

*Live. And learn.*

WINTER 2012



**BECOME PART OF A HEALTHCARE TEAM**  
[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)

Become part of a Healthcare Team

Welcome to Poway Adult School's Winter Quarter!

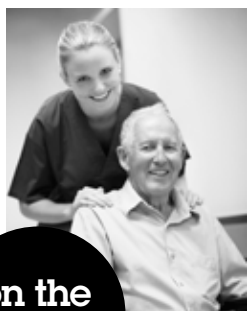
2012 is just around the corner ... here's a chance to make your New Year's Resolution a reality! If the field of healthcare is a career path you'd like to explore, please see page 13-14 for some courses that can launch you into a new career, including Nurse Assistant or the Medical Assistant. Other career training programs offered through Poway Adult School include Accounting, Auto Body repair, Automotive Technology, and a myriad of computer applications courses.

Although this catalog's focus is on our medical (and other career) training programs, at Poway Adult School, we strive to offer a collection of courses that will help you become happier, healthier, more skilled and more successful. On the following pages, we hope you'll find many other opportunities to do just that.

Wishing you a wonderful 2012! I look forward to seeing you in class!



Kathleen Porter



**Become a Nurse Assistant or Medical Assistant. This winter attend our special health care preparation classes. See pages 15 and 16 for information.**

**on the  
cover**

**POWAY ADULT SCHOOL**

13626 Twin Peaks Rd

Poway, CA. 92064

(Twin Peaks Center)

**Tel 858.668.4024**

**Fax 858.513.0548**

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

**Office Hours**

Monday & Thursday: 8AM to 6:30PM

Tuesday & Wednesday: 8AM to 5PM

Friday: 8AM to NOON

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### WINTER CALENDAR

#### November 15

Adult Education Registration Begins

#### November 21–27

Thanksgiving Recess- Office Closed

#### December 19–January 2

Winter Recess—Office Closed

#### January 10

Adult Education Winter Classes Begin

#### January 16

Martin Luther King, Jr. Holiday—Office Closed—No Classes

#### February 20, 24

Presidents' Holiday, Office Closed

#### February 21,22,23

Office Hours 8:00AM–5:00PM

#### February 20–26

No Classes

#### March 17

Adult Education Winter Classes End

## Special Events:

### Poway Community Symphony Orchestra Performance

Sunday, November 20, 2011 2:00PM

And

Sunday, March 25, 2012 2:00PM

FREE

Donations are gratefully accepted to help defray costs.

Poway Center for the Performing Arts

15498 Espola Rd, Poway 92064

### Symphonette Chamber Music Concert

Sunday, December 4, 2011 4:00PM

And

Sunday, February 26, 2012 4:00PM

FREE

Donations are gratefully accepted to help defray costs.

Lutheran Church of the Incarnation, 16888 Espola Rd,

Poway 92064



Come enjoy the music!

## FREQUENTLY ASKED QUESTIONS

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### What does PAS stand for?

PAS stands for Poway Adult School and it is one of our locations.

### What about refunds and other policies?

Satisfaction guaranteed. We want you to be content with your class. Contact us for a refund if you are unhappy with your class.

### Who are our students?

Adult Education classes are open to persons 18 years and older (unless otherwise noted).

ROP courses are open to High School students, out-of-school youth and adults.

### Do you provide childcare services?

We do not have childcare services.

### Will I receive a receipt upon payment?

We do not mail out receipts. No news is good news. Please attend your class as planned. If the class is full or cancelled we will contact you.

### Do you have gift certificates?

Yes. Gift certificates can be purchased in our office.

### Can I register on line?

You can register on line for most adult education classes (with the exception of some ESL or High School Diploma classes) by going to our website:

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

Click on the "register now" button.

### What are supply lists and where can I find them?

If you are taking a class that indicates a supply list, you will be provided one upon registration in our office. If you register online there is a supply list link where you can download the list from the catalog/supply list section at [www.powayadulthoodschool.com](http://www.powayadulthoodschool.com).

### Can I obtain a typing certificate from Poway Adult School?

Yes. Typing tests are administered on Monday, Tuesday, Wednesday and Thursday between 3:00PM and 4:30PM, or by appointment by calling 858-668-4024. Bring photo I.D. Typing test fee is \$15.00. Typing Certificates are \$5.00. Cash only.

### Do you have a discount for seniors?

All students 55 and older can receive a \$5.00 discount per class on classes over \$25.00.

### How do I know if my class is going to take place?

Register in advance and attend your class as planned. We will call you if the class is full or cancelled.

**Cancellation policy:** Poway Adult School reserves the right to cancel a course with below minimum enrollment. Instructors may also be changed without notice.

**Return check charge:** A \$10.00 fee will be charged for all returned checks.

## Mission Statements

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### Regional Occupational Program

To prepare a diverse high school and adult population for employment, occupational changes and/or further education.

### Adult Education

To provide a diverse adult population with high quality, lifelong educational opportunities and services.

## WOULD YOU LIKE TO TEACH OTHERS?

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We are always looking for new teachers and class ideas! If you have a special skill, interest or hobby, you might qualify to become a Poway Adult School instructor or guest lecturer. Bring your ideas, expertise in your area and enthusiasm for sharing! Please call (858) 668-4009 to confirm your intent to attend this seminar.

12/5

No Fee

M

5:30-7:00PM

PAS 501

## ENGLISH AS A SECOND LANGUAGE (ESL)

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Classes are designed for adult English language learners who want to develop or improve their listening, speaking, writing and reading skills in order to function more effectively in American society. Course content emphasizes vocabulary and language skills.

**An orientation is required to attend these classes.**

### Orientation

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New students **must** sign up for an orientation to attend classes listed on this page. You may go online or come into our office. NO PHONE ENROLLMENTS will be accepted.

Orientations will be held on the following dates at 6:00PM. Please choose only **one** to attend.

200113	December 12
200123	January 9
200133	January 23
200143	January 30
200153	February 13

You **MUST** sign up in advance of the orientation date. Space is limited. No children please. Returning student registration will be January 9 or January 12, 6:00–6:30, Room 402

### Beginning

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Adult students learn basic grammar and increase their English-speaking skills as well as learn to ask and respond to learned phrases. Knowledge and practice of survival English skills such as writing personal information on simplified forms, basic letters, numbers and reading are introduced.

1/17–5/31		9:00AM–12:00PM
18ks	M,T,W,TH	PAS 403
<b>201492</b>	FREE	KELLER
1/17–5/31		6:00–9:00PM
18wks	M,T,W,TH	PAS 403
<b>201502</b>	FREE	REYES

### Intermediate

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Continue to develop your fluency of English in a fun and friendly environment. Adult students have the opportunity to practice conversational skills in routine social situations with other students in the class. This course also prepares students to understand and speak everyday English with confidence.

1/17–5/31		9:00AM–12:00PM
18wks	M,T,W,TH	PAS 404
<b>201512</b>	FREE	ELLIS
1/17–5/31		6:00–9:00PM
18wks	M,T,W,TH	PAS 404
<b>201522</b>	FREE	ADE

### Intermediate/Advanced Multi-Level

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This program is designed to provide intermediate and advanced students instruction to improve their daily English including vocabulary and grammar.

1/18–5/31		9:30–11:30AM
18wks	T, TH	LPES 18
<b>201372</b>	FREE	VALENZUELA
1/18–5/31		6:00–8:00PM
18wks	T, TH	LPES 18
<b>201352</b>	FREE	VALENZUELA

### Advanced

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This course helps adult students refine their speaking, writing, reading and listening abilities. Emphasis is placed on advanced vocabulary and grammar structures. Students interact with the teacher and each other on a daily basis.

1/17–5/31		9:00AM–12:00PM
18 wks	M,T,W,TH	PAS 401
<b>201532</b>	FREE	FINE-URIELL
1/17–5/31		6:00–9:00PM
18 wks	M,T,W,TH	PAS 401
<b>201542</b>	FREE	KELSALL

## ACADEMIC SKILLS: TRANSITIONING TO “COLLEGE READINESS”

Continue improving your English Skills with additional classes. These courses are designed to bridge the transition to a higher academic or professional setting. Register on-line, by mail or stop by the Poway Adult School office. Classes are open to all students. **NO ORIENTATION REQUIRED.**

### Writing

**CASAS: 235 or higher**

This class will prepare you for the more focused and disciplined expectations of academic settings such as community colleges and trade schools. Learn the necessary writing skills to express yourself accurately and effectively.

1/23-3/7		12:30-2:30PM
6wks	M,W	PAS 402
<b>200173</b>	\$30	STAFF

### Conversation/Grammar

**CASAS: 211 or higher**

Here is your chance to improve your conversational skills and develop essential grammar needed to communicate confidently and fluently. Learn to apply these skills successfully to reading, writing, listening and speaking.

1/24-3/22		12:30-2:30PM
8wks	T,TH	PAS 401
<b>200063</b>	\$40	FINE-URIELL

### Citizenship Preparation

**Intermediate/Advanced Levels**

This class is a Distance Learning class. Students must register by attending an orientation (see the previous page for Orientation information). At that time, an appointment will be scheduled.

NOTE: You must be a permanent resident of the United States for 5 years or a permanent resident for 3 years if you are married to a U.S. citizen.

On-going	M/W	5:30-6:00PM
	T/TH	5:00-6:00PM
		PAS 401
<b>151032</b>	FREE	KELSALL

### Pronunciation



**Developing Oral Proficiency**

Take your American English learning to the next level utilizing Rosetta Stone interactive language-learning software. Become familiar with the techniques necessary for clear and effective communication; including pronunciation of English consonants, vowels, rhythm, accent reduction, stress and intonation.

1/10-3/15		12:30-2:00PM
9wks	T,TH	PAS 402
<b>200183</b>	\$99	STAFF

**Get your High School Diploma or GED at Poway Adult School.**



## ADULT SECONDARY EDUCATION (ASE)

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Stop by our office to register for the next orientation where options will be discussed, testing for placement will occur, and a meeting with the counselor will be scheduled to determine placement in either our High School Diploma Program or GED Preparation. Please bring your high school transcript when registering (if you have one). A \$30 non-refundable book fee is required prior to the first class for the Independent Study High School Diploma Program.

### Orientation Dates

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#### 5:00–7:00PM

December 1, 2011	March 8, 2012
January 5, 2012	March 22, 2012
January 19, 2012	April 19, 2012
February 2, 2012	

### Classes provide instruction in the following areas:

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HS English 1–4	Biology 1,2
English Review 1,2	Physical Science 1,2
Writing Seminar	Pre-Algebra 1,2
US History 1,2	Algebra 1,2
World History 1,2	Geometry 1,2
Civics	Consumer Math
Economics	General Math
Elective	Art Appreciation 1,2

### High School Diploma Program

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

### Independent Study

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

### GED Test Preparation

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Our learning center is available for GED test preparation. Based on the results of practice tests, you will be able to determine whether you are ready to take the official GED test. Enrollment is open entry. The learning center also provides students assistance to prepare for the California High School Exit Exam, ASVAB, apprenticeship and college placement exams.

### GED Test Dates

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Writing/Math	Science/Social Studies/Reading
<b>2:00/4:30</b>	<b>2:00/3:30/4:45</b>
November 3, 2011	November 17, 2011
December 8, 2011	
January 12, 2012	January 26, 2012
February 9, 2012	March 1, 2012
March 15, 2012	March 29, 2012
April 12, 2012	April 26, 2012
May 10, 2012	May 24, 2012
June 7, 2012	June 21, 2012

### Learning Center

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

Session 1	M–F	9:00–12:00PM
Session 2	M–TH	1:00–4:00PM
Session 3	M–W	4:00–7:00PM

## SAT PREPARATION

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This comprehensive course will prepare students for the SAT Reasoning exams. The instructors are credentialed in Math and English and trained to teach SAT preparation. The focus of the course includes an emphasis on the Reading and Math sections of the exam as well as the Essay portion. Students will be taking three practice tests that provide an analysis of specific areas which need improvement. Bring a pencil, calculator and a snack to the first meeting which will include a full length practice test. Space is limited. Pre-Registration is required.

**Location:** Rancho Bernardo High School,  
Room 304  
**Class Fee:** \$325.00  
**Class fee includes enrollment into the  
College Board SAT online class for the  
remainder of the school year.**

### Official test dates:

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**March 12**  
**May 5**  
**June 2**

### Section: 801223

Saturday (8:00–12:30PM)	Tuesday (4:30–7:30PM)	Thursday (4:30–7:30PM)
1/21	1/24	1/26
	1/31	2/2
2/4	2/7	2/9
2/11	2/14 (4:30–6:30PM)	

**Next classes begin on March 24 or April 28 (registration begins on February 28)**

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### *School Bus Driver Training Available*

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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. If you like being around children and working independently, you might love driving a school bus with a starting salary of \$15.74 and medical benefits for permanent employees. Our fleet of 144 school buses is one of the newest fleets in San Diego County, and our maintenance record is one of the best in the State of California. If you are interested in an employment opportunity where your work schedule follows the same holidays and school breaks as your children, please come to our orientation class at 10:00 AM on Monday February 27th. Our training classroom is located in building 800B at 13626 Twin Peaks Road in Poway. Please call if you have any questions at (858) 748-0010 extension 2684 or extension 2037.

## ARTS AND CRAFTS

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There is a broad range of opportunities to explore in this group of classes. Try painting, jewelry-making, crocheting, sewing, ceramics and many others. Look through the offerings and find a whole new outlet for your creative energy.

