FALL 2019

WE'RE IN IT TOGETHER. ACHIEVE YOUR GOALS WITH US!

www.powayadultschool.com

Personal or Professional Courses. Find Them Here!
Welcome to the Poway Adult School 2019 Fall Quarter!

On our cover, we put emphasis on - “We’re in it together”, as this truly reflects our commitment in providing you quality community educational enrichment and academic programs. By integrating the recommendations from our teachers, students and community business leaders, we’ve developed a Fall Term course offering which is tailored to strengthen your academic, personal or professional goals. Highlighted classes being introduced this term to complement all your favorite returning classes include:

- iPad Apps to simplify your life
- Adult Ballet
- Animal Portraits with colored pencils
- Pilates Ball with Bands and Weights
- Reiki
- Adult Soccer
- Legal series – Working with contractors

and so much more…..

We’ve expanded our locations, so that class you’ve been seeking might only be a few minutes away! Register now and give us the opportunity to enrich your life. Contact our staff, we are ready to assist in finding the course that best fits your passion.

See you in class!

Kathleen Porter
Executive Director
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<tr>
<td>Adult Education Registration Begins</td>
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<td><strong>August 23</strong></td>
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<tr>
<td>Professional Growth Day, Office Closed</td>
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<tr>
<td><strong>August 26</strong></td>
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<tr>
<td>English as a Second Language Classes Begin</td>
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<tr>
<td><strong>September 2</strong></td>
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<tr>
<td>Labor Day Holiday observed, No Classes, Office Closed</td>
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<tr>
<td><strong>September 9</strong></td>
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<tr>
<td>Adult Education Fall Classes Begin</td>
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<tr>
<td><strong>September 30</strong></td>
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<tr>
<td>Professional Growth Day, No Daytime Classes, Office Closed</td>
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<tr>
<td><strong>November 11</strong></td>
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<tr>
<td>Veteran’s Day Holiday observed, No Classes, Office Closed</td>
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<tr>
<td><strong>November 25–30</strong></td>
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<td>Thanksgiving Recess, No Classes, Office Closed</td>
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<tr>
<td><strong>December 11</strong></td>
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<tr>
<td>Adult Education Winter Registration Begins</td>
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<tr>
<td><strong>December 14</strong></td>
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<tr>
<td>Adult Education Fall Classes End</td>
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<tr>
<td><strong>December 17</strong></td>
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<tr>
<td>English as a Second Language Classes End</td>
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<tr>
<td><strong>December 23–January 3</strong></td>
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<tr>
<td>Winter Recess, Office Closed</td>
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### 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. 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 24, 2019, 4:00PM
Poway Center for the Performing Arts
15498 Espola Rd, Poway, CA 92064
$15 per person, purchase at the door

**Poway Symphonette Concert**

*Handel’s Messiah with California Center Choral*

Sunday, December 22, 2019, 3:00PM
California Center for the Arts
340 N. Escondido Blvd, Escondido, CA 92025
FREE
Donations graciously accepted to defer costs

**Poway Community Choir**

Sunday, November 17, 2019, 4:00PM
Poway Center for the Performing Arts
15498 Espola Rd, Poway, CA 92064
$10 per person, purchase at the door

**Come enjoy the music!**
ESP Orientation and Registration Process

To register for English at Poway Adult School. Sign up for one of our orientation sessions by coming into our office.

Day 1
- Attend the orientation you registered for
- Arrive on time and allow 2 hours for the orientation
- Please do not bring children
- You will be given an appointment time to return to meet with an adviser

Day 2
- Meet with your advisor to discuss your educational goals
- Receive your class assignment

ESP Orientation and Registration Schedule

First Orientation and Registration for Fall is:
Monday August 19
9:00 AM or 6:00 PM
Tuesday, August 20
9:30 AM or 6:00 PM
Arrive on time. You will be in session for 2 hours.

Starting September 3, Orientation and Registration is held weekly:
Tuesdays 9:00 AM or 6:00 PM

ESP Classes: 8/26 to 12/17, 2019

Classes are free of charge and are held in two sessions:
Daytime – 9:00 AM to 12:00 PM
Evening – 6:00 to 9:00 PM

Classes are generally leveled from Beginning, Intermediate to Advanced learner levels on the Poway Adult School campus.

Most classes are held four days a week, Monday through Thursday with the exception of the daytime High-Intermediate and Advanced level classes that are held five days per week, Monday through Friday.

We also offer Multi-Level ESL classes at Los Penasquitos and Valley Elementary schools with childcare available. These classes are held Monday through Thursday from 8:30–11:30 AM.

In order to attend any of our ESP classes, students must first sign-up for an Orientation Session.

Distance Learning

Using the popular software, Burlington English, we offer English language instruction for all levels as an independent study course. You can practice grammar, listening, speaking, reading and writing at home. Requirements for this course are to have a computer (iPads and tablets are not compatible) with internet access and a headset with earphones to listen and a microphone to record on. You must be able to meet with the teacher in one initial meeting and then at least once per month in person. A current email address is also required for communication with the teacher on a weekly basis. Space is limited in this course. Students must register by attending an ESP orientation (see orientation schedule). At that time, an appointment will be scheduled.
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.

Students must register by attending an ESL orientation (see orientation schedule on page 5). At that time, an appointment will be scheduled.

On-going T, Th 4:30-5:30pm
Free ADE

Conversation Café
Intermediate and Advanced students, come join this conversation class to practice casual, relaxed speaking. We will work in pairs and small groups to imitate social situations. Please bring ideas for topics of conversation. Our goal is to speak without hesitation about subjects we know well or will learn about in class.

New students must register by attending an ESL orientation (see orientation schedule on page 5).

9/9–11/20 12:15–2:15pm
M, W PAS 403/404
Free FINE-URIELL
FISHER

Computer Skills for Office Professionals
For Second Language Learners
Learn features of MS Word and Open Source Documents for workplace proficiency along with English language support.

Pre-Requisite: You must be currently enrolled in the ESL or Academic Skill Development program.

On-going F 9:00AM–12:00PM
PAS 402
HERNANDEZ

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 ASE Orientation Dates on page 7 to register.

8/26–12/11 9:00AM–12:00PM
M–Th PAS 610
Free RODGERS

8/26–12/11 6:00–8:30PM
M–Th PAS 610
Free NEAL

ADULT EDUCATION FUND RAISING DRIVE
2019-2020

Want to donate to a good local cause where every dollar donated is used for Poway Adult School Students?

Please help out our school with a donation toward special ESL classes, field trips, our Path to Palomar Program and student scholarships. Your donation of $10, $20, $40, $50 or $100 will go a long way to helping us meet student education goals.

Call our office at 858-668-4018 or email pgarramone@powayusd.com for more information

Tax ID#54-2098945
Stop by our office, call 858-668-4012, 858-668-4024, or go online to register for the next 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 Dates
5:00–7:00pm
September 5, 2019   November 14, 2019
September 19, 2019   December 5, 2019
October 10, 2019   January 16, 2020
October 24, 2019

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.

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.

GED tests are offered on
Tuesdays, 1:30–5:30pm
Register at www.ged.com

HiSET tests are offered on
Thursdays, 1:30–4:30pm
Register at hiset.ets.org

Classes provide instruction in the following areas:
- English
- Science
- Math
- Electives
- Social Science
# CAREER SERVICES AND WORKSHOP SERIES

Sign up today for one or more specially designed workshops offered to adult job seekers. Select either the day or evening session. After attending your first workshop, contact Denise McAndrews at (858) 668-4022 or dmcandrews@powayusd.com for individual Career Services.

## Develop Your Career Plan

This workshop will assist you in focusing on a career goal by completing an interest profile and evaluating options based on three factors: labor market demand; wages; and your interests. You will develop a career plan and research training options.

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<tr>
<td>9/12</td>
<td>10:00AM–12:00PM</td>
<td>PAS 601</td>
<td>Free</td>
<td>McANDREWS</td>
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<td>9/17</td>
<td>6:15–8:15PM</td>
<td>PAS ND</td>
<td>Free</td>
<td>McANDREWS</td>
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## Craft Your Cover Letter

This workshop will assist you in creating a cover letter for a specific job posting. Learn how to demonstrate that your unique experience and skill set match employer requirements.

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<td>PAS ND</td>
<td>Free</td>
<td>McANDREWS</td>
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## Target Your Resume

This workshop will assist you in creating a resume that focuses on your skills and employer needs. You will write compelling Professional Summaries to highlight how you meet and exceed the minimum requirements for the job you seek. The Professional Summary will become your talking points for networking and interviewing.

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<td>McANDREWS</td>
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<td>PAS ND</td>
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<td>McANDREWS</td>
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## Ace Your Interview

This workshop will focus on interview preparation and practice. Topics include reviewing and incorporating transferable skills, exploring various types of interview questions and developing your best answers and avoiding interview pitfalls.

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<td>Free</td>
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BUSINESS SUPPORT SERVICES

Conduct classes at your work site! We are the experts in adult education and possess a diverse range of courses designed to meet your business strategy, improve employee performance and morale. Gain knowledge of the tools necessary to plan, implement and manage projects in any business environment. Contact us at dguzman@powayusd.com for further information.

Our Programs, Classes and Workshops:

**Administrative Operations**
- Google tools – Docs, Sheets, Drives and Sites
- MS Office Professional
- QuickBooks
- Accounting
- Technical writing
- Effective communication techniques

**Business Leadership**
Improving Business Results Through Performance. Specifically designed Business Leader workshop that presents game-changing techniques to enhance higher performance at all levels: individual, team and organizational. Contact us to setup initial meeting. Instructor – Andrews

**English as a Second Language Classes for Employees**
From beginner to intermediate levels. A pre-assessment can be conducted to develop the appropriate course and improve communication within your company. Curriculum can also include general technical terms routinely used in the workplace.

"Training tailored to fit your business"

Further enhance employee morale and well-being by conducting on-site yoga, meditation, stress-management or other healthy lifestyle courses. Your possibilities are endless.
**Introduction to Google Suites**

**Applied Digital Skills**

Google products are free. All that you need is a Gmail account to access these tools. This class is an overview of Google Tools. We will explore Google Docs, Google Sheets, Google Drives and Sites. Please have your Gmail account set up before you come to class.

9/14–10/12  
5wks  Sat  PAS 402  
8371  $79  HERNANDEZ

**Auto Maintenance and Light Repair**

This course, taught by an ASE certified instructor, serves as a refresher for current technicians or as an introduction for those desiring to enter the auto repair field. This course prepares students for the National Institute for Automotive Service Excellence (ASE) exam in Auto Maintenance and Light Repair (G1). Since about 70% of the work being done in repair shops today is in the area of auto maintenance and light repair, this course is a perfect fit for career training! If you have at least one year of auto repair work experience (half may be met by career training), and you pass the G1 exam, you will achieve ASE certification in Auto Maintenance and Light Repair.

