



# Santa Clara Adult Education

*Where learning and community meet*

**WINTER/SPRING 2022**

## **CLASS SCHEDULE**

**Natalie Dao**

*SCAE Student, p. 31*

**Registration starts  
November 15, 2021**

### **NEW CLASSES**

**Scrum  
Fundamentals**  
*p. 22*

**Introduction to  
Woodworking**  
*p. 12*

**Fashion Marketing  
& Merchandising**  
*p. 23*

**All New Classes** *p. 30*

**SANTACLARAADULTED.ORG**



# **Santa Clara Unified School District**

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## **Accreditation**

Accreditation is a form of certification in which an independent body will verify that a school or academic program meets minimum academic standards. Santa Clara Adult Education (SCAE) holds accreditation from the Western Association of Schools and College (WASC). School staff meet periodically with the WASC Accreditation team to review the school's mission, curriculum, instruction, use of assessment, resource management, and support services. If you'd like to provide input regarding any of these areas, please email us at [santaclaraae@scusd.net](mailto:santaclaraae@scusd.net) or call us at (408) 423-3500.



**Fully accredited by the schools  
commission of the Western Association  
of Schools and Colleges.**

## **Uniform Complaint Procedure**

Santa Clara Unified School District (SCUSD) has a uniform complaint process as required in Code of Regulations, Title 5, Section 4622 (SCUSD Board Policy/Administrative Regulation 1312.3). Copies of these policies are available in their complete form on the Santa Clara Unified website at [santaclarausd.org](http://santaclarausd.org), through the Santa Clara Unified District office, and at all schools in Santa Clara School District at no charge to the recipient. Santa Clara Unified School District and Santa Clara Adult Education is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

# Welcome

We are pleased to present our Winter/Spring Catalog 2022 to the dedicated lifelong learners in our community. Make sure you take a look at the new classes we're offering listed on page 30. Also, on page 33, learn about Natalie Dao's transition from English Learner to High School Equivalency graduate. Now more than ever, Santa Clara Adult Education is a place where learning and community meet.

## Contents

Enrichment Classes .....	2
Exercise & Wellness .....	15
Career Technical Education .....	20
High School Equivalency .....	24
High School Diploma .....	25
Reading, Writing, Math Skills .....	25
Adults with Disabilities .....	26
English Classes .....	27
Preschool & Parent Education .....	28
Online Courses .....	29
List of New Classes .....	30
Registration Form .....	31
General Policies .....	32
Student Spotlight .....	33



## Registration is easy! Ways to register:

- Online at [santaclaraadulted.org](https://santaclaraadulted.org)
- Call (408) 539-2015 during office hours
- Visit the office at 1840 Benton St. Santa Clara, CA 95050





# Enrichment Classes

Discover a new talent or sharpen an old one by taking an Enrichment Class. We offer courses from beginner to advanced for all ages and abilities. Additional class and/or textbook information can be found at [www.SantaClaraAdultEd.org](http://www.SantaClaraAdultEd.org).

## Offering courses in:

Cooking.....	2
Gardening.....	3
Money Management.....	4
Music.....	5
Photography.....	6

Sew/Knit/Crochet/Quilt.....	8
Visual Arts.....	9
Woodworking.....	10
World Languages.....	13
Writing.....	14



**Ways to Register:**

- Online at [santaclaraadulted.org](http://santaclaraadulted.org)
- Call (408) 539-2015
- Visit the office

## COOKING

### **NEW** Soups On! Comfort Food #1

Join us in preparing southern style chicken and dumplings made with tender home-made flat style noodles, a southern twist. Along with that, a salad of fennel, apple, red onion, candied beets and blue cheese, dressed with a lemon vinaigrette topped with homemade cornbread croutons. For dessert there's peanut butter jam bars. Easy to prepare for a comfort meal. Class size is limited to 8 students.

**In Person. Site: I2. Instructor: M. Paul,**  
**Email: [mpaul@scusd.net](mailto:mpaul@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-1pm	01/15	1	\$80

### **NEW** Soups On! Comfort Food #2, Tuscan Ribollita Soup

Join us in preparing Tuscan Ribollita Soup. A toasted bread, bean and vegetable soup with pancetta, swiss chard, cannelli beans simmered in a chicken tomato broth. We'll top it off with warm ciabatta croutons and freshly grated parmesan cheese. We'll also make maple pecan radicchio pear salad with a sherry vinaigrette and finish with a lemon buttermilk cake. Class size is limited to 8 students.

**In Person. Site: I2. Instructor: M. Paul,**  
**Email: [mpaul@scusd.net](mailto:mpaul@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-1pm	01/29	1	\$80

### **NEW** Easy Weeknight Supper: Salsa Tequila Chicken

There is nothing better than an easy to prepare delicious weeknight dinner. The menu for this class is salsa tequila chicken served with a side of couscous and a jicama, apple and carrot coleslaw with creamy orange dressing. We will finish the meal off with chocolate chile crinkle cookies. All easy to prepare for a busy weeknight. Students will receive all recipes prepared in class.

**In Person. Site: I2. Instructor: M. Paul,**  
**Email: [mpaul@scusd.net](mailto:mpaul@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-1pm	02/12	1	\$80

### **NEW** All About Blackberry Jam

Craft a blackberry lime jam and blackberry jalapeno jam. These jams are tasty and easy to prepare. Use basic techniques and safety practices for hot water bath canning. Class is hands-on; students will take home finished jams. Students will receive all recipes prepared in class.

**In Person. Site: I2. Instructor: M. Paul,**  
**Email: [mpaul@scusd.net](mailto:mpaul@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-1pm	03/05	1	\$80

## COOKING

### **NEW** Blueberry Jam Duo

Craft two jams, a blueberry jam with maple and bourbon, and another with blueberry and lavender. The maple and bourbon jam is enhanced by the smoky bourbon notes along with the sweet maple. The blueberry with lavender jam has a delicate floral note. Classes are

hands on; students will learn the basic techniques and safety practices for hot water bath canning. Students will take home finished jams.

**In Person. Site: I2. Instructor: M. Paul, Email: [mpaul@scusd.net](mailto:mpaul@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-1pm	04/02	1	\$80

## GARDENING

### Gardening

Join our lively, well-kept garden and be part of our garden community. Learn about a variety of gardening topics, such as how to feed the soil and when to harvest! Participate in garden cleanup and maintenance duties that will keep the garden thriving. Some lectures will be through Zoom. New students are required to attend the first class at 8:30 in Room G7 for an orientation. There are no helpers in the garden; you must be able to work your own plot (digging, squatting, removing weeds), carry garden waste to garbage area, and other physical work.