### Acrylic Painting

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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 activities and information to help you explore the potential of this wonderful material. You will learn how acrylics can be used like watercolors and like oils. You'll also explore techniques unique to this medium. You may work on your own art, as well as class projects, in a creative and friendly atmosphere. Continuing students are welcome. See our website for supply information under the student resources section.

1/18-3/14		10:00AM-1:00PM
8wks	W	STC
<b>401772</b>	\$119	LESBERG
1/18-3/14		6:00-9:00PM
8wks	W	PAS 501
<b>401532</b>	\$119	LESBERG
1/20-3/16		9:00AM-12:00PM
8wks	F	PAS 501
<b>401072</b>	\$119	LESBERG

### *Drawing with Colored Pencils*

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***I thoroughly enjoyed the class. Joy was well-prepared and encouraging. Thanks!***  
*Jan Schultz*

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### Advanced Acrylic and Oil Painting

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Paint it to the Max! That's right, paint with boldness and passion. No one wants to paint, or look at, a boring painting. This class is designed to do two things. The first is to revisit and reemphasize the right painting skills you need to build a foundation that will push your work past the, "It's okay" stage, and move it to the "wow" stage. The second objective is to develop in you the confidence that you can paint anything, and do it well. Each session will begin with a demonstration of a skill or technique. This class is designed for people with some painting experience, but if you are a beginner you will not be left out. You will get all the personal help you need to successfully launch into the wonderful world of painting. See our website for supply information under the student resources section. See you in class!

1/12-3/1		6:00-8:30PM
7wks	TH	PAS 501
<b>402803</b>	\$129	CRADIC

### Beading for Fun

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#### Beginning

Want a little "me" time? Join us in creating beautiful, one-of-a-kind beaded jewelry. Beading is fun, relaxing and therapeutic as well. Dazzle your family and friends with gifts of your unique designs. Enjoy the camaraderie with other students in a workshop atmosphere. The instructor will assist you every step of the way as you progress at your own pace. You will learn to make single strand necklaces, bracelets and earrings. We will also cover basic wire wrapping techniques. See our website for supply information under the student resources section.

1/15-1/29		12:30-3:30PM
3wks	SUN	STC
<b>402393</b>	\$79	CRETELLA

## Ceramics

You can explore the wonderful world of ceramics. Join us and be introduced to construction, decoration and glazing techniques. Focusing on the fundamentals of pottery formation using a potter's wheel, you will make various pottery pieces using a variety of hand and wheel thrown techniques. All supplies needed are included in course fees. Beginners and experienced potters are welcome. Come join the fun!

1/18-3/14		3:30-6:00PM
8wks	W	RBHS 906
<b>402153</b>	\$159	BOURDETTE
1/18-3/14		6:30-9:00PM
8wks	W	RBHS 906
<b>402163</b>	\$159	BOURDETTE
1/23-3/12		6:30-9:00PM
7wks	M	RBHS 906
<b>402323</b>	\$135	BOURDETTE

## Digital Photography

### In Focus

Do you want the most out of your digital SLR? Are you ready to take that bold step toward manual control? Join our award-winning fine-art photographer teacher on a trip through real photography unlike any other. In this course you'll push past all the hype, discover the rewards and simplicity of going 'manual' and practice the basic mechanics and physics of real photography. Through lectures, slideshows, hundreds of before-and-after examples you'll garner the confidence and experience truly needed to take control of your equipment.

**NOTE:** Please bring your Digital SLR, its manual and your lenses to each class.

1/12-1/26		6:00-9:00PM
3wks	TH	RBHS LPR/100
<b>401183</b>	\$69	DEUTSCHMANN
3/1-3/15		6:00-9:00PM
3wks	TH	RBHS LPR/100
<b>401263</b>	\$69	DEUTSCHMANN

new

## Digital Photography

### Just One Flash

Take control of your flash manually, visualize the fantastic and create spectacular images in-camera. Blast through the hype and discover the simplicity of doing it all yourself. Through slide-shows, practical demonstrations and interactive, in-class exercises you'll garner a feel for what it takes to add light with a flash, what to expect and what extra equipment you really need (and don't.) This class can save you hundreds of dollars in unnecessary gear and show you the true magic of artistic visualization with just one flash.

2/16		6:00-9:00PM
1day	TH	RBHS LPR/100
<b>402383</b>	\$29	DEUTSCHMANN

new

## Digital Photography

### Painting With A Lens

You are invited to join our award-winning, fine-art photographer and celebrated author/teacher on a visual journey through true expressionism. Learn how to create art with your camera, to push the buttons of society and to truly express yourself with your camera. Adhering to a very strict do-it-right-the-first-time philosophy, you will explore what's truly possible when you take full manual control of your camera and focus your lens on creating meaningful messages. Bring your Digital SLR camera, manual, lens and an open-mind for this fascinating and timely lecture.

2/9		6:00-9:00PM
1day	TH	RBHS LPR/100
<b>401993</b>	\$29	DEUTSCHMANN

## Drawing With Colored Pencils

### Beginning

You can create wonderful drawings using colored pencils. We will explore basic drawing techniques, along with various methods of using the colored pencil. We will discuss color theory, value, design and creating a mood within a drawing. We will have lots of in-class drawing time from a still life, as well as critiques and studies of various master artists. See our website for supply information under the student resources section.

1/10–2/14		9:30AM–12:00PM
6wks	T	PAS 502
<b>402773</b>	\$109	RAAB

## Drawing With Colored Pencils



### Beyond Beginning

You now have a chance to practice the skills from the beginners class and learn some new ones. In this class you will work with colored pencil as well as black and white charcoal. Focusing on developing value, design and personal style, you will work primarily from a still-life but will also explore landscape and portrait drawing techniques. There will be lots of in-class drawing time. See our website for supply information under the student resources section.

1/23–3/5		9:30AM–12:00PM
6wks	M	PAS 502
<b>402783</b>	\$109	RAAB

## Fabulous Filigree Pendant

You'll see that filigree findings are oh, so gorgeous when they've been embellished with Swarovski pearls and crystal beads. Try this fun new technique while you create your own pendant worthy of a Renaissance princess! All supplies are included in the class fee.

1/28		9:00–11:30AM
1day	S	PAS 501
<b>402763</b>	\$39	WHITING

## Get Hooked... (On Crochet)

### Beyond Beginning

Do you know the basic crochet stitches (single, half-double, double, triple)? Or perhaps you're tired of the same old stitch and want to branch out to more intricate stitches or patterns? In this class we will do the popcorn, puff, cluster, waffles, cobble, spike and clever techniques using the front and back posts as well as various shells. With different combinations, there are hundreds of stitches to create both in the body of the work and especially in edgings. With these patterns you will be on your way to making a beautiful sampler afghan or other projects of your choice. This class is a good follow up to our beginning "Get Hooked on Crochet". See our website for supply information under the student resources section.

1/2–3/12		6:00–8:00PM
7wks	M	RBHS 805
<b>401253</b>	\$119	TYLER

## Interior Design Basics

This is an easy, fun and streamlined class that will give you the essentials to decorate and design living and working spaces. Topics covered include lighting, space planning, flow, drapery and upholstery selection, flooring, furniture style and selection, color theory, balance, textures, budget, accessories and focal points. Students receive practice in creating original spaces combining each of these elements.

1/11–3/7		6:00–9:00PM
8wks	W	PAS 502
<b>101282</b>	\$129	STAHL



## Interior Design

### Color, Light & Furniture Placement

Join us for a fun, fast-paced short study on how to intelligently plan a small living space. We'll look at options for addressing your flooring, window treatments, wall color, reducing clutter, multi-function furniture pieces, effective storage and bringing the light in. Excellent class for beginners!

2/27-3/12		6:00-9:00PM
3wks	M	PAS 502
<b>101932</b>	\$55	STAHL



## Interior Design

### Dressing Up Your Space

Join us for a fun, fast-paced short study covering the many options and considerations for selecting flooring, fabrics and window coverings for your space. Study includes durability, maintenance, pulling colors from what is already there and staying "green". Great class for those that don't have time for a long class.

1/23-2/6		6:00-9:00PM
3wks	M	PAS 502
<b>101912</b>	\$55	STAHL

## Marvelous Wire Jewelry

Have you admired wire jewelry that is coiled, bent, and hammered into beautiful designs? Have fun learning to make your own unique creations! Enjoy the camaraderie of other students in a workshop atmosphere. The instructor will assist you as you progress at your own pace. You will be provided with aluminum wire and permanently colored silver-toned copper wire to make your own findings, earrings, a bracelet and/or necklace. Feel free to bring your own sterling silver wire, if you prefer. See our website for supply information under the student resources section.

2/12-3/4		12:30-3:30PM
3wks	SUN	STC
<b>402433</b>	\$79	CRETELLA

## Oil Painting

### Beginner

Have you thought about painting with oils and now have the time? Important tips on how to put oils on canvas will be shared. Learn to make your subject choices and color selection while composing pictures. Bring a photo that you would like to paint. Supplies will be discussed the first day of class. Also, see [www.hertig.org](http://www.hertig.org) for an additional supply list.

1/10-3/13		9:30AM-12:30PM
9wks	T	PAS 501
<b>401152</b>	\$135	HERTIG

## Painter's Open Studio

### Painters RX for Success!

Have you ever gotten frustrated while painting? This class will give you the tools to move past your block by providing hints and tricks to move you toward your artistic goals. Class will include mini demos, class painting time, and plenty of encouragement! Students will provide their own photo reference and supplies. Artists working in all two-dimensional mediums are welcome! There will be no supplies provided for this class. Please bring paint, paper, brushes, water containers, support boards, etc.

1/23-3/12		9:30AM-12:30PM
7wks	M	PAS 501
<b>402673</b>	\$89	OLEKSA

## Portraiture

### Drawing

Have you ever tried to draw a human head? After this class you'll be able to do it with confidence. Using a limited palette, you will be coached step-by-step through the process. The traditional elements of drawing will be emphasized, including the values of light and shadow, the structure and planes of the head, edges and portrait composition. All skill levels are welcome! Bring whatever supplies you have. Additional supplies will be discussed at the first class.

1/12-3/15		9:30AM-12:30PM
9wks	TH	PAS 501
<b>401762</b>	\$135	HERTIG

## Sewing Basics

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### Level 1

You can learn to sew! This clothing construction class is for students with minimal to no sewing experience. The focus will be on the basics: selecting a pattern and fabric, operating a sewing machine, getting the most out of a pattern, construction terms and techniques. Students supply pattern, fabric and tools. Suggested supplies and project samples will be shared at the first class.

1/11-3/7		6:00-8:30PM
8wks	W	RBHS 804
<b>103793</b>	\$145	FOWLER

## Watercolor

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### Beginning Level 2

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

1/23-3/12		6:00-8:30PM
7wks	M	RBHS 904
<b>401963</b>	\$145	RAVY

## Woodworking

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Welcome to woodworking. The first session covers hand and power tool safety instruction followed by a safety exam. Attendance at this first session is mandatory. For first time students, the next eight weeks will be dedicated to building either a small display cabinet or a jewelry box. Here you will learn basic cuts and joints using hand tools and stationary machinery. Continuing students will work on projects of your choice and will continue to develop skills and joinery techniques. Students are responsible for all materials which can be brought on an as-needed basis starting with the second session. See you in the shop!

1/12-3/15		6:00-8:30PM
9wks	TH	PHS N4103
<b>402243</b>	\$159	TALLON

## Wrap Wire Crochet Bracelet

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The hottest new trend in jewelry making is Wire Crochet. Join us as we wrap up a fun and sparkling wire bracelet interlaced with Swarovski Crystals. This wrap bracelet can double as a necklace also. All wire, Swarovski elements and tools are included in the class fee.

1/21		9:00-11:30AM
1 day	S	PAS 501
<b>402793</b>	\$39	WHITING

*Get Hooked on Crochet*

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**Donna is an excellent instructor for crochet. She follows up with her students and challenges you to learn the craft. I enjoyed the class and look forward to the next one.**  
*Janice Kehl*

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## CAREER TRAINING

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### Accounting Level 1

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#### Computerized

This course offers the principles and processes involved in manual double-entry Accounting. Employment opportunities include bookkeeping, banking, general accounting clerk, A/R & A/P clerk. Instruction will cover the following:

- Accounting theory for small businesses and corporations
- Banking
- General ledger
- Special journals
- Payroll
- Income statement
- Balance Sheet
- Introduction to QuickBooks

2/3-4/20		9:00AM-12:00PM
	F	PAS 502
<b>901012</b>	\$169	GLOGOWSKI

**Textbook Required:** Instructor will provide textbook information the first week of class.

<b>901363</b>	\$90
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### Accounting Level 2

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#### Financial

This course is a continuation of Level I. Instruction will cover the following:

- Payroll
- Uncollectible accounts
- Depreciation and inventory valuation methods
- Notes and interest
- Income statement and balance sheets
- Accruals and deferrals
- Dividends
- Financial statements for corporations

**Pre-Requisite:** Accounting/Computerized Level I

1/10-3/20		6:00-9:00PM
	T	PAS 502
<b>901222</b>	\$169	CADWELL

### Auto Body Repair

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This course provides entry-level training in auto body repair and refinishing. Employment possibilities include: Auto Body Technician, Auto Body Helper, Sander and Masker, Frame Straightener, Insurance Adjuster, and Body Shop Manager. Students use equipment which includes: welding equipment; hand, electric, and pneumatic tools; hydraulic power equipment; frame equipment tools; and painting tools. Completion depends upon the student's entry-level skills and rate of progress in the class.