This course provides training in:
- Engine systems
- Automatic transmission/transaxle
- Manual drive train and axles
- Suspension and steering
- Brakes
- Electrical
- Heating
- Ventilation and air-conditioning

9/10–10/31  
16days  T, Th  MCHS N13  
8330  $159  HARWELL

**What’s Under the Hood**

**125-Point Vehicle Inspection**

Whether you’re a do-it-yourselfer and like to change your own oil, want to check your fluids and locations or you want to learn how to reset service reminder lights, there’s something here for you. Preventive maintenance on your vehicle is of utmost importance. We’ll look at the 125-point inspection that technicians use to identify and repair automotive issues. This is an excellent class for new drivers.

9/28  
1day  Sat  MCHS N13  
8331  $45  HARWELL

**teacher profile**

Alfredo Hernandez Jr.

Before joining Poway Adult School, Alfredo was a computer instructor for at the Elito M. Santarina Technology Center at the City of Carson in Los Angeles. Alfredo has worked with Information Technology and Business Process companies that outsource work to the Philippines as education lead for talent development. He also served as Executive Director for the Eggie Apostol Foundation, with community-driven education reform as a core advocacy. Before moving to the United States, Alfredo was a journalist with his own opinion column in one of the Philippines major daily newspapers.
Microsoft Excel 2016

Completion of Excel Levels 1 and 2 will help you prepare for the Microsoft Office Specialist certification exam.

Getting Started in Excel

This one-day course will give you the tools to be successful in Excel Level 1. The course 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.

9/14 9:00am–12:30pm
1day Sat PAS 601
8390 $49 CADWELL

Level 1 - The Essentials

Learn the power of Excel in this beginning course. From basic formulas, formatting, charts to organizing and visualizing your data.

9/18–10/23 1:00–4:00pm
6wks W PAS 601
8369 $149 HERNANDEZ
9/19–10/24 6:00–9:00pm
6wks Th ABX Computer Lab
8391 $149 CADWELL

Level 2 Tables, Pivot Tables and VLookup

Go beyond just numbers. Streamline, work smart and visualize. That’s what we’ll do in this class with tables, PivotTables, VLookup and What if Analysis.

Pre-Requisite: Excel The Essentials or knowledge of Excel

10/31–12/12 6:00–9:00pm
6wks Th ABX Computer Lab
8392 $149 CADWELL

QuickBooks Pro 2019

New

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.

Skills Needed: Windows basic skills.

9/11–11/13 9:00am–12:15pm
10wks W PAS 601
8397 $239 FATOUH
10/5–12/14 9:00am–12:15pm
10wks Sat PAS 601
8393 $239 CADWELL

Website Writing and Optimization

Present your ideas professionally on the Internet. Whether you produce websites, online storefronts, blogs, or newsletters, you can benefit from this course. Topics include writing styles, copyediting and grammar, Search Engine Optimization (SEO), website structure, and copyrights and trademarks.

9/30–10/7 6:00–7:30pm
2wks M ABX 4
8385 $45 SKALE
Career and Work Skills Training

**Computer Skills for Office Professionals**

**Comprehensive**

Learn features of Word and Excel that will increase your efficiency level in the workplace. Expand your knowledge of paragraph/character formatting, tabs, headers, footers, columns, worksheet design, calculations, formulas and much more.

**Skills Needed:** Entry level knowledge of Windows, Excel and Word.

- **9/18–10/30**
  - 6:00–8:00pm
  - 7wks
  - W
  - ABX Computer Lab
  - 8370
  - $109
  - HERNANDEZ

**Getting Started on Computers**

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.

- **9/17–10/29**
  - 9:00–11:00am
  - 6wks
  - T
  - PAS 601
  - 8368
  - $109
  - HERNANDEZ

**Introduction to Computer Aided Design (CAD) and 3D Printing**

Have you ever had a product idea in your head, only to see it on the shelf a short time later? This course will provide skills and tools for you to bring ideas and concepts into reality. You will learn the basics of a state-of-the-art computer-aided design (CAD) software, including sketching, 3D modeling, assemblies, documentation and presentation. Then you will learn how to prepare and 3D print your designs. No previous knowledge or experience is necessary.

- **9/18–10/23**
  - 5:30–7:30pm
  - 6wks
  - W
  - MCHS N6
  - 8379
  - $105
  - FISCHER

**Special Education Instructional Aide Preparation**

Prepare to become an instructional aide in Special Education. This class will teach you the terminology, strategies, and theories in special education including: a brief history of special education, understanding the IEP, curriculum strategies, behavioral strategies and the 13 disability categories. While this class prepares you with important information and training in regards to becoming an instructional aide, it does not guarantee you a position.

- **9/19–10/24**
  - 6:00–8:00pm
  - 6wks
  - Th
  - ABX 19
  - 8408
  - $105
  - FINK
Entrepreneurship

Marketing
Concepts, Tools & Strategies
Marketing is vital to your business since it is how customers learn about your company, products and service. If you are an entrepreneur, new to management, or just looking for ways to succeed in your job, this class is for you. Learn practical skills, concepts, and knowledge for you to apply and grow a business. The course includes the fundamentals of business, sales, and marketing highlighting effective ways to find, communicate, and connect with your ideal customers. Our goal is to help generate business ideas and marketing tools to differentiate you and your company from others in your industry.

10/1–10/22 6:00–8:00pm
4wks T ABX S
8292 $79 WILLSOWS

Trademark Basics
A Self-Filing Guide for Entrepreneurs
This class is a practical hands-on guide for self-filers to file their own trademark applications with confidence at the US Patent Trademarks Office. We will discuss basic trademark law and walk through a mock filing of an application. You will learn what a trademark is, what is required legally to have one, the problems you can face, where to go for solutions to problems, and how to actually file your own application at the USTPO. This class will not provide legal advice, but rather a well-rounded general knowledge of the legal requirements needed for a trademark and the processes of filing for registration.

9/14–9/28 9:00–10:30am
3wks Sat PAS 403
8232 $49 FALES

Starting a Food Business
Are you considering opening a food business but don’t know where to start? Our experienced chef will share tips on getting your products to market. We will discuss licenses, insurance, training and production. If you have a favorite food or idea you want to market, from starting a cupcake bakery to creating a catering business, this workshop is for you.

9/25 6:00–9:00pm
1day W RBHS 807
8339 $45 HEINEKE

teacher profile

Mary Fales
Mary Fales is an intellectual property attorney and has been practicing U.S. and foreign patent preparation and prosecution for over ten years. She started out as a registered patent agent in 2008. Prior to that, she was a Sr. electrical engineer for Qualcomm, Franklin Wireless, and TI Wireless spanning over ten years. Mary’s technical expertise began with analog circuit designs and electroacoustic. She has focused on the wireless industry and has a large range of experience in system design, board design, production, and over-the-air (OTA) standards. As an inventor herself, she has her own patents pending, and enjoys creating and copyrighting her art.

www.powayadultschool.com
Introduction to Health Insurance Billing and Revenue Cycle

This online course introduces you to the basics of medical insurance billing and practice management. Learn about the different types of health insurance, obtaining eligibility and how the medical claims process works, including Managed Care, Medicare, Medicaid and commercial insurances. You are introduced to a step-by-step revenue cycle process, third-party payers, HIPAA and compliance.


9/9–11/18 Online
10wks M 8394 $379

Introduction to Medical Terminology

This online class will help you focus on the essential concepts of human anatomy and physiology, the common medical terms related to the body systems, overview, and coverage of diseases and conditions. We will also cover diagnostic procedures, surgical and therapeutic treatments as well as drug therapies.

Offered Spring 2020

Introduction to Coding

This online class will help you learn entry-level coding. You will learn how to select codes for correct reimbursement of services rendered in the health care industry. We will explore essential coding concepts and receive an overview of the coding audit process.

Offered Winter 2020

Nurse Assistant

This course is streamlined to provide students with the required classroom and clinical hours needed to take the Certified Nurse Assistant examination. It is designed for part-time students desiring entry-level career skills or needing to meet pre-requisites for further health career training. Classes meet on Friday evenings at Del Norte High School and clinical sessions meet on Saturdays at a skilled nursing care facility in Rancho Bernardo.

In order to start the course, students must:

- Attend an orientation either on December 12, 2019, 4:00PM–6:00PM or January 9, 2020, 4:00PM–6:00PM at Poway Adult School (If you can’t attend the orientation please contact Denise McAndrews at dmcandrews@powayusd.com)
- Be at least 18 years of age
- Provide your social security card
- Provide your valid, government-issued photo identification
- Complete Live Scan (fingerprinting) the first week of class
- Take a basic reading placement appraisal (scheduled once you register)
- Provide proof of or obtain a flu shot
- Provide a physical from a doctor

Fees: A $450 deposit is due to register. Final Payment of $545 is due on or before the first day of class. Additional fees throughout the course are estimated at $300.

1/24–5/23 F 4:00–8:00PM
Sat 7:30AM–4:00PM
DNHS P116

8396 $995 HEAD
INFORMATION TECHNOLOGY AND NETWORKING SERIES

INFORMATION & COMPUTER TECHNOLOGY CERTIFICATION

Get ready to enter and acquire the skills necessary to obtain a high wage, high demand career! Prepare for an entry-level position through all or part of this three-course series. Classes will prepare you for the Comptia A+ and Network+ certification exams, as well as provide college credit. Please note: Upon completion of this course, with a grade of B or higher, completed units may be transferred to Palomar College for college credit.

Computer Concepts and Applications

Delve into the study of computers and basic software proficiency. Computer Concepts will focus on: basic terminology, computer literacy, hardware, operating systems, structured design techniques, overview of the computer industry, and ethics and current issues including virus protection and prevention. The student will have hands-on practice with the Windows operating system and application software such as browsers and e-mail. The Microsoft Office Suite will be taught using Word, Excel, Access, and PowerPoint. This course prepares you for the IC3 exam.


9/12–12/19 5:00–9:00PM
14wks Th PAS 601 8366 $79 ALLEN

Hardware and Operating Systems

Take the first step into deeper knowledge of computer hardware and operating systems and prepare for the Comptia A+ Exam. The course includes multiple hardware and operating system fundamentals, installation, configuration and upgrading, diagnosing and troubleshooting. Other topics include preventative maintenance, portable computing, and basic TCP/IP networking concepts. This course helps you to prepare for the A+ certification exam.

9/11–12/18 5:00–9:00PM
14wks W PAS 601 8365 $169 ALLEN

Networking Fundamentals

Gain an edge in the industry or further your knowledge in the computer field. Networking Fundamentals provides the skills necessary to enter or advance your career. The course includes the OSI model, sub-netting, features and functions of networking components, and the skills needed to install, configure and troubleshoot basic networking hardware peripherals and protocols. This course helps the student prepare for the Network+ certification exam.

9/9–12/16 5:00–9:00PM
13wks M PAS 601 8364 $169 ALLEN

Online: Intro to Programming using JavaScript

In this online course, begin your programming skills. Learn vocabulary unique to the industry and practice a range of computational thinking concepts and fundamentals. Understand statements and variables, loops, functions and events, arrays and objects. These skills easily allow you to transition to C++, Java and other programming languages so you can create apps, develop websites or make web-based projects work.