**Materials:** Fertilizer, plants, seeds, pencil, water, hat (if sun sensitive).

**Hybrid. Site: Online & Garden, G7. Instructor: J. Carey, Email: [jcarey@scusd.net](mailto:jcarey@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-12pm	2/12-4/30	10	\$55
S	9am-12pm	5/14-7/30	10	\$55



### Generation Connection Garden Volunteers

Love gardening and want to share your interest with children? Become a volunteer in "The Magic Garden" program joining like-minded adults and engage the visiting children with experiences like drinking water from a leaf, hunting for bugs, planting a seed and pulling a carrot or radish out of the ground. Don't worry if you don't know a lot, the desire to grow the next generation of gardeners is much more important, and many of our volunteers are Master Gardeners who will act as mentors for you.

**Prerequisites:** Volunteer packet required for new volunteers. Please email instructor.

**In person. Site: Garden. Instructor: M. Burlingame, Email: [mburlingame@scusd.net](mailto:mburlingame@scusd.net)**

Day	Time	Date	Sess.	Fee
F	9am-12pm	3/25-5/27	9	Free



## MONEY MANAGEMENT

### **NEW** Investing: Protecting Your Money in the Markets

We will cover stock picking (should we try), earnings (Squiggles), performance (do numbers count), behavioral finance (herd following), expert advice (send money). Class is for new and intermediate investors. Notes will be emailed prior to the start of class.

**In person. Site: D6. Instructor: S. Godwin, Email: [sgodwin@scusd.net](mailto:sgodwin@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9pm	01/11	1	\$37

### **NEW** Investing: Modern Portfolio Theory for the Novice

Market definitions and terminology have changed over the decades. We'll discuss the modern definitions of growth vs. value and large vs. small. We'll focus on the modern investment vehicles of Exchange Traded Funds vs. Mutual funds and begin our analysis of intermarket relationships between interest rates and the market. We'll also begin our introduction into the world of Technical Analysis (applied statistics). Notes will be emailed prior to the start of class.

**In person. Site: D6. Instructor: S. Godwin, Email: [sgodwin@scusd.net](mailto:sgodwin@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9pm	01/18	1	\$37

### **NEW** Investing: Optimizing Your Portfolio with Technical Analysis

Charts and data with the overlay of psychology are the language of the markets. We'll jump head first into herd behavior extremes analysis and monitoring same with breadth and sentiment indicators such as the McClellan Summation and Put/Call ratios. To get the full benefit of these lectures, classes should be taken in sequence. This is class #3. Notes will be emailed prior to the start of class.

**In person. Site: D6. Instructor: S. Godwin, Email: [sgodwin@scusd.net](mailto:sgodwin@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9pm	01/25	1	\$37

### **NEW** Investing: Advanced Technical Analysis

Money flows move stock prices. Sideline money consists of domestic and foreign money. We'll discuss how to measure and monitor these monies and push further into Technical Analysis to see money flows in/out of the market. Our technical knowledge will be pulled into one coherent strategy we recently published, the Unified Theory of the Market (UTM). To get the full benefit of these lectures, classes should be taken in sequence. This is class #4. Notes will be emailed prior to the start of class.

**In person. Site: D6. Instructor: S. Godwin, Email: [sgodwin@scusd.net](mailto:sgodwin@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9pm	02/08	1	\$37

### **NEW** Investing: Market Matters, What Could Go Wrong?

We'll discuss the importance of awareness of subsurface fracture zones in our economy and culture with the use of the "Sand Pile" experiment. We'll look at the fractures that have occurred since the beginning of the post WWII economy and try to shed light on questions going forward. We'll scan the US stock market using tools developed in prior classes to get a risk assessment going forward. Notes will be emailed prior to the start of class.

**Online. Instructor: S. Godwin, Email: [sgodwin@scusd.net](mailto:sgodwin@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9pm	02/15	1	\$37

### Retirement Planning Today

Learn how to create a plan to retire early, manage investment risk, use tax laws to your advantage, make informed decisions about your company's retirement plan, estate plan and more! First person: \$59, second person \$29.

**In person. Site: D7. Instructor: R. Ostenberg, Email: [rostenberg@scusd.net](mailto:rostenberg@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-9:30pm	3/01-3/08	2	\$59
TH	6:30-9:30pm	3/03-3/10	2	\$59

## MUSIC

### Beginner Guitar

You CAN learn to play the guitar! Learn the basics: strumming chords, reading rhythms, reading music and playing melodies. Book discussed in class. Contact instructor regarding guitar rental or purchase at (408) 247-2684. You may also email the instructor with any questions at [rhguitarist@sbcglobal.net](mailto:rhguitarist@sbcglobal.net).

**Materials:** Method book can be purchased online at <http://bit.ly/SCAEBeginnerGuitar>

**Hybrid. Site: Online & D7. Instructor:**  
**R. Hawthorne, Email:**  
[rhawthorne@scusd.net](mailto:rhawthorne@scusd.net)

Day	Time	Date	Sess.	Fee
W	7-8:30pm	1/12-2/16	6	\$95
W	7-8:30pm	3/09-4/20	6	\$95

### Golden Tones

We welcome singers interested in improving their singing ability while having fun as part of our chorus, the Golden Tones. Our intention is for you to discover your voice and gain confidence in it as we sing a variety of songs and perform in various service clubs, retirement and convalescent communities. We are especially in need of tenors and basses. Let's make beautiful music together!

**In person. Site: D7. Instructor: C. Tutko,**  
**Email: [ctutko@scusd.net](mailto:ctutko@scusd.net)**

Day	Time	Date	Sess.	Fee
F	10am-12pm	1/14-3/18	9	\$96
F	10am-12pm	4/01-6/10	9	\$96

### Piano 1A

New to piano? This is where you will start. You will learn basic music theory, read notes, and find intervals. You'll get to know the keys on the piano, play simple pieces in rhythm, and learn different finger exercises and scales. This is a group class, but you'll have some one-on-one instruction.

**Materials:** Bring to class: 1) Burnam's A Dozen A Day Preparatory Book. 2) Alfred's Adult-All-In-One Course: Level One. 3) A notebook and pen/pencil.

**In person. Site: J1. Instructor: L. Gerlach,**  
**Email: [lgerlach@scusd.net](mailto:lgerlach@scusd.net)**

Day	Time	Date	Sess.	Fee
F	10am-12pm	1/07-3/18	10	\$225
F	10am-12pm	3/25-6/03	10	\$225

### Piano 1B

Join current students in this beginning level of piano. Play beautiful simple pieces in rhythm, learn scales, arpeggios and chord pattern on different keys, and build up confidence to play in public.

**Materials:** Bring to class: 1) Burnam's A Dozen A Day Preparatory Book. 2) Alfred's Adult-All-In-One Course: Level One. 3) A notebook and pen/pencil.

**Prerequisites:** Must be able to play with two hands, play songs with grand staff, identify all the keys on the keyboard, and read notes in the music.

