, express ideas, and navigating conflicts. Learn and practice easy ways to de-stress and care for your body and mind as a caregiver or parent. Raising a child with disabilities can be isolating at times, but you truly are not alone.

9/26		6:00–8:00PM
1day	M	PAS 502
<b>11329</b>	\$29	MAGULAC

## Parenting

---

*Lauri was awesome. She provided insightful information, was open to questions and comments, and provided advice in a very meaningful way. I feel very empowered*

---

### Discover the Secrets

#### Talking and Listening With Your Teen

6th–12th Grade Parent Education No matter what our children say or do, they still care what we think! Let's get into their world and see the many ways we can support them in this difficult time. Boost your relationship in this evidence-based engaging workshop with skills in how we need to talk and listen, so we will hear what each other has to say! You absolutely can influence your teen.

10/6		6:00–7:45PM
1day	Th	ONLINE
<b>11326</b>	\$29	WONG

### Help Your Children Manage Stress and Anxiety (TK–5th Grade)

#### Build Their Emotional Intelligence (EQ)

This class is for parents of children in grades TK–5. Our children have experienced a great deal of change and uncertainty over the past year. You may have noticed that they have felt overwhelmed or exhibited symptoms of anxiety. The good news is that there is a solution! We can teach our kids concrete tools to reduce anxiety and manage stress by strengthening their emotional intelligence. Research has shown that children with high emotional intelligence do better in school and get along well with others. A high EQ can set them up for life-long success.

9/22		6:00–8:00PM
1day	Th	ABX 22
<b>11330</b>	\$29	SAGE
10/12		10:00AM–12:00PM
1day	W	PAS 213
<b>11368</b>	\$29	SAGE
11/3		6:00–8:00PM
1day	Th	ABX 22
<b>11369</b>	\$29	SAGE

## Gender Identity and Expression

### They Are Who They Are (Part 1)

Supporting a child is a multidimensional task. It can be overwhelming. Join us this semester on exploring ways in which you can support your child during their transition. We will discuss pronouns and how to use pronouns, the complexity of Gender Identity, which is often misunderstood and confusing. How to advocate for gender equity in your child's classroom, know your student's rights, and how to be a good ally. Also, learn and understand the nuances of navigating support and difficult conversations, not only with your child but with your family and friends.

10/8		9:30AM–12:00PM
1day	Sat	PAS 502
11331	\$29	MAUA

### They Are Who They Are (Part 2)

This class is to continue the discussions from (Part I) and learn how to be a more conscious parent now that you know that you are raising a gender-expansive or questioning child. Looking beyond the binary and unpacking years of cultural beliefs, traditional roles and expectations are hard, but not impossible. How can you improve the odds for your child, embracing the complexity of the journey as well as learning how to nurture and enjoy the journey with your child. This class is all-inclusive for parents who have children that have come out as gay, lesbian, non-binary, gender non-conforming, and/or transgender or identify as queer with no labels.

10/22		9:30AM–12:00PM
1day	Sat	PAS 502
11332	\$29	MAUA

## Nurturing Sexual Intelligence in Our Children

Does your heart race and your mouth go dry when your child asks you questions about sex? You are not alone! Many parents and caregivers struggle to come up with age-appropriate answers to sexuality-related questions. Whether questions are triggered by a loved one's pregnancy, media messages, playground conversations, or natural curiosity, your child needs authentic answers to develop the knowledge and skills required for self-care. Learn how to welcome--rather than dread--your child's questions as an opportunity to strengthen your relationship with your child, introduce facts and values, encourage critical thinking, and nurture the sexual intelligence they need to navigate healthy relationships throughout life.

10/12		6:30–8:00PM
1day	W	PAS 502
11324	\$29	CASTELLOE

## Preparing Positively for Puberty

### Grades TK-8th Grade

We can prepare our children for puberty by teaching them what to expect as their bodies transition from childhood to adulthood. Learn how to break down “the big puberty talk” into tiny talks that are more comfortable for both caregivers and children. We will review resources such as books and websites that can simplify the process of starting a tiny talk. We will discuss activities that can promote a positive and practical attitude toward this important life stage.