9/13–10/18 Online
6wks F 8367 $89 ALLEN
Adobe Illustrator

Introduction
Adobe Illustrator is the industry standard for vector graphics. In this class, you will create logos, icons, sketches, typography and illustrations.

11/16–11/23 9:00–11:00am
2wks Sat PAS 402
8437 $49 SPURLOCK

Adobe Photoshop Basics

Learn the fundamentals of Adobe Photoshop and unlock the ability to create graphics of all kinds. This course starts at the beginning with file types, color modes and resolution. You will learn the capabilities of the Toolbar, Layers, Layer Adjustments, Layers Styles, Layer Masks, Type, Smart Objects and Filters. Understanding the basics will allow you to retouch photos, create social media posts and design print ready graphics.

11/2–11/9 9:00–11:00am
2wks Sat PAS 402
8436 $49 SPURLOCK

Google Photos

Getting Started
Save your photos anytime, anywhere! You will be introduced to the marvelous Google photos program and all it has to offer. We will explore how to download, share and save photos with just about anybody. You can edit your photos and create albums from anywhere. All you need is a computer, phone or tablet to access the app.

10/7–10/14 6:00–8:30pm
2wks M ABX Computer Lab
8406 $59 DURSCHLAG

iPad and You

Apps to Simplify Your Life
Customize your iPad with savvy apps to make your life easier. We will explore how to search for apps, navigate through the app store and download apps to ease your lifestyle. Let’s try Google Translate, Groupon and Yelp. You’ll see how easy and fun apps are.

Pre-Requisite: Bring your own iPad. Your iPad must already be synced with iTunes.

11/2 9:00am–12:00pm
1day Sat PAS 502
8380 $39 DURSCHLAG

Social Media

Basics
Connect with friends, stay in touch with family and learn from others around the world. In this course, you will learn how to use social media – create accounts, upload pictures, send messages, use hashtags on Facebook, Twitter, YouTube and Instagram.

9/18–10/16 3:30–5:30pm
5wks W PAS 402
8374 $95 JONES

Social Media for Business
Take charge of your digital marketing strategy and social media to build success for your business. Tweeting or posting without a solid marketing strategy is neither wise nor a valuable use of your time. In this strategic and hands-on course, you will learn to create and actively maintain an integrated marketing plan to positively boost your brand using Facebook, Twitter, YouTube and Instagram. Then create accounts, upload pictures and video, send messages, use hashtags and more.

10/7–11/4 3:30–5:30pm
5wks M PAS 402
8373 $95 JONES
ARTS AND CRAFTS

Art Appreciation

Understanding Modern Art
From Abstraction to Surrealism, Part 2

Have you ever seen a piece of modern art and thought: “What am I looking at?”!
In Part 2 of this course, we will explore three of the basic styles of modern art: Abstraction, Dada and Surrealism. We will discuss world-famous artists from Kandinsky to Dali and uncover what makes their art and styles the foundation of modern art.

9/28–10/5 10:00am–12:00pm
2wks Sat PAS 502 $49 WRIGHT

Calligraphy

Calligraphy
Explorations of Graphite and Monoline Alphabets

Bullet-tipped tools make monoline letters, where the lines are all the same weight. Add creative flair with strokes as entry/exit marks. Experimentation and creativity abound in this class. We will have a fun project to conclude this art journey. See our website for supply information under the Community Ed and supply list section.

10/24–11/21 1:00–4:00pm
5wks Th PAS 213 $139 FACTOR
10/25–11/22 9:00am–12:00pm
5wks F PAS 213 $139 FACTOR

Book and Paper Arts

Cardmaking
Season’s Greetings Box Set

Giving handmade cards is the perfect gift. We’ll create four hand-stamped cards and a box for the holidays. You may fall in love with the set and not want to give it away. Most supplies are included in the class fee. See our website for supply information under the Community Ed and Supply List section.

10/29 6:00–8:00pm
1day T PAS 502 $39 SIMONE-KURTZ

Craft Arts

Introduction to Resin Coating

Get comfortable with using resins and epoxies for art application. We will learn about mixing and applying a resin seal to your artwork. Your art will have a professional look to it. Bring a piece of your art, less than 14” square, that you want to coat. All supplies are included in the class fee.

10/8 6:00–9:00pm
1day T ABX 18 $49 POWELL
10/24 6:00–9:00pm
1day Th ABX 18 $49 POWELL
**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 course fee. Beginners and experienced potters are welcome. Come join the fun!

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**Wheel Throwing**

If you have some background in wheel throwing, join us as we focus on advanced throwing skills and produce some interesting holiday gifts. Some topics covered will be pouring vessels, lidded containers, low bowls and platters, serving bowls and techniques in throwing sets. Space is limited, enroll fast. You supply the hands, we supply the clay and wheels.

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**Metal Arts**

**Metal Art**

**Beginning Jewelry Making**

Experiment with traditional metalsmithing techniques in creating jewelry pieces. We will learn about forming, surface embellishment and finishing. No experience necessary. Some supplies are provided. See our website for supply information under the Community Ed and Supply List section.

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**Intermediate Jewelry Soldering and Fabrication**

In this hands-on course, we will be building upon the foundations learned in Beginning Jewelry. Students will learn the basics of soldering and explore different techniques while using a small jewelers torch to create their own jewelry.

**Pre-Requisite:** Beginning Jewelry Making

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Drawing and Painting

21st Century Oil Painting
Luxuriate in art, using the classic medium of oil paint without toxic turpentine. We'll create two paintings using modern oils. You'll learn while following a step-by-step demonstration along with individual coaching when you need it. Enjoy the richness of this slow drying medium. Most supplies will be provided. Bring an apron and rags.

Seascapes
9/10–10/1
4wks
6:30–9:00pm
8295 $119

Landscapes
10/8–10/29
4wks
6:30–9:00pm
8328 $119

Flowers
11/5–12/10 (no class 12/3)
4wks
6:30–9:00pm
8329 $119

Abstract Acrylic Art
Acrylic painting can be daunting if you don’t have the right technique. Abstract art frees you from these boundaries. Learn to paint without fear or need to interpret a specific thing. In this class, we will explore different techniques, materials, compositions and textures. No prior skills or experience required. Some supplies are provided. For additional supplies, see our website for supply information under the Community Ed and Supply List section.

9/9–10/28 (no class 9/30)
7wks
6:00–8:30pm
8250 $159

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. 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 Supply List section.

9/24–11/19 (no class 10/18)
8wks
T
6:00–9:00pm
8236 $169

9/25–11/20 (no class 10/9)
8wks
W
10:00AM–1:00PM
8237 $169

9/25–11/20 (no class 10/9)
8wks
W
2:00–5:00pm
8238 $169

9/25–11/20 (no class 10/9)
8wks
W
6:00–9:00pm
8239 $169

9/26–11/21 (no class 10/10)
8wks
Th
10:00AM–1:00PM
8240 $169

Acrylic Pouring
Introduction
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. Most supplies are included in the class fee. See our website for supply information under the Community Ed and Supply List section.

9/11–10/23 (no class 9/25)
6wks
W
6:00–8:00pm
8218 $119

www.powayadultschool.com
Animal Portraits in Colored Pencils

Combine your love of art and your love for animals all in one class! This class introduces the foundations of creating an animal portrait in colored pencils. You will be shown how to take great reference photos and then guided through the process of drawing your animal portrait in colored pencils. You will also learn how to build up layers of colored pencil so that the final drawing resembles a painting. Some supplies are included in the class. See our website for supply information under the Community Ed and Supply List section.

10/14–12/2
6wks M ABX 18
8421 $159 HENRY

Drawing Fundamentals

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. Most supplies are included in the class. See our website for supply information under the Community Ed and Supply List section.

9/28–11/2
6wks Sat PAS 501
8420 $159 HENRY

Oil Painting with the Masters

Discover the secrets of the masters by painting in their brush strokes using modern oils. Learn by copying some of the most renown artists of all time. You’ll paint by following a step-by-step demonstration and will receive one-on-one coaching. Listen while you work and you’ll also learn about the lives of these wonderful artists. Painting experience in any medium is helpful but not required. Serious beginners are also invited. Most supplies are included in the class fee. See our website for supply information under the Community Ed and Supply List section. Bring an apron and rags.

Impressionism 1
9/9–9/30
4wks M PAS 501
8326 $115 HAWES

Impressionism 2
10/7–11/4
4wks M PAS 501
8327 $115 HAWES

Teacher profile

Helen Hawes

Helen Hawes is a professional artist who feels art is like magic because the world disappears when painting begins. Helen revels in both teaching students and collaborating with clients to create beautiful artworks. Her work is included in collections across the country and around the globe.
**Watercolor**

**Beginning Level 1**

Are you ready to explore watercolor art or do you just need to review the basics? You will develop painting skills through hands-on practice, learning about watercolor paints, brush strokes, how to use color and techniques for creating textures. We will explore and create in a fun and relaxed atmosphere. Most supplies are included in the class fee. See our website for supply information under the Community Ed and Supply List section.

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**Beginning Level 2**

Are you a watercolorist ready to take the next step in your artistic journey? You will be guided through each step of the process focusing on color mixing, watercolor techniques and planning paintings. Work with still life, photographs and imagination to successfully stretch your wings and enjoy the watercolor process. Most supplies are included in the class fee. See our website for additional supply information under the student resources section.

**Pre-Requisite:** Beginning Watercolor Class (Level I) or previous watercolor painting experience.

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**Intermediate**

Expand your knowledge and expertise in watercolor. Join us as we play with color, composition, glazing and watercolor techniques. You will finish this class with a broader knowledge of how to create a lovely watercolor painting. Most supplies are provided. See our website for supply information under the Community Ed and Supply List section.

**Pre-Requisite:** Watercolor 1 or 2 or similar experience.

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**Fiber Arts**

**Crochet**

**Borders and Edging**

If you’re a crocheter and can perform all four basic stitches, but fall short when it comes to creating beautiful borders and edgings, join us. How you “frame” your work can transform it from plain to awesome. In this class, you will perform various borders and edgings as well as learn how to create your own. See our website for supply information under the Community Ed and Supply List section.

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**Cuddly Crochet**

**Beginning**

Crochet your own cute and cuddly stuffed animal for yourself or for a holiday gift. You will learn how to crochet and read patterns related to making animals. Supplies included in class fees. Beginners welcome, no experience necessary.

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**Cuddly Crochet Workshop**

If you are already a crocheter and are looking for something fun to make, join our one-day workshop and make a stuffed animal. We will learn how to read the pattern as well as create your own Amigurumi Bunny. Bring a size G6 (4mm) crochet hook. All other supplies are included in the class fee.

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Knitting

Beginning

This class is designed for anyone who has never picked up a pair of knitting needles. You will 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. All supplies are included in the class fee.

9/14–10/12
5wks Sat
8316 $79 LE

Beyond Beginning

Continue where you left off from Knitting Beginning. Bring your supplies with you that you received from the Beginning class.