**High school students who are behind in credits or need to repeat a failed course should see their counselor to sign up for this class.**

1/24-5/29		5:10-9:00PM
	T	PHS N4100
<b>901042</b>	\$129	FAVERTY

### Auto Engine Performance

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This course provides entry-level and advanced training in automotive suspension, steering, and brake service. Employment possibilities include tire service technician; installer; and technician specializing in suspension, steering, alignment, and brake service. The curriculum is based on the requirements specified by Automotive Service Excellence (ASE) certification standards. Students use equipment, which includes hand tools, lifting equipment, alignment equipment and tire service equipment.

**High school students who are behind in credits or need to repeat a failed course should see their counselor to sign up for this class.**

1/23-5/21		5:10-9:00PM
	M	MCHS N13
<b>901052</b>	\$129	ALMARIO

## Auto Technology

This course provides entry-level training, servicing and quick service maintenance of motor vehicles. Employment possibilities include entry-level technician, parts technician, pre-delivery and quick service technician.

**High school students who are behind in credits or need to repeat a failed course should see their counselor to sign up for this class.**

1/26–5/31		5:10–9:00PM
	TH	PHS N4100
<b>901062</b>	\$129	FAVERTY

## Computer Applications

This open-entry course provides entry-level, intermediate and advanced training in computer applications. Students work at individual personal computers at their own level and pace, with guidance from the instructor. Instruction can include any of the following areas: word processing, spreadsheets, database, presentations and publications. Software applications include: Microsoft Office-Word, Excel, PowerPoint, Access and Publisher. Certificates are awarded upon completion of training. Hours needed for completion will vary depending on student's entry-level ability and rate of progress.

**High school students who are behind in credits or need to repeat a failed course should see their counselor to sign up for this class.**

1/23–5/30		3:00–5:00PM
	M,W	PAS 601
<b>614222</b>	FREE	GLOGOWSKI
1/24–5/31		3:00–5:00PM
	T,TH	PAS 601
<b>614223</b>	FREE	GLOGOWSKI

## Health Careers Preparation

Consider taking one or both of the following courses if you plan to enroll in Medical Assistant or Nurse Assistant classes.

### Medical Terminology and Abbreviations

**new**

This course is designed to provide students with an introduction to basic medical terminology and abbreviations common in the healthcare environment. Students will acquire knowledge about prefixes, suffixes, word roots, combining forms, and commonly used abbreviations. This useful information is an important foundation for healthcare careers.

12/5–12/16		10:00AM–3:00PM
	M,W,TH,F	DNHS P111
<b>901292</b>	FREE	ROSE

### Anatomy and Physiology

**new**

This course is designed to provide students with a beginning understanding of anatomy and physiology. Covered in this class will be basic structure and function of human body systems as they apply to healthcare.

1/4–1/13		10:00AM–3:00PM
	M,W,TH,F	DNHS P111
<b>901302</b>	FREE	ROSE

## Typing Test Information

**Typing tests are administered Monday through Thursday, between 3:00-4:30pm, or by appointment by calling 858-668-4024.**

**Bring photo I.D. Typing test fee is \$15.00. Typing Certificates are \$5.00. Cash only.**

## teacher profile



### Thomas Phillips Jr., LVN, CHPLN, DSD

Tom Phillips began his medical career by entering the U.S. Navy at the age of 17 where he spent 5 years as a Naval Corpsman. He worked in hospital settings and field medicine with the U.S. Marine Corps. Before coming to Poway Adult School, Tom accepted assignments in: medical surgical nursing, skilled nursing, and in Urgent Care and Hospice Care including Continued Quality Improvement Management.

Tom's personal philosophy for his students is: "BELIEVE AND YOU WILL ACHIEVE".

## Medical Assistant Admin/ Clinical

This is a challenging and in-depth course that provides entry level training as a skilled member of a health care team. The Medical Assistant instruction will include the following: health care rules and responsibilities, ethics, liability, professional communication, medical terminology, anatomy and physiology. The administrative instruction will cover oral and written communications, facility and records management, fee collection, insurance and general office management. The clinical training will include examination room preparation, medical records, physical examination, assessment procedures, specimen collection, laboratory procedures, diagnostic tests, x-rays, minor surgeries, assisting with medications, venipuncture, emergencies, acute illness, accidents and recovery. Additional fees throughout the course are estimated at \$300.

This course is only available to students 18 years and older due to clinical site requirements.

**Mandatory Orientation** will be held Tuesday, January 10, 2012, 12:00–4:00PM, at Poway Adult School, 13626 Twin Peaks Rd, Room 403, Poway, 92064.

You **MUST** attend the orientation to be enrolled in the course. Orientation will include a basic English reading test to determine eligibility for admission to the Medical Assistant program. Forms and general information will be distributed to eligible students.

1/17–7/3	M, W, TH, F T	10:00AM–5:00PM 10:30AM–5:00PM DNHS P111 ROSE
<b>901252</b>	\$985	

Clinical internship days and times may vary depending on facility needs.

Fees: A \$400 deposit is due upon registration. Final payment of \$585 is due at the orientation.

## Nurse Assistant

This course provides entry-level training leading to state of California certification as a Nurse Assistant. Instruction covers basic nursing skills, anatomy, physiology, and ethics and safety in skilled nursing facilities. This course includes classroom, laboratory and clinical experiences. Employment possibilities include nurse assistant or aid.

This course is only available to students 18 years and older due to clinical site requirements. Additional fees throughout the course are estimated at \$300.

**Mandatory Orientation** will be held on Wednesday, February 8, 2012, from 12:00–4:00PM at Poway Adult School, 13626 Twin Peaks Rd, Room 403, Poway, 92064.

You **MUST** attend the orientation to be enrolled in the course. A basic English reading test to determine eligibility for admission to the Nurse Assistant program will be given. Students are required to bring a government issued photo I.D. and social security number to this orientation. The Nurse Assistant Initial Application and Live Scan will also be completed. Forms and general information will be distributed to eligible students.

2/10–5/11	M–F	7:30AM–3:00PM DNHS P116 PHILLIPS
<b>901262</b>	\$875	

The clinical training facility location, dates and times may vary. The clinical internship schedule is Monday through Friday 7:00AM–3:30PM. Please note that some trainings may be on Saturdays.

**Fees:** A \$400 deposit is due upon registration. Final payment of \$475 is due at the orientation.

### teacher profile



**Elizabeth Rose, LVN**

Liz Rose has worked as an LVN for over 12 years in many assignments, including; pediatric psychiatric treatment center, home healthcare, assisted living, outpatient surgery, medical office, hospice, nursing administration, forensic nursing, locked dementia unit, rehabilitation and skilled nursing facility. Liz has taught for Poway Adult School since 2007 and says "I love teaching the nursing and medical sciences," she says.

## COMPUTERS

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Whether you need computers for personal or professional use, they can be so useful if you are familiar with all their possibilities and are proficient in the programs that can increase your productivity. Both MS Office 2007 and 2010 users will benefit from topics or concepts offered in our Microsoft Office classes. Differences will be highlighted in class.

### Blogging

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Make your mark on the web now! “Blogs have burst onto the content scene because the technology is such an easy and efficient way to get personal (or organizational) viewpoints out into the market,” says David Meerman Scott author of “The New Rules of Marketing and Public Relations”. This class will introduce you to blogging. Blogs are websites that allow you to quickly build a presence on the Internet. You will leave the class knowing how to build a fully functional blog to share with family and friends or help establish yourself as an expert in your field.

**SKILLS NEEDED:** Operating system and Internet basic skills.

2/2–2/9		6:00–8:30PM
2wks	TH	PAS 601
<b>303233</b>	\$35	ROBERTS

### Computer Skills For Office Assistants

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#### Essentials

Do you need to update your computer skills for your resume? This is a great class for discovering the features of Outlook, Word and Excel that will increase your efficiency level in the workplace.

1/10–3/6		10:30AM–12:30PM
8wks	T	PAS 601
<b>304392</b>	\$109	GLOGOWSKI

1/10–2/14		6:00–9:00PM
6wks	T	PAS 601
<b>304522</b>	\$109	LAUBACH

#### Advanced

You’ve got the foundation skills-let’s add some “bells and whistles” to really make you stand out! You’ll create flyers, merge documents and create charts while using new additional options in Word and Excel.

2/28–3/13		6:00–9:00PM
3wks	T	PAS 601
<b>304532</b>	\$59	LAUBACH

### Computer Troubleshooting

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#### Beginning

Does your computer frustrate the heck out of you? Are you helpless or at its mercy? Don’t let it get the best of you and your wallet. Learn the process experts use to figure out “what’s wrong”. Once you learn how to diagnose the problems you will be taught common fixes that are often quite simple. Take control of your system and show your computer who’s the boss!

1/10–1/24		6:00–8:00PM
3wks	T	RBHS 302
<b>303153</b>	\$45	MARTINEZ

#### Beyond Beginning

If you want to learn more in-depth computer troubleshooting and repair, this class is for you! We will create boot disks, practice hardware installs, discuss spyware and malware removal, cleaning, tweaking and repair of XP Operating Systems.

2/7–3/13		6:00–8:00PM
5wks	T	RBHS 302
<b>303073</b>	\$79	MARTINEZ

### Digital Pictures

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Aren’t digital pictures great? Now there’s no more processing time to delay your enjoyment of photographic images. You’ll soon be able to take the photos, store and organize them. Searching for the exact image you want will be easier and you can improve the quality of your images. The thrill of showing, sharing and publishing your photos will be at your fingertips!

**SKILLS NEEDED:** Windows basic skills.

1/10–1/31		1:00–3:00PM
4wks	T	PAS 601
<b>303012</b>	\$69	CARLETON

## Facebook and You

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Have you heard the buzz about Facebook but you're not sure what it's all about? Facebook is not only for students or young people. It can be a valuable marketing tool for your business, or a great way of staying connected with family and friends. Students need to have a valid email account and password. Bring it with you to class. We will set up a Facebook account and explore this new social networking tool. We will learn how to upload photos, invite, add, remove and block friends. Learn how to create a page or group, join a network and create an album. We will discuss privacy settings and safety.

1/20-2/17		9:30-11:30AM
5wks	F	PAS 601
<b>103123</b>	\$79	LIM

## Family History Research

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The Internet is a great source for family history. These lessons will introduce you to basic Internet research strategies and some important research tools currently available online. Emphasis is on free websites/web tools.

2/29-3/14		6:00-9:00PM
3wks	W	PAS 601
<b>103613</b>	\$69	SWAIN

## Getting Started on Computers

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Are computers completely new to you? This is where you belong. You will learn simple computing terms and definitions, how to create a letter in Microsoft Word, how to surf the Internet, the basics of emailing and more.

1/12-3/8		8:15-10:15AM
8wks	TH	PAS 601
<b>301252</b>	\$109	GLOGOWSKI

## Getting Started on Computers

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### Part 2

You've taken the foundation class-now you're ready for more and this class will deliver. After minimal review, you will move on in Windows XP, Word, Excel, Internet Explorer and email. Join us!

**SKILLS NEEDED:** Windows and word processing basic skills.

1/12-3/8		10:30AM-12:30PM
8wks	TH	PAS 601
<b>302012</b>	\$109	GLOGOWSKI

## How to Sell on eBay

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Is your house full of treasures that you have considered selling? eBay provides a place for you to sell your goods. This course will cover everything from researching items to completing the sale (please bring an item you wish to sell to class with you). On the first day of class you will set up an eBay account, if you do not already have one. Please bring your checkbook and a credit card in order to verify your identity with eBay.

**SKILLS NEEDED:** Internet basic skills.

1/12-1/26		6:00-9:00PM
3wks	TH	PAS 601
<b>301203</b>	\$79	SPELLMAN

## Digital Pictures

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***I was so confused and had no idea how to work in Picasa. Jerry answered all my questions and then some. I learned SO MUCH! Instead of being frustrated and quitting in 5 minutes, I can now sit at the computer for hours!***

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new

## iPad and You

### The Basics

Holding your shiny new iPad2 in your hands, you've even synced it with iTunes, you are ready to step into your new world and put your tablet to work, BUT how? Where do you start? Let us help you become familiar with every port, button and switch. We will provide you with the resources and information for using your iPad2. We'll discuss how to master your iPad Multitouch Screen, how to work your iPad 2 buttons, setting up and using Find my iPad, caring for your device and what to do when it acts up. You've heard how much fun others are having with it, after this class you too will be able to enjoy your iPad.

**Pre-Requisite:** Bring your own iPad. None will be provided in class. Your iPad must already be synced with iTunes.

1/13		9:30-11:30AM
1day	F	PAS 601
<b>303313</b>	\$19	LIM

## Microsoft Access 2010

### Beginning

Discover the power of the Access database! Together we will explore Access learning and reviewing the New 2010 Ribbon Interface. We will learn to Build and Manage a Database. You will be able to filter records, append records and modifying a table structure.

2/13-3/12		6:00-8:00PM
4wks	M	PAS 601
<b>303283</b>	\$59	KODADEK

### Advanced

You've mastered basic and intermediate Access, now let's work with advance queries, reports, and forms. Create calculated fields in queries and run action queries. We will work with relationships to create sub-forms. You will customize the database interface, and set database options.

1/23-2/6		6:00-8:00PM
3wks	M	PAS 601
<b>303273</b>	\$49	KODADEK

## Microsoft Excel 2010

The following Excel classes are offered in three separate levels. Once you have taken level one, or if you already possess basic Excel skills, feel free to take the other three levels in any order. Each level will focus on important Excel tasks and will help you to find more efficient ways to do your work and fill in the gaps in your Excel knowledge.