**In person. Site: J1. Instructor: R. Yue,**  
**Email: [ryue@scusd.net](mailto:ryue@scusd.net)**

Day	Time	Date	Sess.	Fee
T	9-11:30am	1/04-3/15	10	\$225
W	9-11:30am	1/5-3/16	10	\$225
T	9-11:30am	3/22-5/24	9	\$205
W	9-11:30am	3/23-5/25	9	\$205
T	9-11:30am	6/07-7/26	8	\$180
W	9-11:30am	6/8-7/27	8	\$180



### Piano 1C

Join the intermediate levels of BEGINNING piano. Continue playing chords, scales, and arpeggios. Learn about music styles of playing, develop your own style, and play beautiful pieces as a soloist, in ensemble or in the "class symphony." Permission of the instructor required.

**Materials:** Bring to class: 1) Czerny Op. 823. 2) Alfred's Adult-All-In-One Course: Level Two. 3) A notebook.

**Prerequisites:** Completed Burnam's A Dozen A Day Book One and Alfred's Adult-All-In-One Course: Level One. Completed Scales and Arpeggios on major - C, G, F and minor - Am, Em, Dm.



## MUSIC

### Piano 1C (cont.)

**In person. Site: J1. Instructor: R. Yue,**  
**Email: ryue@scusd.net**

Day	Time	Date	Sess.	Fee
M	9-11:30am	1/03-3/14	9	\$205
M	9-11:30am	3/21-5/23	9	\$205
M	9-11:30am	6/06-7/25	7	\$158



### Piano III

Do you play at an intermediate to advanced level? If so, then this class is for you! In each session, we'll focus on a different theme, playing new repertoire as well as refining old repertoire. For this session, the focus will be on the music of living composers. There are opportunities for solo repertoire, as well as duets. Join this group of people that are passionate about the piano and music!

**Materials:** Students choose and provide their own music, with teacher guidance.

**Prerequisites:** Previous piano experience necessary.

**Hybrid. Site: Online & J1. Instructor:**  
**A. Remmich-Bhatnagar, Email:**  
**abhatnagar@scusd.net**

Day	Time	Date	Sess.	Fee
TH	10-11:30am	1/06-3/17	10	\$125
TH	10-11:30am	3/24-6/02	10	\$125

## PHOTOGRAPHY

### **NEW** DSLR Camera: Focus on Motion

Get out of auto and discover the exact camera settings to make blurred motion, stop motion, and silky water falls. You will use your camera in hands-on exercises with long and short exposures to learn this advanced camera setting. Improve your photography in any light by understanding this major component of every exposure.

**Materials:** Bring camera, charged batteries, manual to class.

**Prerequisites:** DSLR Camera 1 or equivalent knowledge.

**In person. Site: D7. Instructor: N. Vigeant,**  
**Email: nvigeant@scusd.net**

Day	Time	Date	Sess.	Fee
S	9am-12pm	1/22-2/05	3	\$122

### Adobe Lightroom: Intermediate

Still working in the dark editing your digital photographs? Step into Lightroom, the electronic darkroom for digital photography. This Lightroom course focuses on developing the digital negative (raw file)

and editing individual areas of the image. This class is hands-on, instructor-led training by professional photographer Noella Vigeant. Contact instructor for questions regarding software.

**Materials:** Software loaded on student computers.

**Prerequisites:** Adobe Lightroom Beginning or equivalent knowledge.

**Online. Instructor: N. Vigeant, Email:**  
**nvigeant@scusd.net**

Day	Time	Date	Sess.	Fee
T	6:30-8:30pm	1/25-2/15	4	\$108

### **NEW** DSLR Camera: Focus on Aperture

Discover the exact camera settings to make blurred backgrounds, bokeh, rich landscapes and get the shots you want. Use your camera in hands-on exercises to learn this advanced exposure mode. With control over focus and depth of focus you will create beautiful images. Come find out how your lens creates focus depth and when and why to use aperture priority for your style of photography.



## PHOTOGRAPHY

### **NEW** DSLR Camera: Focus on Aperture (cont.)

**Materials:** Bring camera, charged batteries, manual to class.

**Prerequisites:** DSLR Camera 1 or equivalent knowledge.

**In person. Site: D7. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-12pm	2/05-2/12	2	\$82

### **NEW** Mastering Composition

Take amazing photos with any camera simply by understanding principals of photographic composition. If you're new to photography or just want to improve, this hands-on class is designed to train your photographic eye to see and use composition. You will explore lines, shapes, color and patterns in the world around you. All photography levels welcome. Smart phones and tablets welcome too. Class includes image critique. Improve every photo you take by learning and applying composition.

**Materials:** Bring camera, charged batteries, manual to class.

**Hybrid. Site: Online & D7. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
W	6-9pm	3/02-3/30	5	\$215

### **NEW** DSLR Camera: Mastering Manual

Control exposure by learning the ins and outs of manual exposure. In this class you will use your camera to learn how to properly expose every photograph. Manual exposure is easier than you think once you understand shutter and aperture. Control over exposure ensures every photo is never too bright or too dark. Drastically improve your photography and learn to operate the camera manually.

**Materials:** Bring camera, charged batteries, manual to class.

**Prerequisites:** DSLR Camera 1 or equivalent knowledge.

**In person. Site: D7. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9:30am-1:30pm	3/05	1	\$54

### **NEW** Animal Photography

Dramatically improve your photography with an in-depth study of photographing animals. Be it pets at home or animals in the wild, this class emphasis is exposing and composing the furry, feathered and more. Class is hands-on learning and two field trips with a professional photographer to guide your photography. Class includes assignments and photo critique for guidance in improved photo composition. Come learn the secrets of making great photographs with a focus on animals.

**Materials:** Bring camera, charged batteries, manual to class.

**In person. Site: D6. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-12pm	3/12-4/09	5	\$215

### Adobe Photoshop: Tools & Basics

Jump in head first and get a quick start to learning Photoshop Tools and Basics. This beginner level course will help you get your head around working in the Adobe Photoshop environment and learn the fundamentals of working in this powerful graphic and image editor. Class is appropriate for Photoshop and Photoshop Elements users. Contact instructor with software questions.

**Online. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:30-8:30pm	4/26-5/17	4	\$108



## SEW/KNIT/CROCHET/QUILT



### Knitting & Crocheting for All Levels

Knit (or crochet) a community and a scarf! Choose your own project or get help selecting one. Get guidance on basic stitches, pattern reading, the ins and outs of materials, and more. Encouraging environment. All skill levels welcome. ESL friendly. Questions? Email instructor or visit [www.classesbyjaninesahm.com](http://www.classesbyjaninesahm.com).