Pre-Requisite: Knitting Beginning or knitting knowledge.

9/14–10/12
5wks Sat
8317 $69 LE

Sewing

Basics

You can learn to sew! This clothing construction class is for students with minimal to no sewing experience. The focus is on the basics: operating a sewing machine, selecting fabrics, pattern layout fundamentals and beginning construction techniques such as installing interfacings, facings and zippers more. Patterns for tote project and zippered toiletry bag provided. Students will supply fabric and sewing notions. Suggested supplies and project samples will be shared at the first class.

9/24–10/29
6wks T
8241 $149 FOWLER

Bonkers for Bags

Are you crazy for all kinds of bags, purses & totes? Satisfy your obsession by learning how to create your own in this Bag Making Basics class. Discover what fabrics work best plus how to use different types of interfacings to shape and add structure to your bags. Learn how to install open compartments and zippered pockets to fit your storage needs; use topstitching techniques to give your bags a professional look; and to finish we’ll discuss ways to seal your bags with locks, snaps, zippers and more. Prior to the first class your instructor will email a supply list, guide for selecting fabrics and patterns. Bring supplies and your sewing kit to the first class.

Note: This class does not cover working with real leather materials.

11/5–12/3
4wks T
8243 $109 FOWLER

Clothing Alterations and Repairs

Clothes alterations and repairs are an indispensable part of every seamstress’ tool kit. In this class you will learn how to let hems up and down, repair holes and taper seams. Bring an item to hem, take in or repair, plus matching thread, to work on in class. No bridal, formal or outwear items.

11/16
1day Sat
8315 $45 FOWLER

Machine Quilting

Quick and Easy 3-Hour Projects

Who has time to quilt? You do in this make and take class. Most projects can be completed in 3 hours or less. Lots of time saving tips and tricks such as stacking while cutting, sewing in bulk and much more. Every stitch is done on the machine. This class is great for the novice quilter or anyone who wants to sew in a fun and relaxing environment. Patterns are included in the class fee. Students will provide tools and materials for two of the three projects, which your teacher will discuss on the first class.

10/12–11/9
5wks Sat
8242 $129 FOWLER

858.668.4024
Registration Information on Last Page
**Photography and Graphic Arts**

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**Adobe Lightroom**

**NOTES:** Students will be using MAC computers however the instructor is well-versed in Lightroom and Photoshop in both MAC and PC and will cover the differences in keystrokes and shortcuts. The differences are minor, however. If you have Lightroom and Photoshop on a PC laptop and would prefer to bring it, you may.

**Introduction**

Adobe Lightroom is photo editing software which allows you to organize, edit, and manage your photos quickly and efficiently like a pro. You will see why no photographer should be without Lightroom. No experience with either Photoshop or Lightroom is necessary. This class is organized into 8 quick instruction modules, taking you from set-up, importing, correcting and editing, all the way to exporting images ready for sharing on social media or sending to print. One of the chapters will introduce you to jumping with your photo directly from Lightroom into Photoshop and back.

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**Beyond the Basics**

Continue learning Lightroom with skin retouching, removing unwanted elements of a photo, black and white treatments using the color adjustments; synchronizing adjustments, cropping, and color correction, creating HDR images and Panoramas; applying watermarks, publishing directly to the web.

**Pre-Requisite:** Adobe Lightroom Introduction or experience using Lightroom.

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**Digital Photography**

**An Introduction to Your DSLR Camera**

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

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

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**Beginning DSLR**

Go beyond “Auto” mode on your DSLR camera. In this two-week course, you will become comfortable in using the manual settings to get the exposures and the looks you want in your photography. We will see how the three exposure settings - Aperture, ISO, and Shutter Speed - work together, and how each of them affects the way your photo looks. We will go over your camera’s focusing modes, exposure metering, white balance, and more, so you can get your images exposed correctly and looking sharp. We’ll talk about different kinds of photography, like sports, portraiture, and landscape, and how to choose the best settings for anything you want to shoot.

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

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

Beyond Beginning DSLR

In this class we’ll start by reviewing full manual settings, and discuss how to best see light and how to approach various styles of photography. We’ll then explore more of the functionality built into your DSLR. We’ll discuss RAW files vs jpgs. We’ll look at the various focusing modes, learn what flash compensation and exposure compensation do, white balance, and dealing with low-light situations. We’ll also see how we can use bracketing, slow shutter and long exposures to expand how we capture images with our DSLR. Bonus: We’ll talk file management and processing and preserving your images.

NOTE: Please bring your camera and its manual to class. Please make sure your battery is charged.

9/30–10/7 6:00–8:30pm
2wks M MCHS N8
8443 $59 SHEFFLER

Cell Phone Photography

The best camera is the one you have with you. Your phone has become a sophisticated image-making device in the past few years. Learn how to take better photographs with your phone/camera. Learn ways to manipulate and create great images anywhere you happen to be. You will see how to use the latest editing and photo-sharing apps.

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

10/30 6:00–8:30pm
1day W MCHS N8
8449 $39 SHEFFLER

Night Photography

Have fun with light painting, light writing, long exposures and effects in this two-week course with a homework assignment in between meetings. Learn the tools and settings you need to capture amazing night images. We will experiment with using common inexpensive lights and other materials to make wands and sabers for halos and other special effects. You won’t want to miss this one!

NOTE: Please bring your camera and its manual to class. Please make sure your battery is charged.

12/9 6:00–8:30pm
1day M MCHS N8
8450 $39 SHEFFLER

Off-Camera Flash

You like the photographs you take, but you know you could really make them pop and look like professional work. Move from only using natural light to mastering light. Each week we will learn different applications, from outdoor portraiture and events to sports and dance, to studio work. Add the right amount of light, from the right direction, with the right quality and effect, in order to create images like a pro. Learn how flash works either with the sun or in the absence of it. We will use instructor supplied receivers and transmitters to place light where you need it.

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

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

11/6–11/13 6:00–8:30pm
2wks W MCHS N8
8451 $59 SHEFFLER
Landscape Photography

We will discover the five elements of a great landscape photograph, and implement them in our own work. Understand how we take the depth and expanse of a real environment and translate the scene into the illusion of depth in a 2-dimensional photo. There is a homework assignment in between the two weekly meetings.

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.

11/20–12/4 6:00–8:30pm
2wks W MCHS 38
8452 $59 SHEFFLER

Photo Walk With Model

In this two week session, you will meet with the Instructor and a model at a location each week. You will learn how to set up and light a portrait shoot on location for an editorial fashion-style look. You will 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. Possible locations are Penasquitos Canyon, Balboa Park, Marine Street Beach and others. The instructor will contact you at least 3 days prior to class for location information. Bring your DSLR camera with you with a fully charged battery.

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

10/2–10/9 5:00–8:00pm
2wks W MCHS N8
8444 $65 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. Both weeks, we will start in class, and then move to the school stadium to practice our techniques during a live Lacrosse game, and head back to the class to process images. 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.

10/17–10/24 5:00–8:00pm
2wks Th MCHS N8
8446 $65 SHEFFLER

Capture the moment clear and crisp
## CULINARY ARTS
### Cooking

**Simple and Elegant Weekday Meals**

Weeknight meals don’t need to be difficult and labor-intensive. Join us as we master some recipes for simple and elegant meals that you can make for your family. On tonight’s menu Goat Cheese Spinach Strawberry Salad, Flat Iron Steak with Chimichurri, Roasted Garlic Red Potatoes, fresh steamed green beans and Bananas Foster. Come alone or bring a friend. Bring an apron, chef’s knife, three kitchen towels and containers to bring any leftovers home.

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<td>6:00–9:00PM</td>
<td>RBHS 807</td>
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**How to Host a Thanksgiving Dinner**

This class is an opportunity to learn the tricks from our chef to make your Thanksgiving dinner preparation easy. Learn to cook a turkey, stuffing, gravy and mashed potatoes and whipped fresh potatoes with brown sugar pecans. Dessert will be a classic pumpkin pie. You will leave this class with the confidence to make Thanksgiving at your home a tradition. Please bring a chef’s knife, three kitchen towels and containers to bring any leftovers home.

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**Friday Night Italian Dinner Party**

Let’s make Italian food just like Mamma used to make. Tonight’s menu will include Panzanella salad, Grilled steak with rosemary and garlic oil, Cannellini Bean Ragout and classic Tiramisu. Mama Mia, this will be fun! Bring an apron, three kitchen towels, a chef’s knife and containers to bring leftovers home.

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**Quick Comfort Foods with Instant Pot®**

Hearty stews and chilis can be made quickly with an Instant Pot®. Learn how to transform inexpensive cuts of meat into delicious entrees. Learn how to feed your family with winter comfort foods quickly and easily. On tonight’s menu are chili, beef stew and chicken stew. Bring your Instant Pot®, an apron, chef’s knife, three kitchen towels and containers to bring your foods home.

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**Sumptuous French Crepes**

French crepes are light and delicious. Come and learn how to make these treasures. We will cook chicken and mushroom crepes and Crab Florentine crepes. For dessert we’ll enjoy Bananas Foster and Nutella crepes. Bring an apron, three kitchen towels, a chef’s knife and a container to transport your food home.

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</table>
**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.

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**Desserts**

**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.

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**French Pastry Delights**

Learn the art of making crème caramel, tart with preserves and tart with fresh fruits. These delicacies are an amazing finish to any meal. They’re easy to make and will delight your friends and family. Bring an apron, three kitchen towels, your favorite knife, a spreading spatula and containers to bring your delights home.

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**Just Desserts with Instant Pot®**

From fruit cobblers to decadent cakes, satisfy your sweet tooth with three quick and easy desserts all made in your Instant Pot®. We will make a peach cobbler, a cake and a cherry clafoutis. Bring your Instant Pot® to class, an apron, three kitchen towels and containers to bring your desserts home.

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**Golf**

**Lesson 1 Introduction to Golf**

The three skills associated with the short game are putting, chipping and pitching. The fastest way to lower a golfer’s score is to understand and properly apply the components of each of these skills. This six-week course is designed to explain, demonstrate and practice each of the components. Students will learn the appropriate grip, address, backswing, point of contact and finish for each of these critical scoring skills. Each week we will meet in a classroom for instruction, practice and video analysis. Each Saturday morning, we will meet at a local golf course/learning center for guided practice (fees not included). Basic golf clubs are available for students to borrow if need be.

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**Lesson 2 The Short Game**

Knowing the fundamentals of the full swing is critical in achieving a consistently repeatable striking of the golf ball. Everyone differs in strength, physique and time to practice and play. If you build a solid foundation of the six full swing components, you will soon find yourself playing better golf. This six-week course is designed to provide you with the information, instruction and application associated with the full swing grip, backswing, the eight o’clock position, the position just past impact and the full swing finish. Each week we will meet in the classroom for instruction, practice and video analysis. Each Saturday morning, we will meet at a local golf course/learning center for guided practice (fees not included).

**Pre-Requisite:** Golf Lesson 1 or previous learning of basic golf skills

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**Tennis 1**

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

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**Tennis 2**

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.