### Level 1: Essentials

1/23, 1/25		1:00-3:00PM
2days	M,W	PAS 601
<b>304862</b>	\$55	GLOGOWSKI

### Level 2: Charts, Graphics and Pivot Tables

SKILLS NEEDED: Excel basic skills.

1/30, 2/1		1:00-3:00PM
2days	M,W	PAS 601
<b>304872</b>	\$55	GLOGOWSKI

### Level 3: Large Worksheets, Excel as a Database (tables, Multiple Sheet Workbooks, using IF and V Lookup Functions

SKILLS NEEDED: Excel basic skills.

2/6, 2/8		1:00-3:00PM
2days	M,W	PAS 601
<b>304882</b>	\$55	GLOGOWSKI

### Comprehensive

From spreadsheet fundamentals to charts, this class has it all! You will also learn basic shortcuts, tips and tricks you need to know to be effective.

SKILLS NEEDED: Windows basic skills.

1/11-2/15		6:00-9:00PM
6wks	W	PAS 601
<b>304902</b>	\$119	LAUBACH

### Intermediate/Advanced

Excel can do so much more! Take this class and you will leave knowing how to create and use templates, create pivot tables and macros, use Vlookup, link large worksheets and manage large workbooks, use financial formulas plus more!

SKILLS NEEDED: Basic Knowledge of Excel

3/3-3/17		8:30AM-12:00PM
3wks	S	PAS 601
<b>304892</b>	\$65	CADWELL

## Microsoft Office 2010

### Level 1

Would you like to be more productive at home and at work? Using Word, Excel, PowerPoint and Access you can be. Join us!

SKILLS NEEDED: Windows basic skills.

1/10–3/6		8:15–10:15AM
8wks	T	PAS 601
<b>304912</b>	\$109	GLOGOWSKI

### Level 2

Discover more features in Microsoft's 2010 Word, Excel and PowerPoint. Learn how to manage pictures, tables, and mail merge labels in Word. Use Excel features such as charts, sorting, filtering, print titles and linked formulas. Add hyperlinks, videos, and sound to a PowerPoint presentation.

1/11–3/7		9:00–11:00AM
8wks	W	PAS 601
<b>305012</b>	\$109	GLOGOWSKI

## Microsoft Powerpoint 2010

### Level 1

Powerpoint is a fun program to create presentations. We will define layouts, use new design themes, edit, insert transitions and animations.

2/13, 2/15		1:00–3:00PM
2days	M,W	PAS 601
<b>304922</b>	\$55	GLOGOWSKI

### Level 2

You're ready to move to the next level of Powerpoint. We will expand on presentations by adding music and videos. We will use Action buttons and add logos to slides in Slide Master View.

2/27, 2/29		1:00–3:00PM
2days	M,W	PAS 601
<b>304942</b>	\$55	GLOGOWSKI

## Microsoft Word 2010

### Level I: Essential Learnings

You can learn the basics of this word processing program including: editing features, how to cut, copy, and paste. We will look at formatting your documents with tabs, indents and bullets.

3/12, 3/14		9:00AM–12:00PM
2days	M,W	PAS 601
<b>304962</b>	\$65	GLOGOWSKI

## Outlook 2010

### Level 1

You will work with all parts of Outlook including attaching files and using signatures in emails, create contacts and distribution lists, add appointments and use different views in the calendar. You will also learn how to create and edit tasks and notes.

3/5, 3/7		1:00–3:00PM
2days	M,W	PAS 601
<b>304992</b>	\$55	GLOGOWSKI

### Level 2

You will manage the mail, contacts and calendar components, create new folders, use Tools Options to set default fonts, create rules, use mail merge, and work with print options.

3/12, 3/14		1:00–3:00PM
2days	M,W	PAS 601
<b>305002</b>	\$55	GLOGOWSKI



## Photoshop Elements 8.0

### Part 1

This powerful and affordable software will give you the capability of improving, enhancing, organizing and publishing your digital photos. Come and learn how to do it!

SKILLS NEEDED: Windows or operating system basic skills.

1/12–2/2		1:00–3:00PM
4wks	TH	PAS 601
<b>304492</b>	\$69	CARLETON

## QuickBooks Pro 2011

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### Level 1

You'll begin in QuickBooks 2011 with managing the QuickBooks window, creating a company file, vendors and accounts payable.

SKILLS NEEDED: Windows basic skills.

2/7-2/16		1:00-3:00PM
4days	T,TH	PAS 601
<b>304692</b>	\$55	GLOGOWSKI

### Level 2

Now you're ready to learn how to deal with customer transactions, accounts receivable, banking, correcting and customizing in QuickBooks 2011.

SKILLS NEEDED: QuickBooks basic skills.

2/28-3/8		1:00-3:00PM
4days	T,TH	PAS 601
<b>304702</b>	\$55	GLOGOWSKI

### Comprehensive

Wouldn't you like to successfully work with QuickBooks? You'll be able to work with customers, vendors and banking; create a new company set-up; work with inventory; run payroll, and deal with balance sheet accounts. This comprehensive course includes in-class practice time.

SKILLS NEEDED: Windows basic skills.

1/14-2/18		8:30AM-12:00PM
6wks	S	PAS 601
<b>304722</b>	\$139	CADWELL
1/23-3/5		8:30AM-12:00PM
6wks	M	PAS 601
<b>304732</b>	\$139	GLOGOWSKI

## Social Media Marketing



### Introduction

Social media marketing is becoming a must for all businesses and organizations. In this introductory class you will get a basic foundation of concepts of what social media is. Why is it marketing and not advertising/sales? What is the real strength of social media for businesses? What is the difference between Facebook and Twitter when used for marketing? We will also cover basic usage of Facebook and Twitter, and a quick introduction to some of the other social media platforms that can be used for business.

1/12-1/26		6:30-8:30PM
3wks	TH	RBHS 302
<b>303323</b>	\$45	STEWART

## Social Media Marketing



### Beyond Beginning

You've taken the Introductory course and now are ready to move on to an in-depth continuation of other social media. We will explore Meetup, Yelp, Foursquare, webCommuniti and others, and their places in a general, locally oriented, social media marketing strategy that can be altered and customized. If you have a Facebook page for your business but no Twitter, or vice versa, this is the class for you.

2/2-3/15		6:30-8:30PM
6wks	TH	RBHS 302
<b>303333</b>	\$89	STEWART

*MS Office 2010*

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**Mendy is an incredibly patient and helpful teacher. The pace was excellent and I learned a lot!**

*Lisa Stuber*

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## Video Game Design with Scratch

new

Stop just playing video games, learn how to design and modify your own exciting arcade-style video games! You'll learn how to control characters, objects and outcomes in your game, then increase the difficulty level and add more features. Graphics design and graphics animation topics will also be covered. Learn how to design your own version of Super Mario Brothers and much more.

1/11-3/14		6:00-8:00PM
9wks	TH	RBHS 303
<b>303343</b>	\$119	TILLYER

### Skills Needed:

**Windows or operating system basic skills include:** launching programs, mouse and keyboard usage, saving files, opening files.

**Word processing basic skills include:** Creating a new document, text entry and editing, font and paragraph formatting (size, style, spacing, and alignment).

**File management basic skills include:** Understanding how files are stored on your computer and how to move and copy files.

**Dreamweaver basic skills include:** Setting up a site, opening files and folders, creating HTML documents, adding images and links, and managing a site.

**Access basic skills include:** Creating and populating tables, creating basic forms, creating queries, and creating and running basic reports.

## You CAN YouTube

new

You CAN upload videos to YouTube. You CAN embed these videos onto your Facebook page or onto your website. Come and be surprised at how easy it is. Bring a 16gb USB stick with you to class.

2/16		6:00-8:00PM
1day	TH	PAS 601
<b>303353</b>	\$19	HERTIG

**Excel basic skills include:** Worksheet creation, entering text and numbers, creating formulas and simple functions, font and cell formatting, and editing cell entries.

**Excel intermediate skills include:** Ability to work with large worksheets, using 3-D references, and creating more advanced functions such as lookup and financial.

**PhotoShop basic photo editing skills include:** Bringing picture files into the program, cropping, resizing, using various selection techniques, and working with layers.

**A strong accounting background refers to:** Strong understanding of debits and credits, knowledge of adjusting entries, and knowledge of the accounting cycle.

**Internet basic skills include:** Navigation to Web sites, using the navigation buttons (back, refresh, etc.), and conducting a basic Internet search using a site such as Google.

*Excel: Intermediate/Advanced*

**Tammy gave clear instructions. She had great hands-on practice. She was organized and provided good value for the money spent.**

*Jotika Bajpai*

## COOKING

If you want to spend time in the kitchen providing nourishing meals—you've come to the right place. Our winter program should prove to be very fun, interesting and tasty.

### A Louisiana Cajun Meal

new

Have you wondered where the name Creole came from? It's the cuisine and culture of one of our country's most southern states-Louisiana-where the custom cooking of France, Spain, Africa, and the Caribbean meld into a unique New World Cuisine. Come and be a part of this unique experience as our Southern chef demonstrates how to create and use a universal rustic rub that can be used in a number of dishes that will wow your taste buds. We will prepare shrimp and grits, sausage and chicken gumbo, and beignets for dessert. You don't want to miss this cooking experience! Come prepared to cook with a good cutting knife, an apron, three kitchen towels and storage containers to take the leftovers with you.

3/12		6:00-9:00PM
1day	M	RBHS 807
<b>104603</b>	\$45	BROWN

### Bread for Beginners

new

Who can resist the smell of freshly baked bread? Learn the secrets of working with yeast and flour to develop your own incredible breads. In this class we will be making and baking focaccia, as well as preparing a dough to take home and bake at your convenience. Bring a container for the remains of your focaccia, a cookie sheet to transport your fresh dough home, a small sheet pan with sides (approximately 9"x13"), three kitchen towels, a chef's knife and an apron.

1/11		6:00-9:00PM
1day	W	RBHS 807
<b>103783</b>	\$35	JAMESON

### Braised Shortribs

new

Imagine the flavor and texture of boneless short ribs. We'll make ribs accompanied with roasted baby heirloom carrots, cippolini onion followed by creamy Yukon gold and parsnip puree. Bring an apron, chef's knife, three kitchen towels and containers to transport your creations home.

1/10		6:00-9:00PM
1day	T	RBHS 807
<b>104673</b>	\$45	NAVARRETE

### Date Night

new

#### Romancing Your Sweetheart

Just in time for Valentine's Day, stir up some romance in the kitchen preparing a delightful dinner with your special someone. This menu promises to thrill you with deliciously decadent dishes such as a gourmet salad, crab cakes, creamed spinach, and a fabulous dessert... now that's a dinner to remember! Come prepared to cook with a good cutting knife, an apron, and storage containers or storage bags to take the leftovers with you.

2/6		6:00-9:00PM
1day	M	RBHS 807
<b>104573</b>	\$45	BROWN

### Exploring Thai Cuisine

Would you like to experience cooking Thai signature dishes? Tom Yum Kung (spicy and sour lemongrass soup with mushroom and shrimp), Kao Pad Kai (Thai fried rice with garlic, egg, onions, mixed vegetables and chicken) and Thai Iced Tea await your exploration. This is the perfect way to start your journey into Thai cuisine.

1/19		6:00-9:00PM
1day	TH	RBHS 807
<b>104233</b>	\$39	NA-SONGKHLA

## Girl's Night Out

### Comfort Food

Laugh and learn with your girlfriends during a lively "Girl's Night Out" workshop. With incredible recipes from all over the country, you are sure to have a blast. So gather your girlfriends and join us for an entertaining and educational evening. Or, come alone to make new friends—you deserve a night out! Come prepared to cook with a chef's knife, an apron, three kitchen towels and storage containers to take the leftovers with you.

3/5		6:00–9:00PM
1day	M	RBHS 807
<b>104593</b>	\$45	BROWN

## Gorgeous Galettes

A galette is a rustic open face pie, simple and quick to make and a great dessert for Thanksgiving or any occasion. They are simpler than making pies, twice as beautiful and just as good! In this class you will make and bake a sweet galette, a savory galette and make a dough to take home. Please bring a cookie/sheet pan, three kitchen towels, a container for your dough and any leftovers, a chef's knife and an apron.

2/8		6:00–9:00PM
1day	W	RBHS 807
<b>104433</b>	\$35	JAMESON

## Healthy Thai Food

If you enjoy eating healthy Thai food, tonight's fare will definitely serve your palate well. Por Pai Sod (Thai fresh spring rolls topped with sweet and sour brown sauce), Yum Woon Sen (glass noodle with ground pork in chili lime juice), and Kai Pad Khing (stir fried chicken with fresh ginger), together with steamed Jasmine rice are this evening's fare. These light and fresh dishes are delicious and healthy for you too!

3/1		6:00–9:00PM
1day	TH	RBHS 807
<b>104263</b>	\$39	NA-SONGKHLA

## It's Game Day!

Let's take the party up a notch! Just in time for Superbowl XLVI, even if you're not a sports fan, but just enjoy a rowdy football party with friends and good food, our casual gourmet finger foods will have everyone cheering. Whether you're going with small bites, finger foods, or a major spread for the pros, we'll share some tips on creating and preparing the perfect menu. You'll make pulled pork nachos, hot buffalo chicken dip, and outrageous chocolate pecan pie bars! This is a hands-on cooking class, so please come prepared to cook with a good cutting knife, an apron, and storage containers to take the leftovers with you.