9/19		6:30–8:00PM
1day	M	PAS 502
11323	\$29	CASTELLOE

## Screen Time

### Living with Limits

From morning to night, many of us are on our screens and we need them! We know that too much screen time is not the best for our children, but how do we balance our children's learning, need for social contact, and entertainment at the same time? Join our engaging workshop to learn skills to help manage your child's time on their mobile devices, TV, and gaming platforms. If your child says "I don't want to get off the tablet" find out how to respond to reduce a power struggle and learn to live with limits.

11/10		6:00–7:30PM
1day	Th	ONLINE
<b>11328</b>	\$29	WONG



## Turning Power Struggles into Problem Solving

Parenting is not an easy task, especially when it comes to motivating our children to do things they don't want to do. They simply would rather do something else! This is why we may nag, beg, and demand; however, with limited results. In this engaging workshop, we will empower ourselves and our children with practical skills for bedtime, chores, mornings, and more. We will learn to create a climate for cooperation.

9/20		6:00–7:30PM
1day	T	ONLINE
<b>11327</b>	\$29	WONG

## Recreational Activities

---

### Let's Go RV'ing

Did you recently purchase, or about to buy, a travel trailer or RV? Want to be an expert in operating your rig and discuss tips and tricks when embarking on your RV adventure in a fun environment? Take this course on RV camping and lifestyle! This course focuses on the various functions of a travel trailer, 5th wheel and motorhome as well as tips and tricks to help enhance the experience of anyone starting out in RV camping. We will discuss different models and classes of RVs, tow vehicles, proper hook up/disconnect processes, handling and maneuvering your rig, set up/pack up, storage considerations, inside and outside operation, and general maintenance/repair of your investment. RV camping is a great way to spend time with friends and family.

9/13–9/20		6:00–8:30PM
2wks	T	ABX 22
<b>11250</b>	\$59	VENTIERE
12/3–12/10		9:00–11:30AM
2wks	Sat	PAS 404
<b>11251</b>	\$59	VENTIERE



# Planning for the Future

## A,B,C,D s of Medicare

### Know Your Coverage

This class covers the essentials of the Medicare Health System, its structure, the restrictions that exist, cost and coverage details; as well as who can become a beneficiary. Other topics include supplemental plans, Part C and drug plans, how they are structured, timelines, limitations and gaps in coverage.

9/27		6:00–8:30PM
1day	T	ABX 22
11255	\$39	POSPICHAL
10/15		9:30AM–12:00PM
1day	Sat	PAS 502
11256	\$39	POSPICHAL

## Essential Elements of a Good Retirement Plan

Retirement planning is not an easy task; at least it isn't for most people. While there is no one-size-fits-all solution to putting together a successful plan to accomplish your retirement goals, you can use a checklist to make sure you consider all of the key components of a winning plan. Come and learn how to put your strategy together so you can have peace of mind that you'll be able to reach your vision of a quality, secure and fun retirement.

10/1		9:30–11:30AM
1day	Sat	PAS 502
11228	\$35	CLAYCOMB

## Do I Have Enough to Retire?

About 10,000 baby boomers are reaching retirement age in America every day. Many actually go ahead and retire without having a clear cut plan. In addition to lifestyle and income, you'll need to plan for health care, long-term care, travel and entertainment, home repairs, emergencies and other things that may not fit into your regular budget. Learn how to put the pieces to your retirement puzzle in place so that when you decide to retire, you know you'll have enough.

11/12		9:30–11:30AM
1day	Sat	PAS 502
11229	\$35	CLAYCOMB

## Reverse Mortgages Explained

There are numerous misconceptions about reverse mortgages, come learn firsthand the truth for yourself. While a reverse mortgage is not a fit for everyone it can be an amazing financial tool that can provide life-changing benefits to its users. It uniquely provides access to home equity and permits the homeowner to stay in the home for the rest of their life with no mortgage payment. Come learn the pros and cons of this tool and how it may supplement retirement, fund medical expenses, or pay off other debts. We will learn how you can access these tax-free proceeds in the form of a lump sum, monthly payment, or line of credit and what is required to qualify. We will explain any myths, and clarify the impact it would have on your estate planning or retirement planning.