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**Tennis 3**

**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.

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Soccer for Beginners

Have you always wanted to learn how to play soccer? Join us and learn soccer terminology as well as onfield practice. We’ll try passing, shooting, dribbling and playing different positions. Wear sneakers and shin guards. Bring water.

9/25–10/23 (no class 10/9)  6:15–7:45PM
4wks  W  ABX LC2
8409  $69  DURSCHLAG

Bowling for Fun

This class will introduce you to the game of bowling and geared towards those who want to learn Bowling rules and regulations, game etiquette, proper usage of the equipment, keeping score and overall bowling fundamentals of the game. Most importantly, you get the opportunity to have great fun while learning! Poway Fun Bowl will provide all equipment, including bowling balls and shoes. Students must bring a pair of socks. This is an exciting way to stay active within a social and friendly setting.

9/16–10/21  10:30AM–12:00PM
6wks  M  Poway Fun Bowl
8435  $85  KIRBY

Mahjong

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.

11/2–11/16  9:00–11:00AM
3wks  Sat  PAS 610
8453  $65  YUEN

School Bus Drivers Training Class

Will Start on Monday, September 16

The Transportation Department for the Poway Unified School District is looking for friendly people to become school bus drivers. Our staff of State Certified Instructors is very knowledgeable and will guide you through all of the required instruction to obtain your Special Certificate to drive a school bus. Starting salary is $18.72/hour and medical benefits for permanent employees. If you are interested in an employment opportunity, please come to the orientation class at 10:00AM. Our training classroom is located at the Twin Peaks Center, Transportation Department, Building 800B, 13626 Twin Peaks Road, Poway. Please call if you have any questions at 858-748-0010, ext. 2037, 2059 or 2684.
Dance

Adult Ballet

Introduction

Have you ever dreamed of taking a ballet class, but felt it was too late or were too intimidated to do so? Here’s your chance to learn the basics of ballet from top-level former professional ballet dancers. You will learn the basic terminology, positions, port de bras (arm positions) and some of the steps. No previous experience required. Comfortable breathable clothes should be worn. Appropriate footwear (ballet slippers) is preferred but not required. Socks are suitable. Class located at 12285 World Trade Drive, Suite K.

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<td>Ballet Studio</td>
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Ballroom Dancing

Beginning/Intermediate

Bring out the mirrored ball and enjoy ballroom dancing through instruction in the Fox Trot, Waltz and Rumba. Get ready for a cruise or an evening out on the town, dancing under the stars or with them! Partners are recommended, but not required. Each person must register separately. Wear dance shoes or sneakers (no sandals please).

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Enjoy West Coast Swing

Beginning/Intermediate

You’ll learn the timing and rolling count of this subtle pulsing dance. Audiences and performers alike are thrilled by the endless possibilities of play between partners. Feel the partner connections of lead and follow. Partners are required. Each person must register separately. Wear dance shoes or sneakers that stay firmly on your feet.

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Hula, Tahitian and Maori Dance

Beginning

Hang loose and have fun in this Polynesian dance class. We’ll explore the basics of Tahitian dance. We’ll use props such as Maori Poi Balls (bound cloth balls swung from the end of cords). You are welcome to bring your own props. Wear comfortable clothing and get ready to be transported to the islands.

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East Coast Swing/Jitterbug

“"You make me feel like dancin’ the night away!" Be ready to swing and spin. These are two wonderfully fun swing dances. Wear comfortable dance shoes or sneakers and clothing. A partner is suggested and each person must register separately. This is an introduction class, but you’ll be back for more!

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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. Join us with or without a partner. Each person must register separately. Wear dance shoes or sneakers (no sandals please).

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**Healthy & Active Lifestyle**

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**Line Dancing**

**Level 1**

Line dancing is great exercise; healthy for your mind and body. And pssst... 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.

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**Level 1.5**

Do you already feel comfortable in the beginner class, but know you’re not ready to dance at an intermediate level? Wish there was a step-up class to help you make that transition? Then this class is just what you’re looking for. Come and give it a try! Intermediate students are also welcome. You’ll enjoy learning some great new dances!

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**Self Defense**

**Basic Self Defense**

Be prepared to defend yourself. Don’t be afraid. You will develop strength, speed, coordination, endurance and confidence. You will learn Taekwondo kicks, blocks and punches as well as Hapkido joint locking techniques. Wear comfortable clothing. This class is designed for men and women of all ages.

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**Self Defense For Women**

Improve your self-confidence through common sense, awareness and by learning how and where to strike an aggressor. Become aware of effective techniques to defend yourself in everyday life. Analyze and react to given situations. Apply techniques by learning vulnerable areas. Please wear comfortable, loose-fitting clothing and tennis shoes.

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**Teacher Profile**

Toby Batley

Toby trained at the Hammond School of Dance in Chester, England and the Royal Ballet School, London. After graduating, Tobias joined the Jeune Ballet de Cannes, in France, under the direction of Paris Opera Etoile, Monique Lourdierre. He then joined Northern Ballet, England in 2004 where he rose to the rank of Principal Dancer. He has worked with some of the top choreographers in the world including Hans Van Manen, Christopher Hampson, Dame Gillian Lynne, David Nixon, Jonathan Watkins, Cathy Marston and Jean-Christophe Maillot. He was nominated for a UK National Dance Award in 2010, 2012, 2015 and 2016 and has been included in Dance Europe magazine’s list of top dancers in the world every year from 2010 to 2016.

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www.powayadultschool.com
Fitness

Barre Workout
Barre Workout is a ballet-inspired workout that will exercise every muscle group of your body. We'll begin with simple, graceful warm-up movements to connect body and breath. Upper body exercises follow with high repetitions and light weights (or none) to tone your arms, shoulders, chest and upper back. The class ends with Pilates-style core exercises. The result: long, lean muscles and a strong core! Please bring a mat, towel, water and a pair of one or two pound weights.

9/9–12/9
11wks M PAS 503
8269 $115 CREATELLA

9/9–12/9
12wks M OVMS MPR
8270 $105 CREATELLA

9/10–12/10
13wks T SD MPR
8345 $109 STONE

Indoor Cycling

Beginning Spin
This class is designed to combine aspects of speed, strength and cardio training in one workout. This is an hour of fun, energy and endurance that will help you end your week in a positive productive way. Comfortable clothes, water and a towel are recommended.

9/9–10/7
5wks M DNHS B125
8265 $59 LUNA

10/21–12/9
6wks M DNHS B125
8267 $65 LUNA

Interval Spin
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. Your instructor will guide you through workout phases, while you control the resistance on your bike, making pedaling easy or difficult. We’ll turn down the lights, pump up the music and get a great workout. Wear comfortable clothing and bring a towel and water.

9/11–10/16
6wks W DNHS B125
8466 $65 LUNA

10/23–12/11
6wks W DNHS B125
8469 $65 LUNA

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, resistance bands and your own body weight to gain flexibility and increase muscle strength. We’ll incorporate stretches, standing and seated exercises that you can also do at home.

9/13–12/13
(no class 10/18)
12wks F PAS 503
8304 $69 TAYLOR

Teacher Profile
Jessie Luna
Jessie is excited to be your Indoor Cycling instructor. His classes are fun and challenging at the same time. He enjoys being active. He has run 8 marathons, competed in 3 Tough Mudders and 1 Spartan Race. His next running goal is to qualify for the Boston Marathon, he just needs to run 31 minutes faster.
**Fitness**

**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 are available in class. Optional hand weights may be used. Please bring a towel or mat as well as water and a great attitude...We will supply the rest!

9/10–12/10
6:00–7:00PM
13wks
T
PAS 503
8303
$109
TAYLOR

9/11–12/11
6:00–7:00PM
13wks
W
SD MPR
8478
$109
STONE

**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!

9/12–10/17
1:30–2:30PM
6wks
Th
PAS 503
8301
$65
GHAIBI

10/24–12/5
1:30–2:30PM
6wks
Th
PAS 503
8302
$65
GHAIBI

**Zumba**

**Beginning**

Join us for this dance fitness program that is sweeping the nation. Zumba features interval training with fast and slow Latin music rhythms. Wonderful for all body types and ages. No rhythm required!

9/9–12/9
6:15–7:15PM
12wks
M
BHMS MPR
8299
$105
GHAIBI

9/10–12/10
6:00–7:00PM
13wks
T
OVMS MPR
8300
$109
GHAIBI

www.powayadultschool.com

**Healing Arts**

**A Mindful Holistic Journey**

Life is hectic and often difficult to manage which can leave you feeling off balance. We’ll explore a holistic, wellness life model to help you uncover beliefs and choices that are keeping you from attaining what you want and deserve. Using techniques such as Cognitive Behavioral Therapy and Mindfulness Based Stress Reduction, you will develop skills that can make the difference between just coping and living optimally. You’ll evaluate and chart where you are now and develop a sensible plan for moving forward confidently. This knowledge will help you create lasting change that can be used repeatedly when you face life’s inevitable challenges.

9/21–9/28
9:30–11:00AM
2wks
Sat
PAS 213
8389
$49
RAYMOND

**Reiki**

**Level 1**

Imbalances can be caused from many situations occurring in our lives, such as emotional trauma, injury, negative thoughts, fear, anger and anxiety. Reiki is excellent for healing physical, mental, emotional and spiritual issues of many kinds plus it offers wonderful results. In three short weeks you can learn energy healing and become a Level 1 practitioner.

**Recommended Textbook:** *This is Reiki: Transformation of Body, Mind and Soul from the Origins to the Practice*, by Frank Arjava Petter ISBN: 978-0940-985018

NOTE: Students must attend all sessions in order to become certified.

10/2–10/16
6:00–8:00PM
3wks
W
PAS 502
8407
$65
DIAZ

FALL 2019 33
**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.

9/10–10/15 1:00–2:00pm 6wks T PAS 503 DINEVA

10/22–12/3 1:00–2:00pm 6wks T PAS 503 DINEVA

**Deep Restorative Stretch**

Restorative stretch helps restore the nervous system and release deeply held tension from the body and mind. Start your day refreshed and renewed. Bring a yoga mat, towel and a soft strap or belt.

9/11–12/11 9:00–10:00am 13wks W PAS 503 CRETELLA

9/12–12/12 6:00–7:15pm 13wks Th PAS 503 STONE

**Dhurva Yoga**

The class will be taught at the same pace as the gentle yoga classes currently being offered with the addition of using a prop. The use of a Dhurva Yogistik® benefits external physical alignment and internal mental awareness. This stick allows for extra support, balance, and flexibility without over-compensating. Dhurva is a unique style of opening and strengthening yoga flow utilizing the Yogistik to get the maximum benefit from your asanas. Dhurva yoga helps build confidence in your balancing poses and gives you a deeper stretch to build functional mobility and strength. Please bring a yoga mat and a small blanket or towel.