**Materials:** See materials list at <http://bit.ly/SCAEClassesByJanine>

**Hybrid. Site: Online & H2. Instructor: J. Sahm, Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
M	6:30-8:30pm	1/03-3/07	8	\$157
M	6:30-8:30pm	3/21-5/16	8	\$157

### Quilting 101

This is the perfect class for the first time quilter. The class project is a small quilt that finishes at 22", a perfect size for wall or table display. Everything learned from this project can be used on any size quilt...crib to king! The first class will be an overview for the course. A discussion for the project and necessary sewing tools will be provided in detail.

**Materials:** To be discussed first day of class.

**Prerequisites:** Basic sewing skills, basic sewing supplies.

**In person. Site: I1. Instructor: S. Sjostrom, Email: [ssjostrom@scusd.net](mailto:ssjostrom@scusd.net)**

Day	Time	Date	Sess.	Fee
W	6-9pm	1/05-2/02	5	\$135
W	6-9pm	2/09-3/16	5	\$135
W	6-9pm	3/23-4/27	5	\$135
W	6-9pm	5/04-6/01	5	\$135
W	6-9pm	6/08-7/06	5	\$135

### Quilting Studio

Basics and Beyond. Share the joy of quilting and learn a few new tricks. Share your quilting experiences with others. Get creative ideas for current and future projects. Enjoy an afternoon with fellow enthusiastic quilters. All levels welcome. Work at your own pace.

**In person. Site: I1. Instructor: S. Sjostrom, Email: [ssjostrom@scusd.net](mailto:ssjostrom@scusd.net)**

Day	Time	Date	Sess.	Fee
T	12-2pm	1/04-2/01	5	\$95
T	12-2pm	2/08-3/15	5	\$95
T	12-2pm	3/22-4/26	5	\$95
T	12-2pm	5/03-5/31	5	\$95
T	12-2pm	6/07-7/05	5	\$95

### Sewing 101

Create samples and make small items while learning techniques in clothing, home decor, garment alterations and quilting. New students will learn the basics of hand and machine sewing and how to navigate the fabric store. Students are encouraged to bring their own machines and supplies which they will learn to use to their fullest. Class machines available. Class size is limited. No transfers, refunds, or credits.

**Materials:** To be discussed first day of class.

**In person. Site: I1. Instructor: S. Sjostrom, Email: [ssjostrom@scusd.net](mailto:ssjostrom@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6-9pm	1/06-2/03	5	\$135
TH	6-9pm	2/10-3/17	5	\$135
TH	6-9pm	3/24-4/28	5	\$135
TH	6-9pm	5/05-6/02	5	\$135
TH	6-9pm	6/09-7/07	5	\$135

### Sewing Circle

Need help and encouragement to finish that "unfinished item"? Come join a wonderful group and have fun while you work on a special project...soft dolls/toys, sewing, quilting crocheting, embroidery, etc. Beginners through advanced welcome. Basis craft skills recommended. Sewing machines available.

**Materials:** To be discussed first day of class.

**In person. Site: I1. Instructor: S. Sjostrom, Email: [ssjostrom@scusd.net](mailto:ssjostrom@scusd.net)**

## SEW/KNIT/CROCHET/QUILT

### Sewing Circle (cont.)

Day	Time	Date	Sess.	Fee
T	10am-12pm	1/04-2/01	5	\$95
T	10am-12pm	2/08-3/15	5	\$95
T	10am-12pm	3/22-4/26	5	\$95
T	10am-12pm	5/03-5/31	5	\$95
T	10am-12pm	6/07-7/05	5	\$95



## VISUAL ARTS

### Acrylic & Oil Painting

Make friends with your inner Da Vinci! Demos, exercises, lectures on the fundamentals of drawing, composition, color theory, palette organization, and more. A guided project for beginners. Group and individual critique in encouraging environment. All skill levels welcome. ESL friendly.

**Materials:** See materials list at <http://bit.ly/SCAEClassesByJanine>

**Hybrid. Site: Online & H2. Instructor: J. Sahm, Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
T	7-9:30pm	1/04-3/01	8	\$195
T	7-9:30pm	3/22-5/17	8	\$195

**Hybrid. Site: Online & H2. Instructor: J. Sahm, Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
M	12:15-2:15pm	1/03-3/07	8	\$157
M	12:15-2:15pm	3/21-5/16	8	\$157

### Drawing to Painting

Divine and refine your unique voice! Demos, exercises, lectures, and a guided project steer you through conceiving, developing, and executing your own original artwork. Group and individual critique in encouraging environment. All skill levels welcome. ESL friendly.

**Materials:** See materials list at <http://bit.ly/SCAEClassesByJanine>

**Hybrid. Site: Online & H2. Instructor: J. Sahm, Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6:30-8:30pm	1/06-3/03	8	\$157
TH	6:30-8:30pm	3/24-5/19	8	\$157



### Drawing All Levels

Visually translate the world around you! Demos, exercises, and lectures on fundamentals of shape, value, composition, and perspective. Group and individual critique in encouraging environment. All skill levels welcome. ESL friendly.

**Materials:** See materials list at <http://bit.ly/SCAEClassesByJanine>

### Watercolor/Pen & Ink

Explore and express your soul! Demos, exercises, lectures develop drawing and painting fundamentals like brush technique, color theory, composition, and more. Group and individual critique in encouraging environment. All skill levels welcome. ESL friendly.

**Materials:** See materials list at <http://bit.ly/SCAEClassesByJanine>

**Hybrid. Site: Online & H2. Instructor: J. Sahm, Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
T	9:30am-12pm	1/04-3/01	8	\$195
T	9:30am-12pm	3/22-5/17	8	\$195



## WOODWORKING

Unless otherwise noted, all Woodworking classes take place at  
390 Washington Street, Santa Clara, CA 95050

### **NEW** 3D Cutting Board

Build a truly unique and visually attractive cutting board. Maple, walnut and cherry hardwoods are combined in a clever pattern that appear to be 3-Dimensional. This is one of the most advanced projects offered by the Adult Ed program. Class size limited to 6 students.

**Prerequisites:** Previous completion of the Fundamentals of Woodworking and several other intermediate levels classes are required.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**In person. Site: Buchser/F3. Instructor: L. Truhe, Email: ltruhe@scusd.net**

Day	Time	Date	Sess.	Fee
F	6:30-10pm	7/15-8/05	4	\$285

### Classical Woodcarving

Understand the basics of woodcarving, including names and uses of different tools, and the nature of the material. We will make a simple carving to get you acquainted with the material and a feel for the work. Along the way, the instructor will give history, personal experience and anecdotes. Tools and materials provided.