9/10		9:00–11:00AM
1day	Sat	PAS 502
11247	\$35	TODD



## Estate Planning

### Probate

Who Gets My Stuff? What Is Probate and Do I Really Need to Avoid It? What Are the Perils and Pitfalls of Joint Tenancy? Why Do I Need A Will, a Trust? What Is Inheritance, Gift, Death, and Estate Tax: Do I Have to Pay? These and many other questions will be answered in this candid presentation on Estate Planning. Up to 75% of the US population has no Estate Plan. This timely and compassionate presentation provides an overview of what happens to all your stuff, debt, burial, etc., if you don't have a plan, documents you should have, and how they can help you and your family. We will include a discussion on how Probate may be affected during the COVID-19 pandemic.

9/26		6:00–8:00PM
1day	M	ABX 5
<b>11245</b>	\$35	SCHUMACHER

### Trust Review

If you have a Trust that is over 5 years old, you should consider having it reviewed. Determine whether you should revise, restate or renew your existing Trust. Learn the process, choices, costs, advantages and disadvantages of each of these options and how they could affect your Estate Planning. What are the consequences if you do nothing? Bring your existing Trust and your questions to this engaging presentation.

10/10		6:00–8:30PM
1day	M	ABX 5
<b>11244</b>	\$39	SCHUMACHER

## Making the Most of Your Home Equity

### How to Access it and the Pros and Cons of Doing So

For most people their home is their most valuable asset and with the increase in property values over the last 2 years the amount of homeowner equity has increased substantially. Learn what options exist to access your equity, how much equity you can access and the pros and cons of doing so. We will review Home Equity Lines of Credit (HELOCs), Reverse Mortgages, 2nd Mortgages and cash-out refinances. We will review the cost of these options and review how to compare the benefit to other potential options. We will also discuss how your equity can be used for a home renovation, supplementing your retirement income, and consolidating debts among other uses.

9/13		6:00–8:00PM
1day	T	ABX 5
<b>11246</b>	\$35	TODD

## Understanding Roth IRAs and Roth Conversations

Roth IRAs are one of the most advantageous retirement savings vehicles available, yet they are vastly underutilized and their potential is underappreciated by many people who are working toward retirement. In this class we will discuss how they work, contributions versus conversions, and the rules and tax advantages that apply. Join us and see if Roth IRA is right for you.

12/10		9:30–11:30AM
1day	Sat	PAS 502
<b>11230</b>	\$35	CLAYCOMB

## teacher profile



**David Todd**

David brings to the table over 15 years of real estate experience with a deep expertise in lending. He enjoys helping others achieve their personal goals through home ownership, investment property purchases or using their real estate as a tool to improve their financial situation. David studied finance at Brigham Young University and received his MBA from UCLA – The Anderson School of Management, with a focus on real estate. He enjoys spending time with his wife and four kids, all beach activities and being active outdoors.

# Posture & Photogenic Techniques

## Beauty is in the Eye of the Beholder

Every woman has her own natural beauty but is always looking for different styles to suit occasions. Makeup has become a popular choice to enhance your look. Whether it's a preference to look younger, feel better or boost self-confidence, this class will let you experiment with different products, colors, and shades before you waste hundreds of dollars. Various products will be on hand and techniques demonstrated. Bring an open mind and be bold.

9/17		9:00–11:00AM
1day	Sat	PAS 502
11293	\$35	NASRY



## Let's Face It

### Make-up Contouring, Highlighting and Definition Techniques

Have you heard of the make-up process called Contouring? It is using make-up powder, liquid, cream or stick product that's a few shades darker than your skin tone to shade areas you'd like to define or reshape, like your nose, forehead, chin and cheekbones. Join us as we explore the easiest way to enhance your natural features by using make-up and look flawless.

11/19		9:00–11:00AM
1day	Sat	PAS 502
11290	\$35	NASRY

## Poise and Presence

How can you build confidence in a matter of seconds? One effective strategy for building confidence is by maintaining an assertive posture, which makes you appear more balanced and grounded. Learn techniques in the ability to walk into a room and exude self-confidence with poise and presence. The health benefits of proper walking posture will also make it easier to breathe and walk faster and farther. This class will also teach you proper photographic posture and positions of body angles, hand placement and other techniques that best display your beauty.