9/9–12/9 7:30–8:30pm 9wks M MR MPR SARMIENTO

9/9–10/21 6:00–7:15pm 7wks M RBHS SW7 8284 $85 BOZORGCHAMI

9/10–12/10 11:05am–12:35pm 13wks T PAS 503 8273 $155 CRETELLA

9/11–12/11 11:10am–12:40pm 13wks W PAS 503 8274 $155 CRETELLA

9/12–10/24 6:00–7:15pm 7wks Th RBHS SW7 8285 $85 BOZORGCHAMI

**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. Gentle Yoga will offer you the benefits of stress reduction, spinal health, muscle tension release, and increased range of movement. Chairs will be available to those who may prefer to practice while seated. Please bring a yoga mat and a small blanket or towel.

9/9–10/21 6:00–7:15pm 7wks M RBHS SW7 8284 $85 BOZORGCHAMI

9/10–12/10 11:05am–12:35pm 13wks T PAS 503 8273 $155 CRETELLA

9/11–12/11 11:10am–12:40pm 13wks W PAS 503 8274 $155 CRETELLA

9/11–12/11 7:30–8:30pm (no class 10/16)

11wks W WW MPR 8311 $99 SARMIENTO

9/12–12/12 11:35am–1:05pm 13wks Th PAS 503 8275 $155 CRETELLA

9/12–10/24 6:00–7:15pm 7wks Th RBHS SW7 8285 $85 BOZORGCHAMI

**Pilates Ball**

**Ball, Bands and Weights**

Bring your Stability Ball (Swiss, Abs, Therapy) and train the muscles of your body. Along with the ball, we will use bands and weights to get a complete workout. Train your core muscles to aid in balance, increase strength and improve posture. Bring your ball, a sticky yoga mat, weights and/or towel.

9/10–12/10 6:00–7:00pm 13wks T MR MPR 8309 $109 MIYASAKI

**new**

**Pilates Ball**

Ball, Bands and Weights

Bring your Stability Ball (Swiss, Abs, Therapy) and train the muscles of your body. Along with the ball, we will use bands and weights to get a complete workout. Train your core muscles to aid in balance, increase strength and improve posture. Bring your ball, a sticky yoga mat, weights and/or towel.

9/10–12/10 6:00–7:00pm 13wks T MR MPR 8309 $109 MIYASAKI

**new**
**Healthy & Active Lifestyle**

**Hatha Yoga**

**Beginning The Adventure**

Hatha Yoga is a unique system of exercise for the optimal functioning of your body and mind. Practice dynamic postures, movement and coordinated breathwork to extend and flex the spine. Muscles are lengthened and strengthened, circulatory, digestive, nervous and endocrine systems are stimulated. The results are weight control, suppleness, tone and enhanced vitality. Do not eat for two hours before class. Please bring a sticky yoga mat.

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

- **9/9–12/9**
  - 12wks: M 6:00–7:30PM 8306 $145 KAUR
  - 9/12–12/12: 10:00–11:30AM 8279 $149 CRETELLA

**Pilates Mat**

Streamline your body and focus your mind with classic Pilates mat exercises. Pilates is an exercise discipline based on stability with motion. Students learn to stabilize the spine and pelvis while strengthening core muscles, realigning the body, improving flexibility, balance and coordination. Do not eat for two hours before class and bring a thick Pilates mat.

- **9/9–12/9**
  - 11wks: M 10:40–11:40AM 8460 $95 CRETELLA
  - 9/9–12/12: 5:30–6:30PM 8276 $105 CRETELLA
  - 12wks: M 6:00–7:00PM 8344 $109 STONE

**Hatha Yoga Flow**

**Multi Level**

Do you have some yoga experience or have you completed a beginning yoga class? Dynamic postures, movement and coordinated breathwork, flexing and extending the spine, strengthening muscles, increasing flexibility and balance are part of this class. Postures are sequenced for a flowing and vigorous practice. Do not eat for two hours before class, bring a sticky yoga mat and large towel.

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

- **9/10–12/10**
  - 13wks: Th 9:30–11:00AM 8278 $149 CRETELLA
  - 9/10–12/10: 6:00–7:15PM 8308 $95 SARMIENTO

**PiYo**

**Pilates/Yoga Fusion**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. If you are looking for a calorie burning workout that can be done with shoes on or off, then PiYo is for you. As you get familiar with the movements, you work at a faster speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

- **9/9–12/9**
  - 10wks: M 6:15–7:15PM 8306 $95 SARMIENTO
  - 9/11–12/11: 10:05–11:05AM 8310 $95 SARMIENTO

**POP Pilates**

POP Pilates is a fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This mat-based workout challenges participants to rhythmically flow from one exercise to the next, developing a solid core while leaving no muscle untouched. Bring a mat with you to class.

- **9/11–12/11**
  - 11wks: W 6:15–7:15PM 8310 $95 SARMIENTO

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www.powayadultschool.com
Tai Chi and Qigong

Tai Chi and Qigong for a Healthy Life

Beginner 1 (Part 2)

Tai Chi and Qigong are ancient healing arts widely practiced around the world. Tai Chi, originally a style of Martial Art, focus on meditative movements that are known for improving one’s balance, body awareness, and overall wellness after longtime practice. In Beginner 1, (Part 2) we will learn basic postures, breathing, movements following Tai Chi principles. We will also work on the second half of the standard form “Eight essential energies and Five steps.”

9/13–11/1
8wks  F  PAS 503
8351  $79  WU
9/16–11/4
8wks  M  SC MPR
8349  $79  WU
9/17–11/5
8wks  T  DC MPR
8350  $79  WU

Beginner 2 (Part 2)

Continue your Tai Chi and Qigong practice in this class. In Beginner 2 (Part 2) we will continue the learning of postures, breathing and movements following Tai Chi principles. We will also work on the second half of the famous “Yang style 24 steps”.

9/13–11/1
8wks  F  PAS 503
8354  $79  WU
9/16–11/4
8wks  M  SC MPR
8352  $79  WU
9/17–11/5
8wks  T  DC MPR
8353  $79  WU

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.

9/11–10/23
7wks  W  PAS 503
8286  $69  BOZORGCHAMI

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.

9/11–10/23
1:00–2:00PM
7wks  W  PAS 503
8286  $69  BOZORGCHAMI

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.

9/11–10/23
1:00–2:00PM
7wks  W  PAS 503
8286  $69  BOZORGCHAMI
American Sign Language

Beginning 1
This fun introductory course is designed to teach you basic expressive and receptive conversational skills. Whether it’s for personal communication or in a work setting this class if for you. Deaf culture and history will also be explored.

9/9–11/18 3:00–4:30pm
10wks M PAS 502 $119 MANNING
9/9–11/18 6:00–7:30pm
10wks M ABX 22 $119 MANNING

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 history and culture is explored.

9/11–11/13 3:00–4:30pm
10wks W PAS 502 $119 MANNING
9/11–11/13 6:00–7:30pm
10wks W ABX 22 $119 MANNING

Chinese

Beginning Conversation 1
Learn Chinese the easy way! In this introductory course you will focus on basic Mandarin Chinese conversation, vocabulary and grammar. The course emphasizes conversation. We will also delve into Chinese culture.


9/17–11/19 6:30–8:30pm
10wks T ABX 3 $139 FONG
9/21–11/23 9:30–11:30am
10wks Sat PAS 403 $139 FONG

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 every day social conversations using more sophisticated vocabulary.


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

9/19–11/21 6:30–8:30pm
10wks Th ABX 3 $139 FONG

Arabic

Beginning Conversation
This introductory course is designed to help you learn and understand Arabic while developing the knowledge, understanding and practice of basic conversation. We’ll also explore the diverse cuisine and cultures in the Middle East. No prior experience is necessary.


9/19–11/7 6:00–7:30pm
8wks Th ABX 6 $105 JAOUDE
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 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.


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**Beyond Beginning**

Once we've learned the basic French foundation, we'll discuss your family, favorite activities and entertainment. We'll learn additional ways to express ourselves, describe people and how to provide your information. In class, we will travel together around the world, learning the names of the countries and nationalities, as well as talking about our origins. We will also talk and read about everyday activities and future plans. Last but not least, you will work on a personal project.


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**Intermediate**

You are comfortable with all the concepts we've been studying in the beginning classes, now it's time to focus on improvements to your reading, speaking, writing, grammar and pronunciation. Express yourself in the present, future and the past. Let's acquire the city vocabulary so you can be more comfortable when you travel to a French-speaking country.


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**Advanced**

In this immersion class, you will put your knowledge to work. We'll learn cultural aspects of France and discover new vocabulary. A bientôt!


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German

**Beginning Conversation 1**

Hallo Freunde! Sprechen Sie Deutsch? Whether you’re planning a trip to Germany or simply wish to learn a new language, this class is for you! We’ll have fun learning basic conversation and German customs. You’ll be surprised at how much German you already know. No experience required.

**Recommended textbook:** *Willkommen! Beginner’s Course, 2nd Revised Coursebook,* by Paul Coggill.

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**Beyond Beginning**

Deepen your level of reading comprehension, grammar and conversation. We’ll have fun learning how to speak about time, how to shop, how to order in a restaurant and continue learning adjectives.

**Recommended textbook:** *Willkommen! Beginner’s Course,* by Paul Coggill.

*Willkommen Activity Book, A German Course for Adult Beginners* by Paul Coggill.

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**Intermediate**

This class is an extension of Beyond Beginning. We will continue with our speaking and listening skills. Dive into more prepositions and adjective endings. Main topics will include daily routines, traveling in general and talking about events; recent and past. We will read our first stories. Viel Spass!

**Recommended textbook:** *Willkommen! Beginner’s Course, 2nd revised edition,* by Paul Coggill. ISBN 13: 9781444165159

*Willkommen Activity Book, A German Course for Adult Beginners* by Paul Coggill.
ISBN 13: 9780340990766

Learn German with Stories, Cafe in Berlin-10 Short Stories for Beginners, by Andre Klein. ISBN: 13: 9781492399490

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**Cultural Conversation**

Experience Germany beyond its language through games, discussions and videos. We will learn about common traditions, funny words, tongue twisters and unique geography. This class, which is open to all levels, offers an opportunity to practice speaking skills and/or build vocabulary. Come and enjoy our fun and interactive learning group.

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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 Beyond Beginning. You’ll be able to utilize the basic conversation and grammar tools necessary to communicate and understand.


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**Beyond Beginning**

Once you’ve worked on the basic Italian language tools, you will move beyond the first chapters of the textbook to focus more on comprehension, grammar and conversation. You will learn how to speak in the past tense, which is very important in conversation.

**Recommended textbook:** To be Advised

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**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.

**Recommended textbook:** To be Advised

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**Advanced**

If you have an 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.

**Required textbook:** To be Advised

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Japanese

**Beginning 1**

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 necessary.


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**Beginning 2**

This second class in our series continues with simple sentences and new vocabulary. We’ll learn a variety of verbs, adjectives, objects and get used to phrases.