**In person. Site: H2. Instructor: B. Ross, Email: brossdesigns@sbcglobal.net**

Day	Time	Date	Sess.	Fee
S	10am-2pm	1/29	1	\$65
S	10am-2pm	2/19	1	\$65
S	10am-2pm	3/26	1	\$65
S	10am-2pm	4/23	1	\$65
S	10am-2pm	5/21	1	\$65

### Coasters, Set of 8

Build this attractive set of coasters for yourself or give as gifts. Uses three different hardwoods for a colorful pattern. You'll also build two storage cribs, each holding 4 coasters. The class will be completed in two evening class sessions of 3 hours each. All materials included in the class fee. An excellent entry level class. Class size limited to 8 students.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**In person. Site: Buchser/F3. Instructor: L. Truhe, Email: ltruhe@scusd.net**

Day	Time	Date	Sess.	Fee
Sun	10am-4pm	3/27	1	\$85
F	6:30-9:30pm	4/01-4/08	2	\$85
M	6:30-9:30pm	7/11-7/18	2	\$85

### Cutting Board: Basic

Build an 11x15" cutting board made from alternating walnut, maple and cherry strips of hardwood laminated together. All cutting and assembly will be done in the 1st class session with finishing operations done in the 2nd class. Learn how to use a table saw, jointer, planer, and sanders. This is an excellent project for an entry level woodworker. Class size limited to 10.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**In person. Site: Buchser/F3. Instructor: L. Truhe, Email: ltruhe@scusd.net**

Day	Time	Date	Sess.	Fee
M	6-9:30pm	1/24-1/31	2	\$108
F	6-9:30pm	4/22-4/29	2	\$108



### **NEW** Desktop Shelving Unit

This stylish corner shelving unit can hold misc. items that typically clutter desktops. It consists of 7 shelves, each 7" square and stands 30" high. It is made using walnut wood with maple accent trim.

## WOODWORKING

### **NEW** Desktop Shelving Unit (cont.)

**Prerequisites:** Woodworking Fundamentals or intermediate to advanced woodworking skill level

**Materials:** Small tape measure and steel ruler, try square and pencil.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
F	6:30-9:30pm	1/14-1/28	3	\$208

### End Grain Cutting Board

Create a professional grade end grain cutting board built with a multi-variety wood pattern. Basic cutting boards combined with 7 or 8 other similar boards and assembled in a unique way to produce an impressive end product. Overall size is 11 x 16". Learn how to combine various hardwood patterns with zero glue line joints using very slow set glues. This is NOT a class for beginners.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**Prerequisites:** Basic cutting board and other intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
F	6-10pm	5/06-5/27	4	\$290

### Finger Joint Keepsake Box

This stylish finger joint jewelry box will make a perfect keepsake gift. Building this 5 x 8" box with a contrasting lid material will require an intermediate level of woodworking experience. We will be using a finger/box joint jig to cut the corner joints for this project. You will be making extensive use of the band saw and spindle sander. Highly figured zebra wood will be used along with accent maple and walnut wood. Women are encouraged to sign up for this project. This is an intermediate level class, not for beginners. Class size is limited to 8 students.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**Prerequisites:** Woodworking Fundamentals or intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
M	6-10pm	4/18-5/02	3	\$210

### Furniture Design and Woodworking

Safely operate all major hand and power tools in our fully equipped shop. Design and implement a project of your choice with instructor assistance. No prior experience required, all levels welcome. Introduction to Furniture Design and Woodworking highly recommended. New students: First day of class is a mandatory safety session. Continuing students attend second session.

**Materials:** To be provided by the student.

**In person. Site:** Buchser/F3. **Instructors:** D. Hecker, S. Zamora, **Emails:** dhecker@scusd.net, szamora@scusd.net

Day	Time	Date	Sess.	Fee
T	9am-12pm	1/04-3/15	10	\$290
T	6:30-9:30pm	1/04-3/15	10	\$290
W	6:30-9:30pm	1/05-3/16	10	\$290
TH	6:30-9:30pm	1/06-3/17	10	\$290
S	10am-2pm	1/08-3/19	10	\$385
S	4-7pm	1/08-3/19	10	\$290
T	9am-12pm	3/22-5/31	10	\$290
T	6:30-9:30pm	3/22-5/31	10	\$290
W	6:30-9:30pm	3/23-6/01	10	\$290
TH	6:30-9:30pm	3/24-6/02	10	\$290
S	10am-2pm	3/26-6/04	10	\$385
S	4-7pm	3/26-6/04	10	\$290

### Torii Keepsake Box

Create a small 9" jewelry box with a Japanese inspired design that will make a perfect keepsake gift. Contrasting hardwood materials will be used. Ten separate wood pieces, each carefully cut, will fit together in the final finished product. It will require a table saw, band saw, power and hand sanding skills. This is an intermediate level class, not for beginners. Class size limited to 8 students.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**Prerequisites:** Woodworking Fundamentals or intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
F	6:30-9:30pm	3/11-3/25	3	\$150

## WOODWORKING

### Woodworking: Fundamentals

You will learn to safely and efficiently operate 85% of the power tools in our shop. Upon completion you are eligible to sign up for more advanced woodworking classes. Each student will learn to build their own small 4 shelf wall cabinet with a hinged door, a latch, and glass panel insert. Offered on Sundays only. Class is limited to 8 students. New students to SCAE woodshop arrive 30 minutes earlier for orientation. This is a comprehensive two-day, 16 hour class designed for beginning woodworkers.

**Prerequisites:** Woodworking Fundamentals or intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
Sun	9am-5pm	1/23-1/30	2	\$275
Sun	9am-5pm	2/13-2/20	2	\$275
Sun	9am-5pm	3/13-3/20	2	\$275
Sun	9am-5pm	4/03-4/10	2	\$275
Sun	9am-5pm	5/15-5/22	2	\$275
Sun	9am-5pm	6/5-6/12	2	\$275
Sun	9am-5pm	7/10-7/17	2	\$275

### NEW Woodworking: Introduction

Learn to safely and efficiently operate all of the major power tools in our woodshop such as the sliding compound miter saw, jointer, planer, table saw, band saw, and various sanders. You will use these tools to create a candle holder and will leave this class prepared to take our Furniture Design and Woodworking classes and tackle larger projects! Great class for beginners. Class size limited to 10.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
M	6:30-10pm	1/03-1/10	2	\$92
M	6:30-10pm	2/07-2/14	2	\$92
Sun	9am-4pm	3/06-3/06	1	\$92
Sun	9am-4pm	7/24-7/24	1	\$92

### Woodworking: Step Stool

Build a simple wooden non-folding step stool/small sitting bench. Please wear short sleeved shirt/t-shirt and closed-toed shoes. Women strongly encouraged to attend. All materials provided. For questions, email ltruhe@scusd.net.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
F	6:30-9:30pm	2/04-2/18	3	\$125

### NEW Woodworking: Wave Cutting Board

This is not like any cutting board you've seen before! We'll start by making a typical maple cutting board and then cut it apart in wave patterns. Then we'll add multiple contrasting hardwood strips of walnut, cherry, maple, purple heart or padauk, and insert them into the wave cutouts. Overall size is approximately 11 x 16". This class is not for beginners; intermediate or advanced students only. Class size limited to 8 students.