1/23		6:00–9:00PM
1day	M	RBHS 807
<b>104563</b>	\$45	BROWN

## Roasted Vegetable Coconut Curry

Curry is a fun and varied dish. Come and learn about coconut curry. We'll serve it with Basmati rice and grilled flatbread. We'll also make roasted acorn squash. Bring an apron, a chef's knife, three kitchen towels and containers to transport your creations home.

2/7		6:00–9:00PM
1day	T	RBHS 807
<b>104643</b>	\$39	NAVARRETE

## Stuffed Breads

You can make a delectable calzone and stromboli at home! In this class we will learn some basic dough making techniques, as well as how to fill, form and bake them. Bring a container and cookie sheet for leftovers, three kitchen towels, a chef's knife and an apron. No prior bread making experience is necessary.

1/25		6:00–9:00PM
1day	W	RBHS 807
<b>104413</b>	\$35	JAMESON

**Szechuan Crispy Beef**



Don't be intimidated by cooking Chinese food. Let's make Szechuan crispy beef with steamed white rice, a sauteed rapini with ginger, garlic and sesame. Bring an apron, a wok if you have one, a chef's knife, three kitchen towels and containers to transport your creations home.

3/6 6:00-9:00PM  
 1day T RBHS 807  
**104663** \$45 NAVARRETE

**Traditional-Style Paella with Seafood**



Paella is considered by many as the national dish of Spain. Come and see how easy it is to prepare. We'll load our paella up with shrimp and mussels as well as linguica sausage and saffron rice. Bring an apron, a chef's knife, three kitchen towels and containers to transport your creations home.

1/31 6:00-9:00PM  
 1day T RBHS 807  
**104633** \$45 NAVARRETE

**Thai North-Eastern Feast**



E-Sarn, a region of northeastern Thailand, is highly regarded for its flavorful food. Enjoy an evening making some amazing dishes such as: Som Tam (green papaya salad), Laab Moo (minced pork in spicy lime juice with roasted rice powder) and Kai Ta Krai (grilled lemongrass chicken) together with steamed sticky rice.

2/2 6:00-9:00PM  
 1day TH RBHS 807  
**104543** \$39 NA-SONGKHLA

**Whole Wheat Breads**



Working with 100% whole wheat can be a challenge. In this class you will learn about the techniques needed to work with whole wheat as well as how to use natural enhancers necessary for a well-risen wheat loaf. If time allows we will bake your loaf in class, if not, you will have the knowledge to finish your loaf at home. Bring a 9"x5" bread pan, two 2-cup containers with a lid, three kitchen towels, and large bowl or container to take some dough home.

**Pre-Requisite:** Taking any prior bread making class, including Bread for Beginners, the Perfect Pizza at Home, Stuffed Breads. You must have some experience and understanding of yeast and bread-making from home baking.

3/7 6:00-9:00PM  
 1day W RBHS 807  
**104423** \$35 JAMESON

**Thai-Some Like it Hot**



If you like spicy food, you'll love this night of cooking. We'll prepare Kiew Wahn Kai (Thai green curry chicken), Moo Tod Gratiem (Thai fried pork chop with garlic and white pepper) and Krabueng Talay (crunchy spring roll sheets layered with a combination of ground pork and shrimp) together with Jasmine rice.

2/16 6:00-9:00PM  
 1day TH RBHS 807  
**104553** \$39 NA-SONGKHLA

**Winter Appetizers**



Join us as we explore the wonders of winter appetizers that are fabulous and tasty! Tonight's menu will include: roasted artichoke parmesan dip, sauteed mussels with caramelized onion and roasted garlic aioli and parsnip and carrot crisp with sea salt. Bring an apron, a chef's knife, a vegetable peeler, three kitchen towels and containers to transport your creations home.

1/17 6:00-9:00PM  
 1day T RBHS 807  
**104613** \$39 NAVARRETE

## Winter Salads

new

Winter fruits and vegetables make great salads! Enjoy Jerusalem artichoke and fingerling potato salad, Mixed greens and apple salad with pancetta and candied pecans. Bring an apron, a chef's knife, three kitchen towels and containers to transport your creations home.

2/28		6:00-9:00PM
1day	T	RBHS 807
<b>104653</b>	\$35	NAVARRETE

## Winter Soups

new

Nothing is more inviting than a loaf of crusty bread and a bowl of hot delicious soup. Don't you agree? Join us as you learn the art of making the perfect meal with delicious soups that are both simple and complex in nature. Tonight's menu: Roasted Carrot and Butternut Squash soup, Potato and Leek Soup and Roasted Corn Chowder. Bring an apron, a chef's knife, cutting board, large stock pot, three kitchen towels and containers to transport your creations home.

1/24		6:00-9:00PM
1day	T	RBHS 807
<b>104623</b>	\$35	NAVARRETE

## Healthy Thai Food

*Delicious, easy to prepare. Excellent instructor who is friendly and funny.*

## Wrap It Up:

new

### Yummy and Delicious Food Gifts

HAPPY HAPPY JOY JOY is exactly what people feel when you grace them with an adorned gift that is edible! This class will offer instructions on how to bake fruit-filled loaves, cakes, brownies, muffins, bars and more that can be given as teacher's gifts, secretary, bosses and hostess gifts and more-made with a lot of heart and soul. Better than that, learn how to wrap, bag, package and store these foods applying your own signature touch that makes them extra special. These goodies will leave everyone's taste buds salivating and they'll be calling you for more because they taste like you've labored over them for hours! Come prepared to cook with a good cutting knife, an apron, and storage containers or storage bags to take the leftovers with you.

2/27		6:00-9:00PM
1day	M	RBHS 807
<b>104583</b>	\$55	BROWN



Enjoy cooking in the kitchen with friends and family.

## DANCE

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Get some exercise, socialize and most importantly have fun! We offer dance modes for individuals and partners. Laugh, move and smile.

### Ballet Folklorico de Mexico



#### Beginning

Have you had the pleasure of watching Mexican dancers in Old Town San Diego? Did you admire the gracefully sweeping skirts and hear the rhythm of the steps to the music? Please join us in this new class and participate in this beautiful form of dance expression. Participation will put a smile on your face and a bounce in your step. Wear comfortable clothing and shoes. For ladies, a 1 ½ inch heel height is recommended but not required and a practice skirt can be added later.

1/10-3/13		6:00-7:30PM
9wks	T	CV MPR
<b>805673</b>	\$79	GHAIBI

### 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. If you decide to bring a partner, they must register separately.

1/11-2/15		6:00-7:30PM
6wks	W	TBK MPR
<b>801103</b>	\$49	KOLLENBORN

### *Beginning Belly Dancing*

**Great class! So much fun. I will definitely recommend this class to all my friends.**

*Laura Merrill*

### Belly Dancing

#### Beginning

It's time to get in shape this winter. Sohaila will teach you authentic dance moves and combinations from the Middle East, while getting a complete body workout! Wear ballet or jazz shoes or socks and bring a sache (scarf) to wear around your hips.

1/23-3/12		6:30-7:45PM
7wks	M	WW MPR
<b>801113</b>	\$45	HANDELSMAN

#### Intermediate

Now build on what you learned in beginning belly dancing. You'll take the fundamental moves taught in the beginning class, add transition moves and learn to combine the moves with the music. Use of veils and zills will also be taught. Students are encouraged to take beginning belly dancing prior to intermediate.

1/23-3/12		7:45-9:00PM
7wks	M	WW MPR
<b>801333</b>	\$45	HANDELSMAN

### East Coast Swing

"You make me feel like dancin' the night away!" Be ready to swing and spin. This is a wonderfully fun swing dance. It requires comfortable shoes and light clothing. Bring a partner. Each must register separately. You'll love the patterns, and be back for more!

1/10-2/14		6:00-7:30PM
6wks	T	TBK MPR
<b>801133</b>	\$49	KOLLENBORN

## Emphasis on Waltz

### Introduction

We will concentrate on this easy and graceful slow dance for three weeks of fun. Bring a partner if you can. Each must register separately.

2/28-3/13		7:30-9:00PM
3wks	T	TBK MPR
<b>804743</b>	\$29	KOLLENBORN

## 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 of you must register separately. Wear comfortable shoes that stay firmly on your feet.

1/10-2/14		7:30-9:00PM
6wks	T	TBK MPR
<b>801063</b>	\$49	KOLLENBORN

## Exclusively Salsa

Immerse yourself in pure Salsa for fun. We'll learn the basic dance patterns. No experience required. Techniques of connection, lead/follow and partnering are included. Wear shoes that stay on your feet. Everyone can learn this popular dance!

1/11-2/15		7:30-9:00PM
6wks	W	TBK MPR
<b>804553</b>	\$49	KOLLENBORN

## Foxtrot

new

### Introduction

Enjoy three weeks of basic boxsteps, "ladder", rhythm and turns. We will have plenty of time for practice and getting used to partnering.

2/29-3/14		7:30-9:00PM
3wks	W	TBK MPR
<b>805683</b>	\$29	KOLLENBORN

## Let's Dance

### Beginning

Do you want to get out and dance and have a good time? Join us and learn the basic dance patterns. This term we will focus on the Bachata. No experience required. The last class will be a party for applying your new skills. Partners are recommended, but not required. If you decide to bring a partner, they must register separately.

1/19-3/15		7:00-8:00PM
8wks	TH	BHMS MPR
<b>801453</b>	\$45	MACCORMACK

## Let's Dance

### Intermediate

You loved Let's Dance Beginning-let's do more. We'll focus on the Swing and the Quick Step. Improve and add to your dance skills. Partners are recommended, but not required. If you decide to bring a partner, they must register separately.

1/19-3/15		8:00-9:00PM
8wks	TH	BHMS MPR
<b>801463</b>	\$45	MACCORMACK

## Line Dancing

### Level 1

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

1/10-3/6		6:30-7:30PM
8wks	T	RH MPR
<b>801083</b>	\$45	BOSSALLER

1/11-3/7		6:15-7:15PM
8wks	W	CH MPR
<b>804623</b>	\$45	BOSSALLER

new

## Line Dancing

### Level 1.5-Transitional

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 welcome too; you'll enjoy learning some great new dances!

1/10-3/6		7:30-8:30PM
8wks	T	RH MPR
<b>805663</b>	\$45	BOSSALLER

## Night Club 2-Step

### Introduction

Enjoy this pleasant flowing dance, similar to a waltz (not the country two step). You will dance to slower more romantic music like "Lady in Red". This is an easy dance to learn to lead and follow. Recommended for celebrations of all kinds, including wedding dances. Partners are suggested and must register separately.

2/28-3/13		6:00-7:30PM
3wks	T	TBK MPR
<b>804373</b>	\$29	KOLLENBORN

new

## Modern Square Dancing

Square Dancing is a great evening out! You'll feel good, meet some new people, smile, laugh and get some exercise. You'll be learning the first 32 dance moves at the basic level of Square Dancing. Partners are recommended but not required. Casual dress and shoes that pivot will make you more comfortable. Invite a friend-the more the merrier!

1/10-3/13		7:00-8:30PM
9wks	T	BHMS MPR
<b>804973</b>	\$65	HOLMES

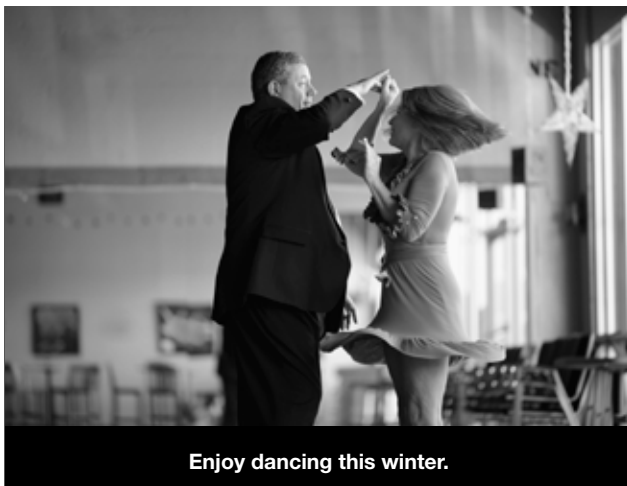
new

## Rumba

### Introduction

Getting your hips involved in cucarachas is really fun. More fun, tongue and cheek moves make this dance great.

2/29-3/14		6:00-7:30PM
3wks	W	TBK MPR
<b>805693</b>	\$29	KOLLENBORN



Enjoy dancing this winter.

## FITNESS

Stretch, tone, hit the ball, bend, lift, live organically—there are a lot of options for physical health that can improve your mental and physical health. Select one or several classes and enrich your life.

### 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.

1/11–3/14		11:05–12:35PM
9wks	W	PAS 503
<b>803003</b>	\$99	CRETELLA
1/23–3/12		8:45–10:15AM
7wks	M	PAS 503
<b>804533</b>	\$79	CRETELLA
1/23–3/12		10:20–11:50AM
7wks	M	PAS 503
<b>804963</b>	\$79	CRETELLA

### 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 should be able to easily transition from standing to sitting to lying down postures.

1/12–3/15		10:05–11:30AM
9wks	TH	WHS Annex 4
<b>801503</b>	\$99	CRETELLA

### 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 should be able to easily transition from standing to sitting to lying down postures.

1/10–3/13		9:35–11:05AM
9wks	T	PAS 503
<b>801583</b>	\$99	CRETELLA
1/10–3/13		6:00–7:15PM
9wks	T	CR MPR
<b>803083</b>	\$85	SIMPSON
1/12–3/15		8:45–10:00AM
9wks	TH	WHS Annex 4
<b>801683</b>	\$85	CRETELLA

### Have A Ball and Want To Use It?

If you have an Abs ball or have thought of getting one, come to class and put it to good use. The Stability Ball (Swiss, Abs, Therapy) is one of the most effective and inexpensive pieces of equipment to train the muscles of the body. You can get a complete workout in the hour class. It will train your core muscles to aid in balance, increase strength and improve posture. Bring your ball, a sticky yoga mat and/or towel. You'll love the 10-minute stress-reduction session ("centering") at the end of every class.