**Pre-Requisite:** Japanese Beginning 1 or previous Japanese language experience

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**Beginning**

This is an introductory course in the Russian language and its cultural aspects. Develop the knowledge to participate in basic conversations on various topics. We will start by learning the alphabet, numbers, basic grammar, reading and conversation. The course is designed for the absolute beginner with no previous experience.

**Recommended Textbook:** Russian Step-by-Step, Beginner Level 1, by Natasha Alexandrova.

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**Beyond Beginning**

Continue to expand your Russian vocabulary. We will continue developing our grammar, speaking and listening. We will learn phrases for everyday life and get acquainted with the peculiarities of ancient and modern Russian culture and traditions.

**Pre-Requisite:** Russian Beginning

**Recommended Textbook:** Russian Step by Step, Low Intermediate Level 2, by Natasha Alexandrova.

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**Teacher Profile**

Noriko Kitada

Noriko was born and raised in Osaka, Japan and graduated CSU San Marcos. She has worked for a variety of Japanese companies as well as volunteered in SDJEN for disaster relief efforts since 2011 Great East Japan Earthquake. Her passions include Japanese foods, festivals, Bon Odori dances, Sha-Butsu a Japanese healing art, mini-origami and craft making. She loves teaching because she also learns new aspects of the Japanese language from her students.
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  

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**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 a more sophisticated vocabulary. English is spoken to support learning.

**Recommended textbook:** *Easy Spanish Step by Step*, by Barbara Bregstein  

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**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 1*, 8th Edition. ISBN 10: 1438075235

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**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 1*, 8th Edition. ISBN 10: 1438075235

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**Level 3**

Spanish only will be spoken in this class. You will bring stories and anecdotes from home and read them in class. Focus will be solely on speaking and pronunciation.

**Skills needed:** Spanish Immersion Level 2 or a strong knowledge of Spanish.

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COMMUNICATION TECHNIQUES

How to Survive Speaking in Public

How do you feel when it’s your turn to talk in public? Do you dread giving the best man’s toast or delivering a speech in class? If you would rather die than stand up and speak to a crowd then this class is for you! By the end of the course you will be able to embrace fear and organize a presentation from start to finish.

10/1–11/19 6:00–7:30PM
8wks T ABX Media Center
8231 $99 ROMAN

CREATIVE WRITING

Kickstart Your Creative Writing

This fun, interactive class will inspire even a novice to write. Whether you intend to write a memoir, a novel, a short story or just to write to be more creative - this class is for you. Fun writing exercises and techniques that will motivate you. The goal is to encourage imagination thus promoting a journey of creative writing. Learn about structures, genres and styles of writing. You will have plenty of time to write and read your work. Bring a notepad and pen and let your creative juices flow.

9/25–10/30 6:00–8:30PM
6wks W ABX 19
8378 $119 LORING

DOG OBEDIENCE

Dog Obedience Basic Academy

Do you have a new dog? Start dog training early! We will help you find your dog’s purpose; a workout buddy, guardian, or friendly companion. You and your dog will focus on housebreaking, the kennel, commands, boundaries, socialization, good manners at the veterinarian’s office and at the dog groomer. Commands taught include sit, down, shake, come, heel, and watch me.

10/26–11/16 9:00–10:30AM
4wks Sat PAS 501
8455 $69 BUENO

Dog Care and Wellness Beginning

Learn from a Veterinary Science perspective the do’s and don’ts of dog health and wellness. We will focus on grooming, nutrition, exercise and common illnesses. The last class will be off-site where you will take your dog for bathing and grooming. Bring your dog only to the last two classes.

10/26–11/16 10:45AM–12:15PM
4wks Sat PAS 501
8427 $69 BUENO
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.

10/3 1:00–3:00pm
1day  Th  PAS 502
8410 $39  NASRY

10/19 9:00–11:00am
1day  Sat  ND
8411 $39  NASRY

Let's Shop For Make-up

Do you ever feel overwhelmed about shopping for make-up and you never know which kind/ brand to buy? Worry no more. We will learn tips on how to pick make-up that best fit your needs without overspending.

11/2 9:00–11:00am
1day  Sat  ND
8417 $35  NASRY

11/7 1:00–3:00pm
1day  Th  PAS 502
8416 $35  NASRY

Special Occasion Make-up

Follow small steps that can take your make-up look from basic to elegant and glamour. Next time you’re invited to a special occasion you will know what to do to create a specific look. Let’s have fun applying make-up for these great moments.

11/14 1:00–3:00pm
1day  Th  PAS 502
8418 $35  NASRY

11/16 9:00–11:00am
1day  Sat  PAS 100
8419 $35  NASRY

The Eyes Have It

Smokey eyes are often desired on special days like weddings and graduation ceremonies. Learn simple steps to accomplish a smokey eye effect for any special occasion.

10/10 1:00–3:00pm
1day  Th  PAS 502
8414 $39  NASRY

10/12 9:00–11:00am
1day  Sat  PAS 100
8415 $39  NASRY

The Glamour Look

Every woman has her own natural beauty but is always looking for different styles to suit occasions. Make-up 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.

9/26 1:00–3:00pm
1day  Th  PAS 502
8412 $39  NASRY

10/26 9:00–11:00am
1day  Sat  ND
8413 $39  NASRY

Accent Your Natural Beauty

858.668.4024
Registration Information on Last Page
Building a Retaining Wall for Your Yard

Many of our homes have sloping yards or hillsides. There are many options to level your yard. Join us as we explore the best options for your yard. Bring a drawing of your yard with you to class.

9/21  9:00–11:30AM
1day  Sat  PAS 502
8456  $39  SAVILLE

Hillside Gardening and Drainage

Protect your hillsides from erosion and drainage problems. We will focus on plants that work to enhance your land as well as keep it safe from potential damage due to too much rain or not enough rain. If drainage is an issue for you, come get ideas about best ideas for water management.

10/19  9:00–11:30AM
1day  Sat  PAS 100
8457  $39  SAVILLE

Dry Creek Hardscapes

Create a dry creek in your yard. This popular trend is a great way to xeriscape your yard. We will look at variations of rocks, plants and locations to put these. The second class will be on-location to see how others have done their creek beds.

11/2–11/9  9:00AM–12:00PM
2wks  Sat  PAS 100
8479  $49  SAVILLE

Introduction to Contracts

Every contract has essential elements. Make sure you are familiar with these elements to avoid misunderstandings later. Become informed before acting to minimize the chances of resorting to court for resolution.

10/12–10/19  9:00–11:00AM
2wks  Sat  PAS 502
8377  $49  STEINBERG

Working With Contractors

Make it Work

We all want successful relationships with our contractors. Be informed regarding the rights and obligation of both parties. Let’s have a look at ways to select a contractor, what your contract is, payment structures, modifying and completing the contract.

10/26  9:00–11:00AM
1day  Sat  PAS 502
8376  $39  STEINBERG

www.powayadultschool.com
Community Symphonette

Are you currently playing in the Poway Community Symphony Orchestra or just wish to play in a smaller more intimate ensemble? Come join our string chamber orchestra. We will explore and perform music from the Baroque and Classical periods. This class is open to all string players with previous experience. Wind and brass players must check with the instructor first for chosen literature to see if there is a need for your instrument. Please check out our website at: http://www.powaysymphonette.org.

9/9–12/22  3:00–5:00pm
14wks    M    TPMS 608
8228     $109    REINER

Poway Symphony Orchestra

Come and support classical music in your community, join the Poway Community Symphony Orchestra. We offer a unique experience including all instrumentation for the modern symphony orchestra. The group performs three times a year at the Poway Center for the Arts. You will be introduced to a wide variety of standard symphonic literature, as well as be provided the opportunity to accompany accomplished soloists from the community. No audition is required, however you should have at least three years current experience playing in an orchestra. Please contact the conductor for entrance into limited positions (woodwind and brass). For more information regarding the group please visit our website at http://www.powaysymphonyorchestra.org.

9/9–11/18  7:15–9:15pm
10wks    M    TPMS 608
8227     $149    LoPICCOLO

Poway Community Choir

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. Check out our new website www.powaycommunitychoir.com for more information. Join us this year as we prepare for our summer 2020 tour to Ireland and Scotland!

9/17–11/19  6:30–8:30pm
10wks    T    PHS N1109
8225     $139    GRAY

Music Reading 101

Once you learn to read music, you can play with other musicians in any genre. You will learn basic skills such as note reading, key signatures, time signatures to play music more efficiently. Make music a personal experience with unlimited boundaries!

9/12–10/31  6:00–7:00pm
8wks    Th    ABX 21
8432     $79    ARROYO
Grab a Guitar and Jam

Do you have a guitar and want to learn or expand your skills beyond the introductory level? This is the class for you. In Beginning Guitar you will learn common chords and strum patterns used in most songs. You will also learn how to use a guitar pick. At the end of the course you will be able to play chords without looking at your guitar and play complete simple songs from memory. Grab your guitar and join us!

9/12–10/31 7:15–8:45pm
8wks Th ABX 21
8433 $105 ARROYO
9/14–11/2 9:00–10:30am
8wks Sat PAS 404
8430 $105 HAMILTON

Let’s Play American Folk Songs

Grab your guitar and join us for campfire music. We’ll play American folk songs for fun. Be a star at your next gathering of friends. Grab your guitar and join us!

Pre-Requisite: Beginning Guitar
11/9–11/16 9:00–10:30am
2wks Sat PAS 404
8431 $45 HAMILTON

Ukulele Experience

Beginning

This class is an introduction to the ukulele. Focus is on learning to play and sing with others. You will be playing in no time using “Duke’s” unique teaching method. Bring your own ukulele.

9/11–10/16 6:00–7:00pm
6wks W ABX 21
8294 $65 QUISENG
10/23–12/4 6:00–7:00pm
6wks W ABX 21
8384 $65 QUISENG

Harmonica

Beginning

If you’re brand new to the harmonica, a non-musician or a guitar player who wants to learn to play two instruments at once, join us. We’ll start with the standards on a C Harmonica. Please bring a Marine Band harmonica by Hohner in the key of C. Bring your sense of humor and let’s have fun.

Recommended Textbook: Play Harmonica Today, Level One.
ISBN: 978-1-4234-3089-6
9/10–10/29 6:00–7:00pm
8wks T ABX 21
8428 $79 VEVAINA
Help Your Child to Manage Stress and Anxiety

Our children are faced with many situations that make them stressed or anxious: school pressures, social challenges, etc. What can we do to help them manage that level of stress and anxiety while still finding joy in their world? Join us for practical ideas to help guide them through it all.

**Grades TK–5**

11/5 12:00–1:30pm  
1 day T PAS 501  
8474 $16 WONG

**Grades 6–12**

10/2 6:00–8:00pm  
1 day W TPMS Library  
8472 $16 WONG

Parenting A Gifted Child

TK-8th Grade Parent Education

Has your child been identified as GATE or gifted? This evening will offer strategies for the three most common challenges gifted children struggle with: Perfectionism, Self-confidence to try new things and take risks as well as making mistakes and the ability to accept failure and disappointment with grace.