10/6–10/20		6:00–7:30PM
3wks	Th	ABX 22
11254	\$45	XIANG

## teacher profile



### Gigi Xiang

Gigi is a professional modeling instructor and posture coach with 20 years of experience. Gigi is not only the founder of Gigi's Modeling & Acting Studio, but is also the modeling instructor for John Casablancas Modeling and Career Center. Gigi's students are between the ages of 6 and 65. In addition to teaching modeling and posture, Gigi continues to actively teach styling, makeup, acting and workout. Gigi is very passionate about teaching and helping people create greater health and beauty.

## ACADEMIC CLASSES

### English As A Second Language (ESL)

#### Register for Ongoing ESL Classes

Testing sessions are available in-person or online **by appointment only**. To make an appointment, go to [www.powayadulthoodschool.com](http://www.powayadulthoodschool.com). Students will be registered and start classes soon after meeting with the advisor.

#### Registration is Ongoing

- Classes are free
- Choose morning or evening classes
- Classes are generally leveled from Beginning, Intermediate to Advanced learner levels.
- Multi-Level ESL classes are open at Valley Elementary school. Free childcare will be available during class time. Classes will be offered four (4) mornings per week, Monday through Thursday 8:30–11:30AM. An additional location will open soon.

Schedules may be adjusted due to health and safety instructions from the state of California.

#### ESL Orientation and Registration Process

To register for English at Poway Adult School, please sign up for one of our entry testing sessions (space is limited) by going to [www.powayadulthoodschool.com](http://www.powayadulthoodschool.com). You will receive an email confirmation of your testing date and time. **All testing sessions are by appointment only**. (NO walk-ins will be accepted.)

**NOTE:** All health guidelines will be strictly followed and enforced. More information will be provided in your confirmation email.

#### Day 1: Testing

- Attend the testing session you were assigned (in-person or online)
- Arrive or log-in 10 min before appointment to check in
- Allow 90 min to complete testing process
- Please do not bring children!
- You will be given a future appointment time to meet with an advisor

#### Day 2: Advising

- Meet with your advisor to discuss your educational goals
- Receive your class assignment and access to class website



# English as a Second Language

Other Options for ESL Students:

For all classes:

New students must attend an ESL orientation (go to [www.powayadultschool.com](http://www.powayadultschool.com) to register). After that, you will be contacted by the teacher to begin class.

Distance Learning

Intermediate/Advanced Levels

Want to learn English but no time for a class? This is a good option for you! Using the popular software, Burlington English and other learning tools, we offer English language instruction as an independent study course. You can practice grammar, listening, speaking, reading and writing at home. Requirements for this course include internet access and a headset with earphones to listen and a microphone to record on. A desktop or laptop computer is preferred. Students will communicate regularly with the teacher, via email or Zoom, by appointment during office hours. Space is limited in this course.

Speak English Clearly and Confidently



Confidence comes through understanding and practice, and this course will give you a completely interactive experience with plenty of pronunciation activities and exercises. Our specially designed exercises ensure you develop strong and precise speaking skills for clear speech. Reach your speaking and listening goals. Thrive in your professional and academic life by setting and achieving your goals for English pronunciation.

9/26–10/19		1:00–2:30PM
4wks	M, W	PAS 404
11363	\$69	FINE-URIELL

Citizenship

Intermediate/Advanced Levels

This is a Distance Learning/Independent Study class that will help students prepare for the naturalization process including: completion of application for citizenship; preparation for history and government test; interactions needed for final US Citizenship and Immigration Service USCIS interview.

Ongoing enrollment

Appointments are available onsite Tuesdays in room 401, 12:30–3:30PM and online on Thursdays from 3:00–7:00PM.



USA Citizenship

Academic Skill Development

Get ready to move your reading, writing and math skills to a higher level. This transition class will help adults, including English language learners, to prepare for a high school diploma or high school equivalency program, gain better workplace writing or math skills for use on the job or transition on to college or a career training program.