1/17–3/13		6:00–7:00PM
8wks	T	SC MPR
<b>801433</b>	\$65	MIYASAKI

## Healing Qigong

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Now you can learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization and self-massage. Regular practice of Qigong can reduce stress, improve balance and coordination, prevent illness and nurture a peaceful mind. Qigong can be practiced both standing and sitting in a chair. Wear soft, comfortable clothing.

1/12-3/15		6:15-7:30PM
9wks	TH	PAS 503
<b>802073</b>	\$85	HOTALEN

## Pilates Mat

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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.

1/11-3/14		10:00-11:00AM
9wks	W	PAS 503
<b>801713</b>	\$69	CRETELLA
1/23-3/12		5:30-6:30PM
7wks	M	OVMS MPR
<b>801723</b>	\$55	CRETELLA

## *Pilates Mat*

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***This class is the perfect amount of work intensity for me. I really feel the effort but it isn't so hard that I can't do it.***

*Tracey Proulx*

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## Pilates/Yoga Fusion

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Do you want an invigorating yet calming workout but can't decide between Yoga and Pilates? Now you don't have to! This class format combines core stability benefits from Pilates with the flexibility and peace of mind aspects of Yoga. Both disciplines will strengthen, tone and elongate your muscles as well as focus your mind. The class ends with a traditional ten minute relaxation pose to renew mind, body and spirit. Please bring a Pilates and/or Yoga mat.

**IMPORTANT NOTE:** Participants should be able to easily transition from standing to sitting to lying down positions.

1/11-3/14		6:00-7:30PM
9wks	W	WHS Annex 4
<b>803033</b>	\$99	CRETELLA

## Tai Chi Easy

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### Early Risers

Have you been wondering if Tai Chi is for you? Have you studied Tai Chi in the past and want to brush up on your practice? These Tai Chi Easy early mornings are the perfect way to begin! Tai Chi Easy combines movement with meditation, bringing balance, harmony and alignment to the body and mind. Tai Chi Easy is a carefully developed method and approach to Tai Chi that makes it easy, beneficial and fun--right away. Students learn beautiful movement practices designed to emphasize the cultivation of inner strength, improve balance, calm the mind and restore the body to its natural state of health. Wear soft, comfortable clothing and flat-soled shoes or socks. Please bring a bottle of water.

1/10-3/13		7:45-8:45AM
9wks	T	PAS 503
<b>804843</b>	\$69	HOTALEN

## Tennis 1

### Beginning

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. Bring a tennis racket.

1/14-3/10		8:00-10:00AM
8wks	S	WHS Tennis Courts
<b>801603</b>	\$115	CRETELLA

## Tennis 2

### Struggling Intermediate

Surprise yourself as you learn to make your shots more reliable and consistent. Review the basics and fine-tune your strokes. Learn when and how to win points, specialty shots and trick shots. Bring a tennis racket.

**Pre-Requisite:** Some control of the tennis ball.

1/14-3/10		10:00AM-12:00PM
8wks	S	WHS Tennis Courts
<b>801703</b>	\$115	CRETELLA

## Tennis 3

### Drills And Games

More effective and more fun than just playing tennis! In this advanced class, you will fine-tune your movement and hit the ball better. Games include Offense/Defense, Olympics and 4-Square. Bring your own tennis racket.

**Pre-Requisite:** Decent control of the tennis ball.

1/14-3/10		12:00-2:00PM
8wks	S	WHS Tennis Courts
<b>801793</b>	\$115	CRETELLA

## 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 high energy 60-minute workout, increasing muscle tone, shaping and defining your total body, increasing your energy level as well as meeting new people! Resistance bands will be made available for class. Optional hand weights may be used. Please bring a towel or mat as well as water and a great attitude...We'll supply the rest!

1/23-3/12		6:00-7:00PM
7wks	M	CR MPR
<b>802023</b>	\$55	TAYLOR

1/11-3/14		6:00-7:00PM
9wks	W	SC MPR
<b>804023</b>	\$69	TAYLOR

## Yogazander

End your day relaxed, refreshed and deeply centered in this unique approach to Yoga! Practice gentle breathing exercises and classical yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will enable you to softly release muscle tension allowing your body to flow into an easy, natural alignment. Discover more ease and freedom in each pose awakening new levels of body awareness. Enjoy less stress and more flexibility on the yoga mat and in everyday life. Please bring a yoga mat and a small blanket or beach towel.

1/11-3/14		6:00-7:30PM
9wks	W	PAS 503
<b>804853</b>	\$99	HOTALEN

**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. Resistance training helps tone and sculpt your body while burning fat.

1/12-3/15		6:00-7:00PM
9wks	TH	OVMS MPR
<b>804863</b>	\$69	SIQUEIRA
1/10-3/13		6:00-7:00PM
9wks	T	OVMS MPR
<b>804823</b>	\$69	SIQUEIRA
1/23-3/12		6:00-7:00PM
7wks	M	SC MPR
<b>805703</b>	\$55	SIQUEIRA

**Zumba**

**Let's Kick It Up A Notch!**

You have learned the basics, or have been doing Zumba for a while, you are ready to move to the next level. In this class you can expect continuous movement.

1/12-3/15		7:15-8:15PM
9wks	TH	OVMS MPR
<b>805563</b>	\$69	SIQUEIRA

*Tennis I*

**The instructor is very patient. He really helped a total beginner, like me.**



**Join other tennis players this winter and work on your forehand, backhand and serve.**

## LANGUAGES

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Take up a new language or revisit one you have abandoned for a while. You can do it whether it's for travel, fun, socialization or brain exercises—learning a language in one of our classes is low stress and fun.

### American Sign Language

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#### Multi Level

Are you a beginner or a little beyond that? Do you want to learn how to communicate with Deaf people in American Sign Language? Come and learn how. Topics will include, but are not limited to, manual alphabet, greeting and basic conversation, describing family and relations, and ASL grammar. Class is designed as a full immersion course.

1/10-3/13                      6:00-7:30PM  
9wks                      T                      RBHS SW6  
**601423**                      \$85                      HICKS

### French

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#### Beyond Beginning

Savoir-faire, Joie de vivre, voilà, etiquette... sound very familiar to you? Do you want to give a boost to your French skills? You've taken French Level I, and now you are ready to move on to the second half of the text and some additional areas of French learning. We've revised this class to make the transition out of Level I easier. See you in class! Be prepared to have fun! Recommended text: Learn French the Fast and Fun Way, Third Edition, ISBN 0-7641-2559.

1/10-3/13 (no class 1/31)    6:30-8:00PM  
8wks                      T                      RBHS SW3  
**601313**                      \$79                      PHILIPPE

### French

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#### Beginning Conversation 1

Parlez-vous francais? Oui! This course is an introduction and practice of basic conversational French for you, the beginner, and a refresher for those with some knowledge of French. You'll enjoy an evening out learning French language and culture. Recommended text: Learn French the Fast and Fun Way, Third Edition.

1/11-3/14                      6:30-8:00PM  
9wks                      W                      RBHS SW4  
**601073**                      \$85                      METTENLEITER

### German

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#### Beginning Conversation 1

Hallo Freunde! Making conversation in German is easy. Learn key phrases and customs in a fun way. You'll be surprised at how much you already know. No experience required. Recommended text: Learn German the Fast and Fun Way. ISBN-13:978-0-7641-2540-9

1/10-3/13                      6:00-7:30PM  
9wks                      T                      RBHS SW4  
**601153**                      \$85                      METTENLEITER

### American Sign Language

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**Jasun is a great teacher and he created a safe, comfortable and fun environment. Thank you!**

*Denise Welsh*

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### German

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#### Beginning Conversation 2

Improve upon your knowledge of Beginning German. Fun exercises will boost your conversational abilities and immerse you in German culture. Recommended text: Learn German the Fast and Fun Way. ISBN-13:978-0-7641-2540-9

1/10-3/13                      7:30-9:00PM  
9wks                      T                      RBHS SW4  
**601453**                      \$85                      METTENLEITER

## 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. You’ll be able to utilize the basic conversational and grammar tools, necessary to communicate and understand. Recommended text: Italian Made Simple: Revised and Updated, ISBN: 0767915399, by Cristina Mazzoni.

1/10–3/13		7:30–9:00PM
9wks	T	RBHS SW5
<b>601103</b>	\$85	DI BELLA

## Italian

### Intermediate

You can continue learning Italian with this “beyond beginning” class, aimed at deepening the textbook program. Your pronunciation and vocabulary will improve by working on your ability to speak and write effectively. Recommended text: Italian Made Simple: Revised and Updated ISBN: 0767915399, by Cristina Mazzoni.

1/11–3/14		6:00–7:30PM
9wks	W	RBHS SW1
<b>601113</b>	\$85	MARBURGER

## Italian

### 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 verbs tenses; additional material will be used. Recommended text: Italian Verb Tenses by Paola Nanni-Tate, ISBN: 0-07-145138-2

1/10–3/13		6:00–7:30PM
9wks	T	RBHS SW5
<b>601323</b>	\$85	DI BELLA

## Spanish

### Beginning Conversation 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.

Recommended workbook: Spanish Now, Level I, 7th Edition.

1/10–3/13		6:00–7:30PM
9wks	T	RBHS SW2
<b>601043</b>	\$85	TORCHIN
1/12–3/15		6:00–7:30PM
9wks	TH	RBHS SW2
<b>601053</b>	\$85	TORCHIN

## Spanish

### Beginning Conversation 2

You’re ready for the next step. It is recommended that you take the Conversation 1 class first. This class is for continuing beginners, or students with prior knowledge of Spanish and wanting to continue in their studies. Emphasis is on everyday social conversation using a more sophisticated vocabulary. Grammar is minimal. Recommended workbook is: Spanish Now Level 1, 7th Edition.

1/10–3/13		7:30–9:00PM
9wks	T	RBHS SW2
<b>601093</b>	\$85	TORCHIN

## Spanish Immersion

### Beginning

Enhance your comprehension, speaking, reading, pronunciation and vocabulary in this introduction class. Minimal English will be spoken in class. Recommended text: Spanish Now, Level 1, 7th Edition.

1/23–3/12		6:20–7:50PM
7wks	M	RBHS SW9
<b>601443</b>	\$65	HAIKALIS

## Spanish Immersion

### Intermediate

You will really be able to practice your Spanish language skills in this class. We will emphasize: comprehension, speaking, reading, pronunciation and composition. You can do it! Recommended text is: Spanish Now, Level 1, 7th Edition.

**Pre-Requirement:** Spanish Immersion Beginning

1/11-3/14		6:20-7:50PM
9wks	W	RBHS SW9
<b>601463</b>	\$79	HAIKALIS

## Spanish Immersion

### Advanced

Spanish will be spoken in this class that focuses on: comprehension, speaking, reading, pronunciation and composition. See you in class! Recommended text: Read and Think Spanish, ISBN:978-007-147492-4

**SKILLS NEEDED:** Knowledge of Spanish

1/10-3/13		6:20-7:50PM
9wks	T	RBHS SW9
<b>601183</b>	\$79	HAIKALIS

## SPECIAL INTEREST

This category of classes is a collection of all sorts of interesting odds and ends. You'll find topics such as gardening, acting, music, college questions and writing. We cast our net and scooped up a great collection of topics.

### Be Your Own Boss

Have you dreamed about being your own boss? Perhaps you're further along and actually have an idea that needs to be brought to life. Join us for this informative class which lays the groundwork from entrepreneurship, business start up, business plan and all the factors contributing to business success. This former community college instructor can help you put your idea into action!

1/11-2/15		6:00-9:00PM
6wks	W	RBHS SW5
<b>103853</b>	\$129	APGER

### Become a Mystery Shopper

#### And Other Fun Ways to Earn Extra Income

Mystery shopping is a splendid way for you to earn extra money and have fun at the same time. Shoppers receive assignments from companies that do business evaluations at a variety of businesses. We will explore how mystery shopping works, what types of assignment forms are used, do's and don'ts of completing an assignment, how to get into the "shoppers network" and how to avoid scams. You will leave this class prepared for your new and exciting journey. Course fee includes a handbook.

1/25		10:00AM-1:00PM
1day	W	PAS 502
<b>104463</b>	\$45	MORAN

1/25		6:00-9:00PM
1day	W	RBHS SW2
<b>104483</b>	\$45	MORAN

## 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. Check out our website for additional information at [www.powaysymphony.org](http://www.powaysymphony.org).

1/23-3/12		5:45-6:45PM
7wks	M	MCHS Band Room
<b>102863</b>	\$35	REINER

## Community 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 the standard symphonic literature, as well as being provided the opportunity to accompany accomplished soloists from the community. No audition is required, but please contact the conductor for entrance into limited positions (woodwind and brass). For more information regarding the group please visit our website at [www.powaysymphony.org](http://www.powaysymphony.org).

1/23-3/12		7:15-9:15PM
7wks	M	MCHS Band Room
<b>102073</b>	\$79	TORNS

## Do Opposites Really Attract?



When it comes to finding a mate, is it true that opposites really attract? Discover the nine secrets to attracting the right person into your life and determine if your future mate really will have traits the opposite or the same as yours.