**Materials:** Small tape measure and steel ruler, try square and pencil.

**Prerequisites:** Woodworking Fundamentals and intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
M	6:30-9:30pm	2/28-3/28	5	\$280

### Woodworking: Wine Rack

Build a small 8 bottle wine rack that can sit on a countertop. The wine rack will be made of walnut with maple accents. Along with the table saw, we will be using a jointer, planer, band saw, router table and pattern bits, and pocket screw joinery. Learn how to create stylized advanced panel joinery. The unit will consist of 3 rows of open racks with a solid top shelf. Overall dimensions are approx 13" wide and 19" high. Intermediate skill level required. Class is limited to 8 students.

**Materials:** Small tape measure and steel ruler, try square and pencil

**Prerequisites:** Fundamentals or other intermediate level classes.

**In person. Site:** Buchser/F3. **Instructor:** L. Truhe, **Email:** ltruhe@scusd.net

Day	Time	Date	Sess.	Fee
F	6-10pm	6/03-6/24	4	\$280



## WORLD LANGUAGES

### Italian: Beginner 1

Ciao! Have fun learning this beautiful Italian language and its culture! Express yourself through salutations, pronunciation; learn the alphabet, gender & number of nouns, verbs "to be" and "to have", and definite & indefinite articles.

**Textbook:** *Prego! 5th ed.*, ISBN: 0-07-365513-9. Can be purchased online as used ([www.dealoz.com](http://www.dealoz.com)).

**In person. Site: D7. Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6-7:30pm	1/04-3/15	10	\$170
T	7:30-9pm	3/22-5/31	10	\$170

### Italian: Beginner 2

Bentornati! (Welcome back!) Communicate in the present tense with verbs ending in -are/-ere/-ire, irregular verbs, possessives, 'This' and 'That', direct object pronouns, and how to tell time.

**Textbook:** *Prego! 5th ed.*, ISBN: 0-07-365513-9. Can be purchased online as used ([www.dealoz.com](http://www.dealoz.com)).

**Prerequisites:** Italian Beginner 1 or equivalent.

**In person. Site: D7. Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6-7:30pm	3/22-5/31	10	\$170

### Italian: Advanced 3

Congratulazioni! You can now speak like an Italian! Master the highest levels of the language grammar with the last two verb tenses of the Congiuntivo and their sophisticated uses.

**Textbook:** *Prego! 5th ed.*, ISBN: 0-07-365513-9. Can be purchased online as used ([www.dealoz.com](http://www.dealoz.com)).

**Prerequisites:** Italian Advanced 2 or equivalent.

**Online. Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6-7:30pm	1/06-3/17	10	\$170

### Italian: Advanced Conversation

Ripassiamo leggendo! Let's keep reviewing high levels of grammar and read advanced

articles to expand vocabulary and practice speaking skills.

**Textbook:** *Italia & Italia edizioni La Certosa*, ISBN 88-87600-00-7 and *Workbook to accompany Prego! 5th Ed.* by Lazzarino and Dini, McGraw Hill, ISBN: 0-07-243267-5.

**Prerequisites:** Italian Advanced 3.

**Online. Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6-7:30pm	3/24-6/02	10	\$170

### Italian Conversation through Short Articles

Enjoy class conversation after reading brief articles on current events, by answering questions based on the readings, and discussing personal point of views. This class is suitable for students who would like to enrich their vocabulary and practice their reading and speaking abilities.

**Textbook:** *Italia & Italia, Alma edizioni*, ISBN 88-87600-00-7. Can be purchased online as used.

**Prerequisites:** Italian Intermediate-Advanced or equivalent

**In person. Site: D7, Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
T	7:30-9pm	1/04-3/15	10	\$170

### Italian For Travelers

Buon Viaggio! Travel through the beautiful cities of Italy! Learn lots of vocabulary and phrases useful to your trip. Complement and implement skills learned in beginner classes with emphasis on basic grammar review and daily conversation topics. Students new to the Italian language are welcome, but some knowledge of basic grammar is encouraged.

**Textbook:** *Italian Conversation by Marcel Danesi*, McGraw Hill, ISBN: 978-0-07-177089-7.

**Online. Instructor: A. Callegari, Email: [acallegari@scusd.net](mailto:acallegari@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	7:30-9pm	1/06-3/17	10	\$170
TH	7:30-9pm	3/24-6/02	10	\$170

## WORLD LANGUAGES

### Japanese 1A

If you have never studied Japanese before, this is the class for you. Basic vocabulary, grammars, writing, and reading systems (Hiragana and Katakana), conversations will be introduced. In addition, the culture aspect is also introduced.

**Online. Instructor: K. Iwasaki, Email: [kiwasaki@scusd.net](mailto:kiwasaki@scusd.net)**

Day	Time	Date	Sess.	Fee
T	5:30-7pm	1/04-3/15	10	\$170
T	5:30-7pm	3/22-5/31	10	\$170

### Japanese 1B

Expand your knowledge of Japanese. Japanese 1A or people who can recognize Hiragana, Katakana and know greetings, counting numbers, basic vocabulary, grammars or have studied Japanese for less than one year.

**Online. Instructor: K. Iwasaki, Email: [kiwasaki@scusd.net](mailto:kiwasaki@scusd.net)**

Day	Time	Date	Sess.	Fee
T	7:15-8:45pm	1/04-3/15	10	\$170
T	7:15-8:45pm	3/22-5/31	10	\$170

### Spanish Beginning 1A

Learn greetings, activities, conjugation in present tense, verb to be, like, and basic communication skills in Spanish. Learn to write grammatically correct simple sentences.

**Textbook: Avancemos 1**

**Online. Instructor: C. Sobremazas, Email: [csobremazas@scusd.net](mailto:csobremazas@scusd.net)**

Day	Time	Date	Sess.	Fee
M, W	6:30-7:30pm	1/03-3/07	16	\$160
M, W	6:30-7:30pm	3/21-5/18	16	\$160

### Spanish Beginning 1B

Continue your Spanish Language development in this Spanish 1B class. Learn conjugation of regular and irregular verbs in present tense and preterite. Class includes cultural readings about Spanish speaking countries. Vocabulary lessons include traveling, describing places, jobs and activities.

**Textbook: Avancemos 2**

**Prerequisites:** Spanish 1A or two years of Spanish in High School.

**Online. Instructor: C. Sobremazas, Email: [csobremazas@scusd.net](mailto:csobremazas@scusd.net)**

Day	Time	Date	Sess.	Fee
T, TH	6:30-7:30pm	1/04-3/03	16	\$160
T, TH	6:30-7:30pm	3/22-5/12	16	\$160

## WRITING

### Love Notes

Recharge your relationships with a simple act of kindness, a love note. Whether it's a "thank-you", "I love you", or "thinking of you", notes of encouragement and consideration are treasured by those who receive them. This online writing class is focused on crafting words in small notes and creating personalized do-it-yourself designs, (hand drawn, pasted, painted, recycled, and more) to fabricate handmade notes. Together we will create cards in class and share delivery strategies for maximum effectiveness. Please bring pencil and paper and a little imagination to our first online class.