10/23 6:00–8:00pm  
1 day W WG Library  
8473 $16 WONG

Supporting Your Child Through Grief and Loss

All Grades

This workshop aims to support parents and/or guardians with strategies for their grieving child following a loss. We will discuss strategies to diminish isolation and create an atmosphere for sharing resources. Please do not bring children to this workshop.

10/8–10/22 6:00–7:30pm  
3 wks T DC Library  
8475 $36 MAROUSCH

Nurturing Sexual Intelligence in Our Children

**Grades 6–12**

Many parents and caregivers struggle to come up with age-appropriate answers to sexuality-related questions. Your child needs authentic answers to develop the knowledge and skills required for self-care. Learn how to welcome 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.

10/1 6:00–8:30pm  
1 day T ABX 19  
8476 $16 CASTELLOE

Surviving and Thriving in Middle School

Learn to bring out the best in your teen; increase respect, responsibility and give consequences that work. Teach your teen the skills to prevent negative influences based on Active Parenting of Teens, a fun and evidence-based program by Michael Popkin, Ph.D.

**Recommended textbook:** This book will be available for purchase the night of the class. Fee $16.00.

9/25 6:30–8:30pm  
1 day W MVMS Library  
8471 $16 WONG
PERSONAL ENRICHMENT

Personal Finance & 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 missing coverage areas.

9/24 6:00–8:00pm
1day T ABX 19
8290 $35 POSPICHAL
10/12 10:00AM–12:00PM
1day Sat PAS 403
8291 $35 POSPICHAL

Estate Planning
Everything You Have Always Wanted to Know
Up to 75% of the US population do not have basic Estate Planning documents, which include a Will, Trust, Advance Health Care Directive and/or Power of Attorney. This lively and engaging presentation will explain what each of these necessary documents do and how they can help you and your family. You will find out what happens if you have no documents in place. You will also learn about the probate process and whether or not you need a Trust.

9/25 6:00–8:00pm
1day W PAS 502
8388 $35 SCHUMACHER

Choosing a Financial Advisor with Confidence
Recent studies reflect that the vast majority of people are uncomfortable about meeting with a financial advisor. Let’s remove that fear. Join us and gain the confidence to find the right advisor for you.

9/25 6:00–8:00pm
1day W ABX 3
8229 $35 GALLION

Financial Planning for Women
Statistics tell us that 8 out of 10 women will end up handling their own finances. This may be due to longevity, divorce or many other reasons. This class will prepare you to handle your finances and give you a deep knowledge of financial markets, current events and practical resources. This class will give you peace of mind as well as tools and knowledge that will last a lifetime. This is an interactive class and questions are welcomed.

12/2–12/9 6:00–9:00pm
2wks M ABX 19
8226 $59 GRANEY

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.

10/26 10:00AM–12:00PM
1day Sat PAS 213
8387 $35 CLAYCOMB

www.powayadultschool.com

FALL 2019 49
Personal Finance 101

We live in a complex world and unfortunately, finances can be the same way. Let’s demystify this important topic and make finances more simple and practical. In this casual yet informative class, you’re free to ask judgment-free questions. Topics covered will include budgeting, debt, savings, investing, insurance, taxes, college and retirement planning, and more.

10/16–10/23
6:00–8:00pm
2wks
W
ABX 3
8230
$49
GALLION

Planning for a Worry-Free Retirement

Americans today are more responsible for their retirement than at any time before. The days of pensions, guaranteed benefits and golden watches are long gone. It’s now our responsibility to plan for retirement and hope that it will last for the rest of our lives. We will discuss how much income you will need to retire comfortably, the one factor that has the most impact on your retirement money and why it’s never going away. Learn ways to protect your principle and more. This class will have you seeing your retirement from a whole new perspective.

9/23
6:30–8:30pm
1day
M
ABX 5
8393
$35
KATZ

When Should I Start My Social Security?

Social Security retirement benefits are a key component to the retirement plans of many Americans. More than half of retirees count on it for the majority of their retirement income. We will discuss how Social Security fits into your overall retirement income plan, the different claiming strategies, and how to maximize your benefits. Learn about the basics, when and how to claim, COLAS, taxes, Medicare premiums and more.

10/5
10:00am–12:00pm
1day
Sat
PAS 213
8386
$35
CLAYCOMB

Lisa Claycomb

Lisa Claycomb is a financial advisor and insurance broker with experience in Medicare, long-term care, life insurance, and annuities, as well as financial planning and money management. She holds undergraduate and master’s degrees in rehabilitation and rehabilitation counseling respectively, and a Juris Doctor in law. In addition to having a life and health insurance license, she is an Accredited Asset Management Specialist (AAMS®), is Certified in Long-Term Care (CLTC), and holds Series 7 & 66 securities licenses. Lisa truly enjoys being and educator and has over 20 years of teaching experience in a variety of settings.
Real Estate

Home Buying Programs for School District Employees

Buying a home is a huge responsibility as well as a huge opportunity. Plant the seed for your future, paint your walls your favorite color, plant flowers and a garden. Buy your first home with little money out-of-pocket using CalHFA’s programs and Preferred Lenders. Programs are administered at no cost to taxpayers. Come learn the eligibility requirements and how you can take advantage of these special financing programs that are helping Californians find a place to call home. As district employees, we want to help educate other employees on the programs available that benefit you.

10/24 6:30–8:30pm
1day Th ABX 4
8381 $35 PFEIL

Home Transitioning Through All Phases of Life

As we age, there are many unique challenges facing us that need to be considered before we enter the retirement years. Deciding on where you’ll live often takes a backseat during retirement planning. So whether you’re considering aging in place, downsizing, purchasing a rental property for additional income, or even upsizing to a new location, dealing with real estate transactions and choices can be a daunting task even for the experienced home buyer. Explore the different options and programs that are available to assist you in making these important decisions. Your home is your largest and most precious asset. Get this valuable information now so you are set up for financial success and make real estate work for you in the future.

10/3 6:30–8:30pm
1day Th ABX 4
8382 $35 PFEIL

Real Estate License Series

Principles of Real Estate

A real estate license opens up a world of career possibilities that offer independence, a flexible work schedule, and unlimited earning potential. A real estate license can also save you many thousands of dollars when you buy or sell your home. Taught by a veteran Real Estate Broker, Real Estate Principles reviews basic concepts, including forms of ownership, title and vesting, taxation, appraisal, default and foreclosure, property management, financing and real estate math concepts. Class fees include live class, textbook, quizzes, final exam, and course certificate.

NOTE: Real Estate Practice and Legal Aspects of Real Estate will be offered in rotating terms. The three classes combine to satisfy the state obligation and allow a student to apply to take the Department of Real Estate license exam.

9/19–10/17 6:00–9:00pm
5wks Th ABX Media Center
8293 $155 WATKINS

www.powayadultschool.com
Uniform Complaint Procedures were developed and established to handle complaints against the District that involve specific educational programs which are conducted with state or federal funds or that regard charges that the District has unlawfully discriminated against someone. (Procedures established in accordance with State law, Title 5, California Code of Regulations, Sections 4650–4671)

These same complaint procedures may be used to file complaints against the District which allege unlawful discrimination under the following federal laws: Section 504 or the Americans with Disabilities Act (discrimination based on physical or mental disability); Title IX (discrimination based on gender, including sexual harassment); and Title VI (discrimination based on race, color, or national origin). Discrimination complaints must be filed within six months of last occurrence or when knowledge was first obtained.

What Programs are Covered?

These complaint procedures cover the following educational programs:

1. Adult Basic Education
2. Federal Aid Programs
3. Migrant Education
4. Vocational Education
5. Child Care Development
6. Child Nutrition
7. Special Education
8. Any other program benefiting from State or federal funds in which occurs discrimination based on ethnicity, ancestry, religion, age, gender (including sexual harassment), sexual orientation, color, physical or mental disability, medical condition, or political belief or affiliation.

How to Submit a Complaint

Any person, organization, or public agency concerned about a violation or state or federal regulations governing an education program listed on this page is to submit a written complaint to:

Kathleen Porter, Executive Director
Career, Technical and Adult Education
13626 Twin Peaks Road
Poway, CA 92064

This office will provide assistance to those who cannot complete a written complaint.

The District assures confidentiality of the facts to the maximum extent possible. The District prohibits retaliation against anyone who files a complaint or anyone who participates in the complaint investigation process.

Complainants are further advised that civil law remedies, including, but not limited to, injunctions, restraining orders, or other orders, may also be available to them.

Only complaints with the original signature will be accepted. The sixty-day time line shall begin when the complaint is received.

How a Complaint is Investigated and Answered

Each complaint is investigated by the appropriate District office or division or local district office which must do the following within sixty days:

Provide an opportunity for the person or organization complaining and District personnel to present information related to the complaint.

Obtain specific information from other persons familiar with events and locations related to the complaint.

Review related documents.

Prepare a written report (in English and in the language of the complainant) on findings and recommended solutions.

Notify the person or organization of appeal procedures.

Complaints about special education programs and services may also be referred by the District or the complainant may file the complaint with the California Department of Education, Special Education Division. To file a special education complaint directly with the California Department of Education (CDE), you may write to the CDE at the address listed under the section entitled “How to Appeal” in this brochure.

How to Appeal

Persons or organizations disagreeing with the local District, school, or office decision have fifteen days after receipt of the decisions to file an appeal. The appeal must be in writing and must include a copy of the original complaint, as well as a copy of the local site decision provided to them.

If the original complaint involved one of the educational programs (listed 1–8) above, the appeal should be sent to:

State of California
Department of Education
State Superintendent of Public Instruction
P.O. Box 844272
Sacramento, CA 94244-2710

If the original complaint involved discrimination under Section 504, the ADA, Title IX, or Title VI, and the decision was provided by a local District, School, or office, the appeal may be directed to:

Associate Superintendent
Personnel Support Services
Poway Unified School District
15250 Avenue of Science
San Diego, CA 92128

Appeals of local site decisions involving Title IX or Title VI may also be directed to the Department of Education (see address above) for resolution.
Adult Education Registration Form ONLY

1. Last Name: _____________________________
2. First Name, MI: _____________________________
3. Birthdate: (MM/DD/YY) _____________________________
4. Gender: ○ Female ○ Male
5. Street Address: _____________________________
6. City: _____________________________ Zip: _____________________________
7. Phone: _____________________________
8. Day Phone: _____________________________
9. Evening Phone: _____________________________
10. Mobile Phone: _____________________________
11. Email Address: _____________________________
   Ethnicity: ○ White/Non-Hispanic ○ Native American or Alaskan Native
   ○ Asian ○ Black ○ Hispanic
   ○ Hawaiian or Pacific Islander ○ Two or more
   Education Level: ○ None Specified ○ Some High School
   ○ Some College/Trade School ○ High School Graduate
   ○ Master’s Degree ○ College Graduate
   ○ Ph.D. or Ed.D.

Course Information

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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.
Whether its Computer training, Painting your pet’s portrait, Learning a foreign language or Cooking that perfect meal.
It all starts here!

www.powayadultschool.com
Poway Adult School is one of California’s many adult education schools.