See Orientation Details

8/29–12/15	10:00AM–12:00PM
M–Th	PAS 610
Free	BURSTEDT/HATHAWAY
8/30–12/14	5:30–8:30PM
	and by appointment
T/W	PAS 610
Free	GOMEZ

## Adult Secondary Education (ASE)

Stop by our office, call 858-668-4008 to schedule an in-person appointment for orientation where options will be discussed. Assessment for placement will occur, and a meeting with the counselor to determine your education path in either our High School Diploma or Equivalency Certificate Preparation programs, will be scheduled. Please bring your high school transcript, if possible.

**Orientation** Call 858-668-4008 to schedule an in-person appointment.

### High School Equivalency Certificate Test Preparation


Our Learning Center is available for test preparation. Based on the results of practice tests, you will be able to determine whether you are ready to take the official High School Equivalency exams.

### High School Equivalency Certificate

**Pre-Registration is required.**



TESTING SERVICE® tests are offered on  
Tuesdays, 1:30–5:30pm  
Register at [www.ged.com](http://www.ged.com)

 **HiSET** tests are offered on  
Thursdays, 1:30–4:30pm  
Register at [hiset.ets.org](http://hiset.ets.org)

### Learning Center

This classroom environment assists adult students with the necessary skills to complete the high school diploma requirements. It provides students with learning opportunities using several modalities: computer-assisted instruction, video and audio-enhanced learning. The following sessions are available for all ASE students:

Morning	M–Th	9:00AM–12:00PM
Afternoon	M–Th	by appointment
Evening	T/W	5:30–8:30PM or by appointment

### High School Diploma Program

Adults can earn a High School diploma from Poway Adult School upon successful completion of 190 credits. Students complete the required credits using several study options to fulfill the necessary requirements.

### Independent Study

Adult students meet with their instructor once a week to review all homework and test for understanding and comprehension of assignments. Morning and evening appointments are available. This program works for the motivated adult who requires flexibility with scheduling.



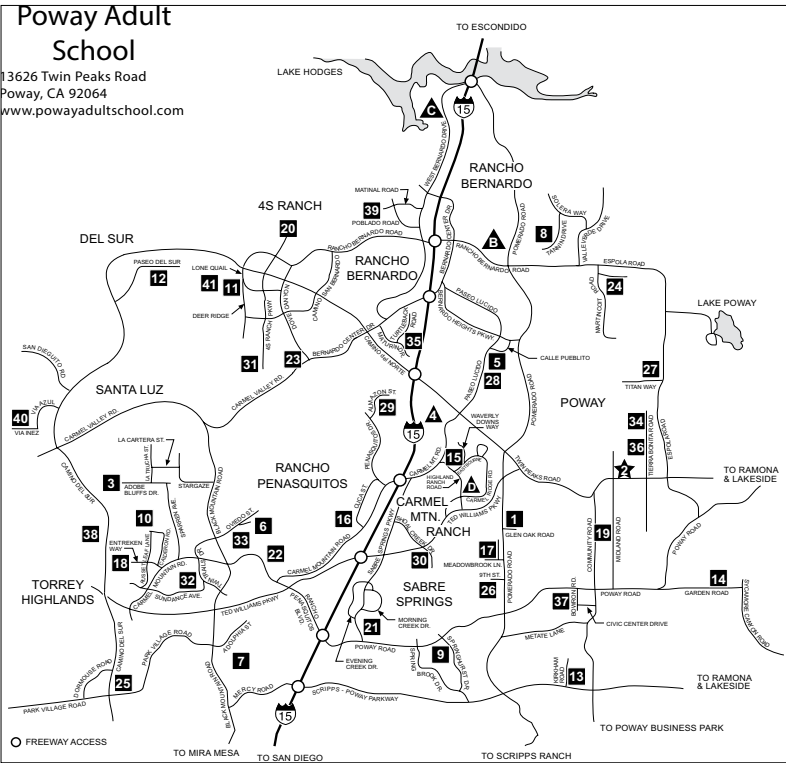
### The National External Diploma

### Program (NEDP)

A flexible online performance-based option for adults and out-of-school-youth to earn a high school diploma. Enjoy integrated courses with real-life applications.

- Students may complete work at home, the library, or wherever there is a computer.
- Eligible participants can complete the program in 4-12 months.
- Flexible scheduling means students can earn a high school diploma while employed, enrolled in job training, or managing other commitments.
- Is self-paced and not timed.