**Materials:** Additional materials for class will be emailed to students..

**Online. Instructor: N. Vigeant, Email: [nvigeant@scusd.net](mailto:nvigeant@scusd.net)**

Day	Time	Date	Sess.	Fee
M	6:30-8:30pm	1/24-1/31	2	\$54





# Exercise & Wellness

With our wide range of exercise and wellness classes, there's something for everyone. For additional class information, visit our website at [www.SantaClaraAdultEd.org](http://www.SantaClaraAdultEd.org).

## Offering courses in:

Dance.....	15
Exercise.....	15
Fencing.....	16
Personal Growth.....	16

Team Sports.....	17
Water Exercise.....	17
Wellness.....	19
Yoga.....	19



## Ways to Register:

- Online at [santaclaraadulted.org](http://santaclaraadulted.org)
- Call (408) 539-2015
- Visit the office

## DANCE

### Bachata Dance Beginner

Learn the basic foundation of Bachata in relaxing and fun atmosphere. This class focuses on beginner friendly footwork and partner technique. No partners, no experience required. Question/answer or practice time after class.

**In person. Site: Gym. Instructor: N. Melnychenko, Email: [nmelnychenko@scusd.net](mailto:nmelnychenko@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6:30-7:30pm	1/06-3/03	8	\$85
TH	6:30-7:30pm	3/10-5/05	8	\$85
TH	6:30-7:30pm	5/12-6/30	8	\$85

### Country Western Line Dance

Improve your cardiovascular fitness, muscle coordination, mental agility and group interaction with the fun skills of line dancing. No partners needed.

**In person. Site: Gym. Instructor: S. Sjostrom, Email: [ssjostrom@scusd.net](mailto:ssjostrom@scusd.net)**

Day	Time	Date	Sess.	Fee
W	10:30-11:30am	1/05-3/16	10	\$100
TH	10:30-11:30am	1/6-3/17	10	\$100
W	10:30-11:30am	3/23-6/01	10	\$100
TH	10:30-11:30am	3/24-6/2	10	\$100

### Salsa Dance Beginner

Discover rhythm and timing of salsa music. Learn how to lead and follow your partner, basic footwork, dance positions and dance patterns. No partners, no experience required. Question/answer or practice time after class.

**In person. Site: Multi. Instructor: N. Melnychenko, Email: [nmelnychenko@scusd.net](mailto:nmelnychenko@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	8-9pm	1/06-3/03	8	\$85
TH	8-9pm	3/10-5/05	8	\$85
TH	8-9pm	5/12-6/30	8	\$85

## EXERCISE

### Strength and Stretch

End the week with an hour of movements to strengthen and stretch the entire body! Standing exercises, seated exercises and floor work on mats will promote this overall workout. This class is perfect for people getting back into exercise as well as people that want to focus on muscle strength, activating the core (back and abdominal muscles) and flexibility. All are welcome!

**Materials:** Bring light hand weights & mat.

**In person. Site: Q7. Instructor: N. Meck, Email: [nmeck@scusd.net](mailto:nmeck@scusd.net)**

Day	Time	Date	Sess.	Fee
M	8:30-9:30am	1/03-3/14	9	\$90
M	8:30-9:30am	3/21-5/23	9	\$90

### The Karate Way, Confident Self-Defense

Acquire the most effective self-defense techniques and achieve exceptional health and finesse with the traditional art of



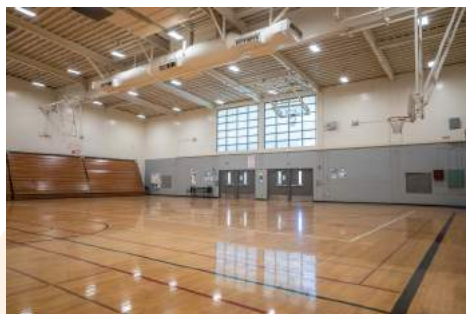
## EXERCISE

### The Karate Way (cont.)

Shotokan Karate. Build strength, endurance, focus and exude confidence and control of all aspects of life! For more info, contact Wayne Krill at [wkrill@scusd.net](mailto:wkrill@scusd.net).

**In person. Site: Gym. Instructor: W. Krill,**  
**Email: [wkrill@scusd.net](mailto:wkrill@scusd.net)**

Day	Time	Date	Sess.	Fee
T, TH	6:30-7:30pm	1/04-3/17	20	\$200
T, TH	6:30-7:30pm	3/22-6/02	20	\$200



## FENCING

### Fencing All Levels

Defend your honor and get some exercise! Build the skills necessary for the duel-offense, defense, counteroffense, footwork, precision and efficiency of movement, confidence, and more. All skill levels welcome. Wear comfortable athletic clothes (no dark colors, please) and shoes. All necessary equipment supplied. Questions? Email instructor or visit <https://classesbyjaninesahm.weebly.com>.

**In person. Site: Gym. Instructor: J. Sahn,**  
**Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
W	7pm-8:30pm	1/05-3/02	8	\$150
W	7pm-8:30pm	3/23-5/18	8	\$150

### Fencing Pedagogy

Make fencing a lifestyle choice! Master the skills necessary to win a duel and to teach the next generation of sword-persons. Certification as a fencing teacher is offered, though not obligatory. All necessary equipment supplied. Questions? Email instructor or visit <https://classesbyjaninesahm.weebly.com>.

**In person. Site: Gym. Instructor: J. Sahn,**  
**Email: [jsahm@scusd.net](mailto:jsahm@scusd.net)**

Day	Time	Date	Sess.	Fee
S	10:45am-1:45pm	1/08-3/05	8	\$225
S	10:45am-1:45pm	3/26-5/21	8	\$225

## PERSONAL GROWTH

### **NEW** Come to Your Senses

How we interpret the world around us determines our health and happiness. Problems, struggles, miscommunications often are a result of our interpretations of "sensory" data. We see the world through our habitually ingrained modes of behavior and beliefs. In this workshop you will learn about sensory systems (seeing, hearing, feeling) and how they can be utilized to enhance our lives and relationships with others. This class stands alone. However to have the greatest benefit from the information it is suggested to take the next 2 Personal Growth classes. This would be class #1.

**In person. Site: D6. Instructor: R. Peterson,**  
**Email: [rpeterson@scusd.net](mailto:rpeterson@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6:30-9pm	2/03	1	\$35

### Changing Your Mind, Loving the Change

Tired of thinking the same unproductive way? Through the art of "framing" and "reframing", learn how to gain flexibility in your thinking and behavior, allowing you to open up realms of possibility and choice in how to respond to life situations. This class stands alone, however to have the greatest benefit from this information it is suggested to take it along with the other 2 Personal Growth classes. This would be class #2.