1/13-3/2		6:30-8:00PM
7wks	TH	RBHS SW6
<b>104513</b>	\$89	BERNEY

## Easy Steps to Magazine Writing



Have you always wanted to write for magazines? Do you dream of seeing your byline on a magazine article? This intensive course will teach you how to break into the magazine marketplace. It will touch upon various forms of writing for magazines: including special sections, features, columns, interviews, reviews and more. This course is taught by a professional publisher and editor-in-chief. Student work will be considered for publication in upcoming issues of a local magazine.

1/10-1/31		6:00-8:30PM
4wks	T	RBHS SW7
<b>104273</b>	\$79	HABERT

## Enhance ESP with Hypnosis

---

Develop your innate gift of healing, intuition and perception using hypnosis to create an "open channel" to the remarkable power of your mind. Did you know that every decision you make is partly based on intuition? Would you like to "read" and understand people better? Is your 6th sense suffering from a lack of confidence? Unlock the natural ability you are endowed with and explore its many uses. This class is based on the teachings of Laura Day, a renowned psychic.

1/23-3/5		6:30-8:30PM
6wks	M	PAS 503
<b>803043</b>	\$89	SWAN

## Garden and Soil Basics

---

Early spring is a great time to dig your fingers in the earth and prepare for a colorful summer garden. We'll explore gardening basics including soil, compost, tools and irrigation. We'll discuss gardening design ideas also. Join us and get ready for Spring!

1/21		9:00AM-12:00PM
1day	S	PAS 401
<b>103913</b>	\$29	SAVILLE

## Grab a Guitar and Jam

---

### Adults and Teens

Do you want to play guitar and need help getting started? Designed for beginning players, you'll be able to play music soon. You'll practice techniques that will keep you learning even after this class. Teens 14 years and older are welcome.

1/14-3/17		9:00-11:00AM
9wks	S	PAS 502
<b>101493</b>	\$129	HAMILTON

## Grab a Guitar and Jam

---

### Kids

Tired of playing "air guitar"? Then it is time to grab that acoustic guitar you have, clean it off and put it to use. Designed for absolute beginners, you'll soon know all you need to get started playing any style of music. Learn techniques and resources that will keep you learning even after this class. Children ages 10-13 are welcome.

1/14-3/17		11:00AM-1:00PM
9wks	S	PAS 502
<b>101473</b>	\$129	HAMILTON

## Image Update for Women

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### New Year = New You!

Want a new look in the new year? Whether you're a female executive, a stay-at-home mom or somewhere in between, this class is for you! Come find out how to feel more confident and pulled together just by knowing your most flattering clothing colors and styles for your particular body. Explore how a few basic items added to your wardrobe can give you an up-to-the-minute look. Love getting ready in the morning in 2012!

1/23		6:00-9:00PM
1day	M	RBHS SW3
<b>104323</b>	\$29	MCKEITHAN

## Inventions 101:

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### Patents, Trademarks and Copyright Financial Opportunities

In an economic downturn, there is one thing that hasn't gone down in value: your ideas. This is the best time to be an inventor. In this class taught by a patent attorney, learn about how to take your idea from your head, protect it through some combination of patents, trademarks and copyrights, and try to market it through direct sales of licensing. We'll also cover marketing and promotional approaches, as well as how to avoid the various traps and scams that await inventors. Included is a new section on prototypes, venture capitalists, angel investors and government grants.

2/8-2/15		6:00-9:00PM
2wks	W	RBHS SW6
<b>102203</b>	\$45	HANSCOM

## Irrigation Systems

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Is your home irrigation system not meeting your needs? You can build and maintain an irrigation system that does all the work for you. Let's explore different types of irrigation systems and design a new system or modify an existing system. Come and learn the correct way to build and maintain your irrigation system as well as choosing appropriate plants that require little water. If you have a drawing or photos of any areas of your yard, or plant layouts, size of trees and shrubs and location of main water supply, bring this information with you to class.

2/18		9:00AM-12:00PM
1day	S	PAS 501
<b>102083</b>	\$29	SAVILLE

## Make-up Made Easy

---

If you're spending more time applying your makeup than you would like or just avoiding makeup all together because you're not sure what to do, come learn easy tips and tricks that will help you to have a more polished look and in less time! Makeup can make you look older or younger-it all depends on your choices. Come to class wearing only moisturizer and bring your own cosmetics for hands-on instruction. If you don't already own makeup, the teacher will have some makeup for demonstration that you're welcome to use.

1/30		6:00-9:00PM
1day	M	RBHS SW3
<b>104333</b>	\$29	MCKEITHAN

## NFL for Women

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### Super Bowl Edition

Ladies: Want to learn about football? The playoffs are here and the Super Bowl is approaching. Men love it when their women share in their interests. Join us as we cover the basics of the sport of football in a safe environment where no question is stupid. You'll learn how the game is played, the positions, popular players and teams, and more. It will be interactive and fun. Show off your new football IQ at this year's Super Bowl party!

1/23-1/30		6:30-9:00PM
2wks	M	RBHS MPR
<b>104223</b>	\$39	STONEALL

## Paper Pile-Up

---

Are you overwhelmed with papers? You spread them all out to get organized, and run out of time. Company's coming and yikes! Do you just box them up and hope you remember which box has what? Learn specific steps and secrets used by professional organizers to plow through those stacks and take back control! You will leave with specific strategies for facing your papers with confidence and dealing with them fast!

2/9-2/16		10:00-11:30AM
2wks	TH	PAS 502
<b>103103</b>	\$35	CRUM

## Photo Organizing

---

Have you been taking more photos in recent years but they are all disorganized? It's been reported that 86% of all digital images have never ever left the camera! Might that be you? For others of us, printed photos are sitting in paper bags, some with labels and some without. Come and learn the ABCs of solutions for your photos, and get them organized NOW, before it's too late!

2/2		6:30-8:00PM
1day	TH	PAS 502
<b>104443</b>	\$19	CRUM



## Real Estate

### Buying Investment Properties

Now is a great time to purchase real estate investment properties using a long-term buy and hold strategy! There are many homes available to purchase for a bargain price, interest rates are low, and positive cash flow is readily achievable. Taught by a veteran Real Estate Broker, this class will cover all the basics about buying a residential real estate investment property. Learn how to get started, strategies to find the right deal, making offers and buying, financing options, finding the right tenant, property management options, and tax benefits.

2/9		6:00–8:00PM
1day	TH	RBHS SW3
<b>104193</b>	\$19	WATKINS

## Show Me the Money

### (For College)!

Do you find financial planning and college funding overwhelming and complex? Start the financial aid research now. Find out what you need to know in the much needed area of financial planning for a college education. This is NOT your typical “How to complete the FAFSA” class. We are sharing information with parents that is not being disseminated anywhere else. This workshop will teach you the methodology used in the college financial aid formula, as well as tools and strategies to increase your odds at obtaining financial aid for college. High school student may attend with parent for no fee.

1/31		7:00–8:30PM
1day	T	RBHS SW8
<b>101513</b>	\$19	JOHNSON

## Take Control of Your I.T. Environment



Are you a small business owner who could use some IT help? Are you completely dependent on outside IT consultants and technicians? This course will provide you with a systematic and non-technical approach to understanding and taking executive control of your company’s Information Systems.

1/19–2/2		7:00–9:00PM
3wks	TH	RBHS SW5
<b>104503</b>	\$45	GROSSMAN

## Using Social Media for Your Job Search



Are you tired of submitting resumes over and over again with no interviews? Landing a job in this economy is completely different than ever before. Did you know that 89% of companies used social media for recruiting in 2011? If you are stuck in a rut in your current job search, this timely course is for you. Build your personal brand online, stand out in a crowd, make your online profiles open up job opportunities and harness the power of Twitter, Facebook and LinkedIn.

1/19–2/9		6:00–8:00PM
4wks	TH	RBHS SW4
<b>104523</b>	\$65	RUNYAN

## Voice-Over

### How to Really Make it in Voice-Overs

Voice-overs are hot today! You don’t have to be an actor to get voice-over work, but it certainly doesn’t hurt! One would think that it would be next to impossible to break into this field. Not so! In this class you’ll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business.

3/7		7:00–9:00PM
1day	W	RBHS SW3
<b>101863</b>	\$19	GANGUZZA

## Wedding Planning

new

Whether you want to plan your own wedding or become a wedding planner, this is a class you shouldn't miss. Our professional wedding planner will explain how to plan and coordinate a wedding and provide tools and information to help you reach your goal in just a few short, entertaining hours.

1/23-2/13		6:00-9:00PM
4wks	M	RBHS SW2
<b>402173</b>	\$95	PICKETT

## Why You Act the Way You Do

new

So you're not perfect, now what? Come and find out what makes you and others "tick". You will receive some quick and easy tools to plug into your powerful self and find a clearer understanding of your natural hard-wiring. Best of all, you'll have the opportunity to experience immediate results!

1/18-2/8		6:30-8:00PM
4wks	W	RBHS SW8
<b>104493</b>	\$65	HEINEMANN

## Writer's Workshop

Do you have a book or article that you have been working on, but can't seem to complete? Do you need to hone your writing skills and would enjoy the input of fellow writers? Are you currently writing, but are experiencing writer's block and can't complete that project. This writer's workshop can help you to finish your book or article and get it ready to send out to publishers or agents. This is an interactive course where students get to share their work and actively work on improving their writing. Class will also touch upon how to get an agent, or publisher once you are ready to submit your professionally completed manuscripts. Please come to class with your project from week one, so we can get started. This class is taught by a professional writer and editor.

2/2-3/8		6:00-8:30PM
6wks	W	RBHS SW7
<b>101023</b>	\$95	HABERT

## Xeriscape: Water Saved is Dollars Saved

Your water bill is still high--what can be done to lessen it? Maybe it's time to rethink your landscaping. Incorporate California native and drought tolerant plants into your yard. Save additional time and money using nature's refuse. Also, learn what to plant in difficult areas of your yard, then go home and put your knowledge to work to beautify your yard!

1/28		9:30AM-12:30PM
1day	S	PAS 401
<b>101243</b>	\$29	KRIEGER

## Yes, You Really Can Sell!

Do you want to increase your success and gain a competitive edge in any situation? You can be successful using simple sales techniques. Selling is a way of life whether you're selling yourself in a job interview, selling an idea at work or with family, selling your product or preparing for a career in sales. Learn new skills or enhance your selling skills by practicing and role-playing in a safe, fun and supportive environment.

1/12-2/2		6:00-8:30PM
4wks	TH	RBHS SW1
<b>104053</b>	\$79	JAMES

## You Can Write a Song

new

Have you always wanted to write a song but have no idea how to get started? Anyone can write a song, even if you don't play an instrument or read music! This course, will take you through the steps of writing a song, constructing catchy melodies, crafting compelling lyrics or creating a crafty jingle for a commercial and keeping your listeners glued to their iPods.

1/11-3/7		6:00-8:00PM
8wks	W	RBHS SW7
<b>103553</b>	\$115	HAMILTON

## UNIFORM COMPLAINT PROCEDURE

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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 4600-4671)

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

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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

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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:

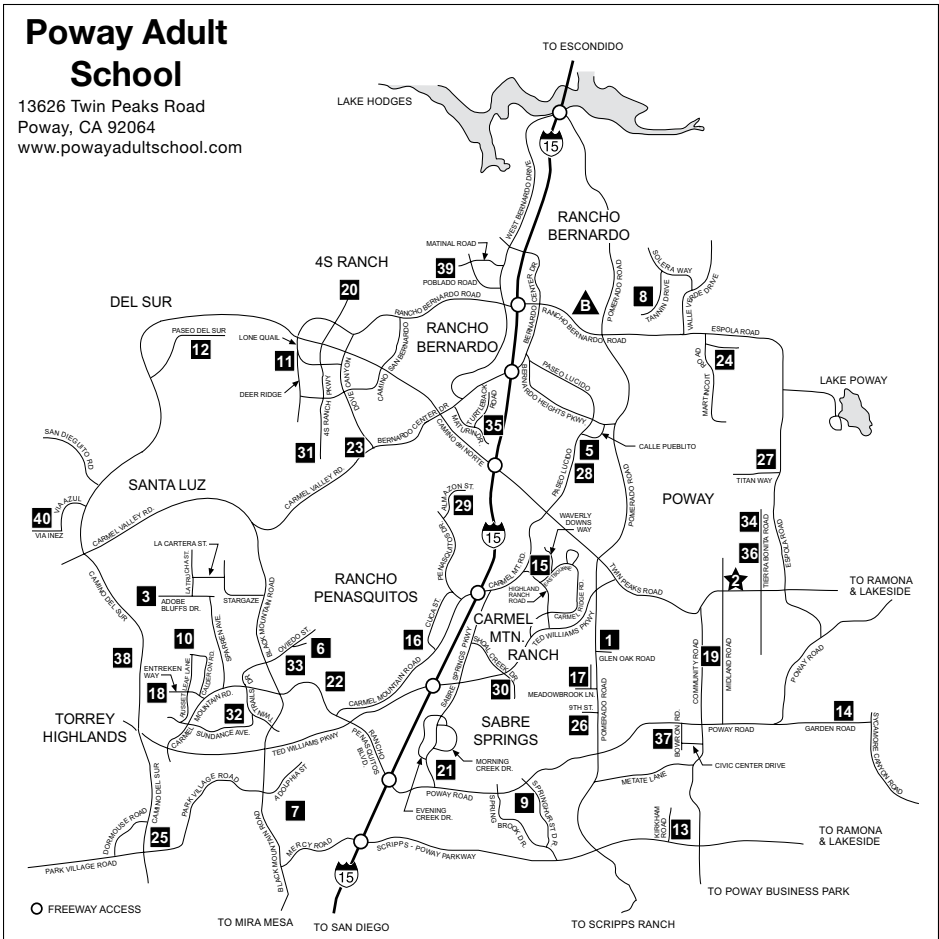
State of California  
Department of Education  
State Superintendent of Public Instruction  
P.O. Box 944272  
Sacramento, CA 94244-2710

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:

Bill Chiment  
Assistant 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.