# POWAY DISTRICT MAP



- ABX [1] Abraxas High School**  
12450 Glen Oak Drive, Poway 92064
- BHMS [5] Bernardo Heights Middle School**  
12990 Paseo Lucido, San Diego 92128
- CR [9] Creekside Elementary School**  
12362 Springhurst Drive,  
San Diego 92128
- CV [7] Canyon View Elementary School**  
9225 Adolphia Street, San Diego 92129
- DNHS [11] Del Norte High School**  
16601 Nighthawk Lane,  
San Diego 92127
- HR [15] Highland Ranch Elementary School**  
14840 Waverly Downs Way,  
San Diego 92128
- MID [19] Midland Elementary School**  
13910 Midland Road, Poway 92064
- MCBS [22] Mt. Carmel High School**  
9550 Carmel Mountain Road,  
San Diego 92129
- OVMS [23] Oak Valley Middle School**  
16055 Winecreek Road,  
San Diego 92127

[2]

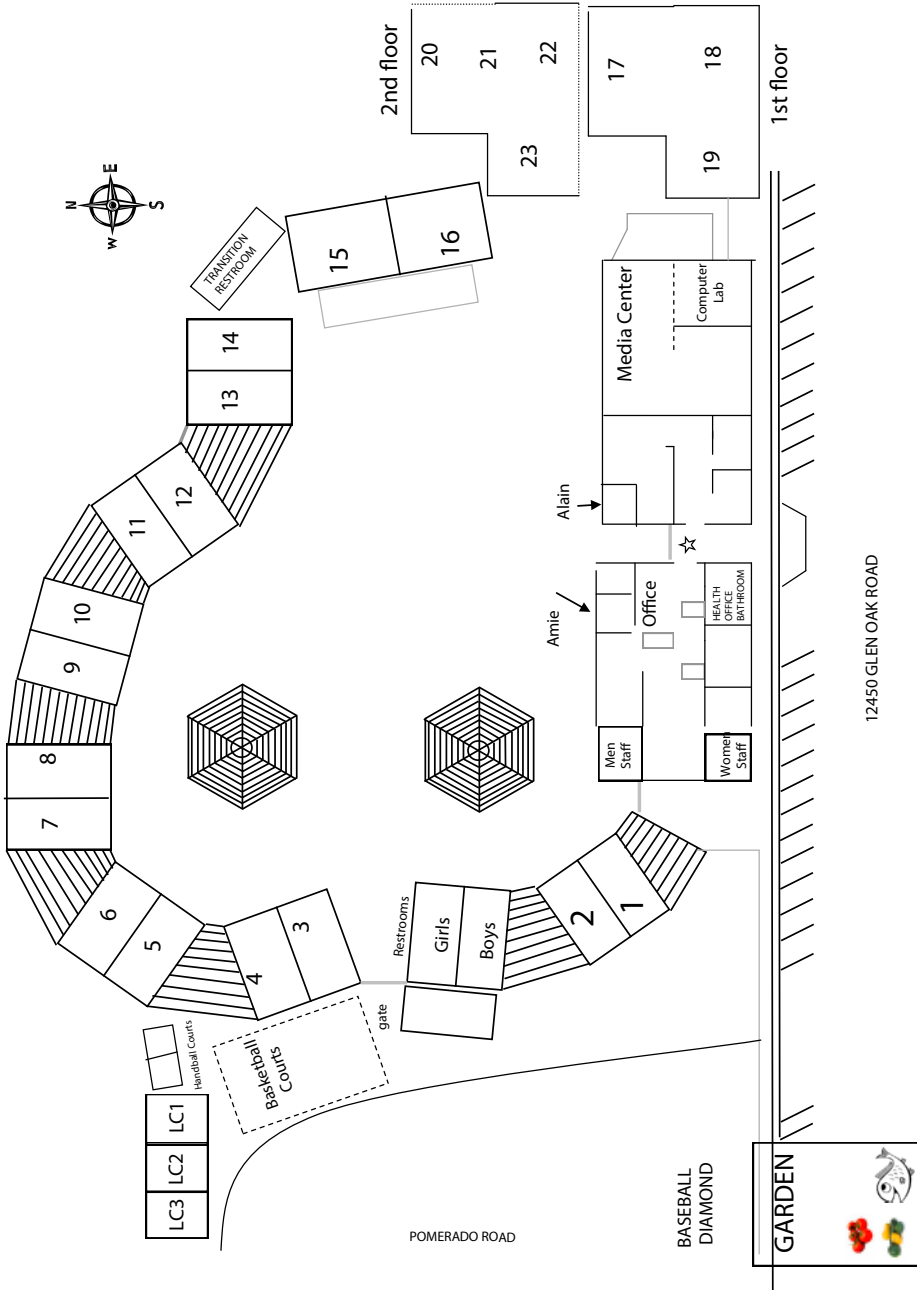
- Poway Adult School**  
13626 Twin Peaks Road, Poway 92064
- PHS [27] Poway High School**  
15500 Espola Road, Poway 92064
- PV [25] Park Village**  
7930 Park Village Road,  
San Diego 92129
- RBHS [28] Rancho Bernardo High School**  
13010 Paseo Lucido, San Diego 92128
- RH [29] Rolling Hills Elementary School**  
15255 Penasquitos Drive,  
San Diego 92129
- SC [30] Shoal Creek Elementary School**  
11775 Shoal Creek Road,  
San Diego 92128
- SH [33] Sunset Hills Elementary School**  
9291 Oviedo Street, San Diego 92128
- TBK [35] Turtleback Elementary School**  
15855 Turtleback Road,  
San Diego 92127
- WVS [38] Westview High**  
13500 Camino Del Sur, San Diego 92129