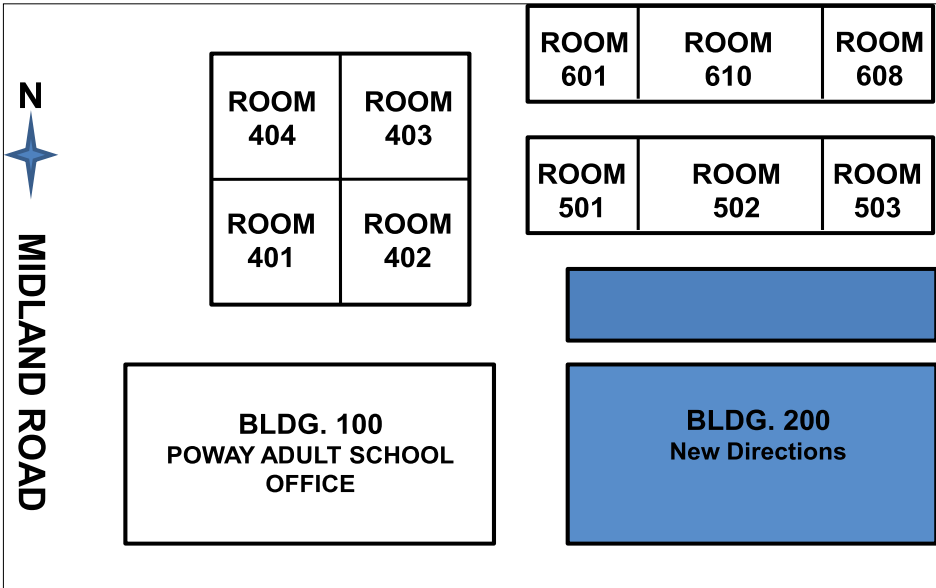
# POWAY DISTRICT MAP



- BHMS [5] Bernardo Heights Middle School**  
12990 Paseo Lucido, San Diego 92128
- CH [8] Chaparral Elementary School**  
17250 Tannin Drive, Poway 92064
- CR [9] Creekside Elementary School**  
12362 Springhurst Drive,  
San Diego 92128
- CV [7] Canyon View Elementary School**  
9225 Adolphia Street, San Diego 92129
- DNHS [11] Del Norte High School**  
16601 Nighthawk Lane,  
San Diego 92127
- LP [16] Los Peñasquitos Elementary School**  
14125 Cuca Street, San Diego 92129
- MID [19] Midland Elementary School**  
13910 Midland Road, Poway 92064
- MCHS [22] Mt. Carmel High School**  
9550 Carmel Mountain Road,  
San Diego 92129
- MR [20] Monterey Ridge Elementary School**  
17117 4S Ranch Parkway,  
San Diego 92127
- OVMS [23] Oak Valley Middle School**  
16055 Winecreek Road,  
San Diego 92127

- PAS [2] Poway Adult School**  
13626 Twin Peaks Road, Poway 92064
- PHS [27] Poway High School**  
15500 Espola Road, Poway 92064
- RBHS [28] Rancho Bernardo High School**  
13010 Paseo Lucido, San Diego 92128
- RH [29] Rolling Hills Elementary School**  
15255 Penasquitos Drive,  
San Diego 92125
- SC [30] Shoal Creek Elementary School**  
11775 Shoal Creek Road,  
San Diego 92128
- STC [8] R.B. Swim and Tennis Club**  
16955 Bernardo Oaks Drive,  
San Diego 92128
- TB [34] Tierra Bonita Elementary School**  
14678 Tierra Bonita Road, Poway 92064
- TBK [35] Turtleback Elementary School**  
15855 Turtleback Road,  
San Diego 92127
- VAL [37] Valley Elementary School**  
13000 Bowron Rd, Poway 92064
- WHS [38] Westview High**  
13500 Camino del Sur, San Diego 92129
- WW [39] Westwood Elementary School**  
17449 Matinal Road, San Diego 92127

**POWAY ADULT SCHOOL MAP**



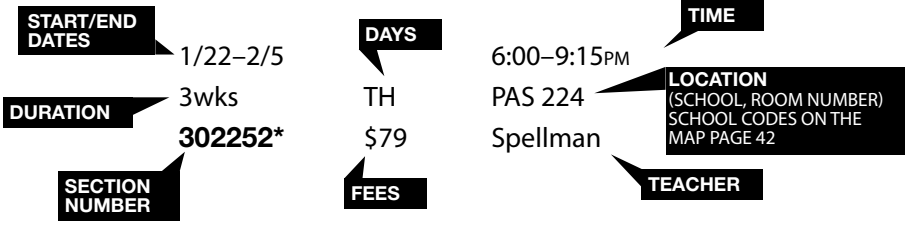
13626 Twin Peaks Road,  
Poway 92064

**SCHOOL SITE MAPS**

Individual campus maps for our schools are available at:  
[www.powayadulthoodschool.com](http://www.powayadulthoodschool.com)  
 On our home page, go to Campus Information,  
 Then go to Campuses

## HOW TO READ CLASS INFORMATION

Within each course description you can find the information you need regarding (if applicable) supply lists, additional materials fees, recommended text books and class prerequisites. All classes are held at locations or sites within the Poway Unified School District. Location codes can be found on the District map. The location is usually followed by the room number. (MPR stands for Multi-Purpose Room)



\* Classes marked with a course number ending in a 2 are approved by the California Department of Education and are supported with state adult education funding. In some cases, nominal materials fees are charged for these classes to help offset costs. All other classes are provided by Poway Community Education and are supported entirely by student fees.

## HOW TO REGISTER

### Submit registration form

#### Online

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

#### Mail or Hand Deliver

Poway Adult School  
Twin Peaks Center  
13626 Twin Peaks Rd  
Poway, CA 92064  
(Please do not mail cash)

#### Fax registration (Visa/Mastercard Only)

858.513.0548

#### Telephone

Please have course information and credit card details ready when you call  
858.668.4024

### Choose a method of payment

#### Cash

#### Check

Payable to *Poway Adult School*

#### Mastercard or Visa

Include card number, expiration date and your signature.

*office hours*

#### Monday and Thursday

8:00AM-6:30PM

#### Tuesday and Wednesday

8:00AM-5:00PM

#### Friday

8:00AM-12:00PM



## For Information

## Call

# 858.668.4024

*senior discount*

# \$5 off

All students 55 years and older can receive a \$5.00 discount per class.

Note: This promotion is not applicable to classes with fees of \$25 or less.

# REGISTER NOW!

## Registration Form

### Adult Education Registration Form ONLY

1. Last Name

\_\_\_\_\_

2. First Name, Middle Initial

\_\_\_\_\_

3. Birthdate (month - day - year)

\_\_ - \_\_ - \_\_

4. Gender

Male  Female

5. Street Address

\_\_\_\_\_

6. City

\_\_\_\_\_

7. Zip Code

\_\_\_\_\_

8. Home Phone

\_\_ - \_\_ - \_\_\_\_

9. Work Phone

\_\_ - \_\_ - \_\_\_\_ Ext. \_\_\_\_

10. Email Address

\_\_\_\_\_

11. Emergency Contact

Name \_\_\_\_\_ Phone \_\_\_\_ - \_\_\_\_ - \_\_\_\_

<b>Office Use Only</b>
Student # _____
ID Checked <input type="radio"/>

<p><b>12. Ethnicity</b></p> <p><input type="radio"/> African American    <input type="radio"/> Pacific Islander    <input type="radio"/> Hispanic  <input type="radio"/> Alaskan Native    <input type="radio"/> Asian    <input type="radio"/> White  <input type="radio"/> American Indian    <input type="radio"/> Filipino    <input type="radio"/> Other</p>	<p><b>17. Course Information</b></p> <p><b>a. Section Number    Fee</b></p> <p>_____ \$ _____</p> <p><b>Course Name</b></p> <p>_____</p>														
<p><b>13. Disability (if applicable)</b></p> <p><input type="radio"/> Non-Physical    <input type="radio"/> Deaf or Hard of Hearing  <input type="radio"/> Developmental    <input type="radio"/> Orthopedic Disability  <input type="radio"/> Legally Blind    <input type="radio"/> Other</p>	<p><b>b. Section Number    Fee</b></p> <p>_____ \$ _____</p> <p><b>Course Name</b></p> <p>_____</p>														
<p><b>14. Current Grade Level (if applicable)</b></p> <p><input type="radio"/> 9th    <input type="radio"/> 10th    <input type="radio"/> 11th    <input type="radio"/> 12th</p> <p>High School Name _____</p>	<p><b>c. Section Number    Fee</b></p> <p>_____ \$ _____</p> <p><b>Course Name</b></p> <p>_____</p>														
<p><b>15. Mark a circle in each column</b></p> <table border="0"> <tr> <td><b>People in Household</b></td> <td><b>Annual Income</b></td> </tr> <tr> <td><input type="radio"/> 1</td> <td><input type="radio"/> \$7,500</td> </tr> <tr> <td><input type="radio"/> 3</td> <td><input type="radio"/> \$15,000</td> </tr> <tr> <td><input type="radio"/> 5</td> <td><input type="radio"/> \$17,000</td> </tr> <tr> <td><input type="radio"/> 7</td> <td><input type="radio"/> \$19,500</td> </tr> <tr> <td><input type="radio"/> 9 or more</td> <td><input type="radio"/> \$22,000</td> </tr> <tr> <td></td> <td><input type="radio"/> \$24,000 or more</td> </tr> </table>	<b>People in Household</b>	<b>Annual Income</b>	<input type="radio"/> 1	<input type="radio"/> \$7,500	<input type="radio"/> 3	<input type="radio"/> \$15,000	<input type="radio"/> 5	<input type="radio"/> \$17,000	<input type="radio"/> 7	<input type="radio"/> \$19,500	<input type="radio"/> 9 or more	<input type="radio"/> \$22,000		<input type="radio"/> \$24,000 or more	<p><b>d. Section Number    Fee</b></p> <p>_____ \$ _____</p> <p><b>Course Name</b></p> <p>_____</p>
<b>People in Household</b>	<b>Annual Income</b>														
<input type="radio"/> 1	<input type="radio"/> \$7,500														
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<input type="radio"/> 9 or more	<input type="radio"/> \$22,000														
	<input type="radio"/> \$24,000 or more														
<p><b>16. Mark all programs that apply to you</b></p> <p><input type="radio"/> SSI Recipient    <input type="radio"/> CalWORKs Recipient/TANF  <input type="radio"/> WIA (JTPA)    <input type="radio"/> Economically Disadvantaged  <input type="radio"/> Veteran    <input type="radio"/> Limited English Proficient  <input type="radio"/> General Relief    <input type="radio"/> Client of State/Private Rehab.  <input type="radio"/> Dislocated Worker    <input type="radio"/> CA Training Benefits (EDD)  <input type="radio"/> Food Stamps    <input type="radio"/> State Disability Insurance Rec.</p>	<p><b>Total Fees</b>    \$ _____</p> <p><b>Discounts</b>    \$ _____</p> <p><input type="radio"/> Senior    <input type="radio"/> Multi  <input type="radio"/> CTAE    <input type="radio"/> Staff</p> <p><b>Enclosed</b>    \$ _____</p>														
<p><b>Payment Type</b></p> <p><input type="radio"/> MasterCard/Visa    <input type="radio"/> Cash    <input type="radio"/> Check    <input type="radio"/> Voucher</p> <p><b>Credit Card Number (MasterCard or Visa Only)</b></p> <p>_____ - _____ - _____ - _____</p> <p><b>Expiration Date</b>    __ - __</p> <p><b>Zip Code</b>    _____</p> <p>of Billing Address for this Credit Card</p>															

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

# Our Medical Assistant class offers Front Office/ Back Office training



We have many new courses this term. Try one for fun! You can identify them throughout the catalog with this symbol.

- A Louisiana Cajun Meal
- Advanced Acrylic & Oil Painting
- Ballet Folklorico de Mexico
- Braised Shortribs
- Date Night: Romancing your Sweetheart
- Digital Photography
  - Just one Flash
  - Painting With a Lens
- Do Opposites Really Attract?
- Foxtrot
- Healthcare Careers Preparation
  - Anatomy and Physiology
  - Medical Terminology and Abbreviations
- Interior Design
  - Dressing up Your Space
  - Getting the Most from Small Spaces
- iPad and You
- It's Game Day!
- Line Dancing: Level 1.5
  - Transitional
- Modern Square Dancing
- Outlook 2010
  - Level 2

- Roasted Vegetable Coconut Curry
- Rumba
- Social Media Marketing
  - Introduction
  - Beyond Beginning
- Szechuan Crispy Beef
- Take Control of your I.T. Environment
- Thai Cooking
  - North-Eastern Feast
  - Some Like it Hot
- Traditional-Style Paella with Seafood
- Using Social Media for Your Job Search
- Video Game Design with Scratch
- Wedding Planning
- Why You Act the Way You Do
- Winter Salads
- Winter Soups
- Wrap it Up: Yummy & Delicious Food Gifts
- You Can Write a Song
- You CAN YouTube



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



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