Live. And learn.

# ABRAXAS HIGH SCHOOL MAP

12450 Glenoak Rd,  
Poway, CA 92064



## Registration Form

Adult Education Registration Form ONLY

1. Last Name:	
2. First Name, MI:	
3. Birthdate: (MM/DD/YY)	4. Gender: <input type="radio"/> Female <input type="radio"/> Male
5. Street Address:	
6. City:	7. Zip:
8. Day Phone:	9. Evening Phone:
10. Mobile Phone:	Can we include you on our mailing list?: <input type="radio"/> Yes <input type="radio"/> No
11. Email Address:	
Ethnicity: <input type="radio"/> White/Non-Hispanic <input type="radio"/> Native American or Alaskan Native <input type="radio"/> Asian <input type="radio"/> Black <input type="radio"/> Hispanic <input type="radio"/> Hawaiian or Pacific Islander <input type="radio"/> Two or more	
Education Level: <input type="radio"/> None Specified <input type="radio"/> Some High School <input type="radio"/> High School Graduate <input type="radio"/> Some College/Trade School <input type="radio"/> College Graduate <input type="radio"/> Master's Degree <input type="radio"/> Ph.D. or Ed.D.	

## Course Information

Class	Course Name	Fee
		\$
		\$
		\$
Total Fees		\$
Discounts	<input type="radio"/> Senior <input type="radio"/> PUSD <input type="radio"/> CTAE	\$
Total Enclosed		\$

## Payment Information

Payment Type: ☐ Check ☐ MasterCard/Visa/American Express

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

LIABILITY WAIVER: By signing below, the student agrees that neither Poway Unified School District nor its employees shall be liable for any and all injuries, losses, or other damages that may be suffered by student by reason of voluntary participation in class activities except for losses caused by the sole negligence of the District. If payment is by credit card, my signature below authorizes Poway Unified School District to charge my MasterCard/Visa credit card number as payment for the classes.

Signature (REQUIRED)

Date

Choose a method of payment

Cash

Check

Payable to Poway Adult School

Mastercard, Visa, or American Express

Include card number, expiration date and your signature.





Find Your Artistic Talents in our Classes



[www.powayadultschool.com](http://www.powayadultschool.com)

**Poway Adult School is one of California's many adult education schools.**



**POWAY ADULT SCHOOL**  
 13626 Twin Peaks Road  
 Poway, CA 92064

# POSTAL CUSTOMER

Non-Profit  
 US Postage  
 ECRWSS  
**PAID**  
 Poway Unified  
 School District