**In person. Site: D6. Instructor: R. Peterson,**  
**Email: [rpeterson@scusd.net](mailto:rpeterson@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6:30-9pm	3/10	1	\$35

## PERSONAL GROWTH

### **NEW** Natural Learning Patterns

Do you often feel like you're not being understood or that others just don't understand you? You are not alone. Our brains engage in the natural patterns of deletion, distortion, and generalization. These patterns compel us to make assumptions about people and the world around us, resulting in misunderstandings and miscommunication. Join us in exploring these patterns and how they impact our lives. You CAN learn how to

use these patterns effectively to enrich your life and relationships with others. This class stands alone, however to have the greatest benefit from the information it is suggested to take all the Personal Growth classes. This would be class #3.

**Prerequisites:** *Changing Your Mind, Loving the Change* classes.

**In person. Site: D6. Instructor: R. Peterson, Email: [rpeterson@scusd.net](mailto:rpeterson@scusd.net)**

Day	Time	Date	Sess.	Fee
TH	6:30-9pm	5/05	1	\$35

## TEAM SPORTS

### Soccer: Indoor, Co-Ed

For intermediate to advanced level male or female players. Class is structured around game strategy, teamwork and sportsmanship. All instruction is done through team play with an emphasis on enjoyment. Class Limit: 16.

**Prerequisites:** Soccer, beginner level.

**In person. Site: Gym. Instructor: P. Volta, Email: [pvolta@scusd.net](mailto:pvolta@scusd.net)**

Day	Time	Date	Sess.	Fee
M	8:30-10pm	1/03-3/14	9	\$110
TH	7:45-9:45pm	1/06-3/17	10	\$150
M	8:30-10pm	3/21-5/23	9	\$110
TH	7:45-9:45pm	3/24-5/26	9	\$150

instruction is done through team play with an emphasis on enjoyment. Class limit: 16.

**In person. Site: Gym. Instructor: P. Volta, Email: [pvolta@scusd.net](mailto:pvolta@scusd.net)**

Day	Time	Date	Sess.	Fee
M	7-8:30pm	1/03-3/14	9	\$110
M	7-8:30pm	3/21-5/23	9	\$110

### Volleyball

Class is designed for people who have some volleyball experience with an emphasis on game play. Drills and some basic review of skills will be reviewed including serving, passing and digging. Come experience a sport that involves both physical and social dynamics!

**In person. Site: Gym. Instructor: R. Negrete, Email: [rnegrete@scusd.net](mailto:rnegrete@scusd.net)**

Day	Time	Date	Sess.	Fee
T	7:45-9:45pm	1/04-3/15	10	\$180
T	7:45-9:45pm	3/22-5/31	10	\$180

### Soccer: Indoor, Women

For all levels of playing ability, although basic skills and knowledge recommended. Classes will include development of technique, tactics and sportsmanship. All

## WATER EXERCISE

### Lap Swim/Water Walk

Come enjoy an independent water workout in one of our six lanes! Five lanes will be provided for lap swimming and one lane for water walking/exercises with staff supervision.

**In person. Site: Pool. Instructors: P. Mount, N. Meck, Emails: [pmount@scusd.net](mailto:pmount@scusd.net), [nmeck@scusd.net](mailto:nmeck@scusd.net)**

Day	Time	Date	Sess.	Fee
T	11:30am-12:45pm	1/04-3/15	10	\$100
W	11:30am-12:45pm	1/05-3/16	10	\$100
TH	11:30am-12:45pm	1/06-3/17	10	\$100
T	11:30am-12:45pm	3/22-5/31	10	\$100
W	11:30am-12:45pm	3/23-6/01	10	\$100
TH	11:30am-12:45pm	3/24-6/02	10	\$100

### Swim Beginning

Drills to focus on arm and length technique will be reviewed as well as side breathing. Goal of class is to swim the 25 yard length of pool. Laps or yardage will be added to workouts based on individual needs. Water treading, backstroke, breaststroke and butterfly will be emphasized.

**Prerequisites:** Experience in water including floating with face down.

**In person. Site: Pool. Instructor: P. Mount, Email: [pmount@scusd.net](mailto:pmount@scusd.net)**

WATER EXERCISE

Swim Beginning (cont.)

Day	Time	Date	Sess.	Fee
TH	6:45-7:30pm	1/06-3/17	10	\$120
S	12:15-1:00pm	1/08-3/19	10	\$120
T	7:30-8:15pm	3/22-5/31	10	\$120
TH	6:45-7:30pm	3/24-6/02	10	\$120
S	12:15-1:00pm	3/26-6/04	10	\$120

Swim Introduction

Designed for people with little or no swim experience. Exercises will be provided to stimulate relaxation and comfort in the water. Walking across the shallow width, exhaling (bubble blowing) in the water floating on front and back will be explored in this class. Steps to the crawl stroke is the ultimate goal of class: glide, kick and arm movements.

**In person. Site: Pool. Instructors: P. Mount, N. Meck, Emails: [pmount@scusd.net](mailto:pmount@scusd.net), [nmeck@scusd.net](mailto:nmeck@scusd.net)**

Day	Time	Date	Sess.	Fee
T	6:45-7:30pm	1/04-3/15	10	\$120
S	11:15am-12:15pm	1/08-3/19	10	\$120
T	6:45-7:30pm	3/22-5/31	10	\$120
TH	7:30-8:15pm	3/24-6/02	10	\$120
S	11:15am-12:15pm	3/26-6/04	10	\$120

Swim Lap Training

Practice swimming the length of a 25 yard pool. Instructor will work with swimmers to create workouts based on student needs. Swimmers will build endurance throughout the session by increasing yardage and speed each week. Kick boards and pull buoys will be incorporated into workouts to help develop technique, strength and endurance. Lap swim training can help people that are interested in doing triathlons or other aquatic activities.

**Prerequisites:** Swim the width of the pool and comfort in the deep end.

**In person. Site: Pool. Instructors: P. Mount, N. Meck, Emails: [pmount@scusd.net](mailto:pmount@scusd.net), [nmeck@scusd.net](mailto:nmeck@scusd.net)**

Day	Time	Date	Sess.	Fee
M	6:45-7:30pm	1/03-3/14	9	\$110
M	6:45-7:30pm	3/21-5/23	9	\$110
W	6:45-7:30pm	1/05-3/16	10	\$120
W	6:45-7:30pm	3/23-6/01	10	\$120

Warm water classes to be determined based on indoor pool openings.

Water Exercise

Water provides opportunities to modify land based movements such as jumping jacks, cross country ski, jump rope without the impact on joints! Change of speed and directions in the water creates resistance in the water building muscular strength and endurance. Guided exercises will promote range of motion for the entire body: arms, legs, hips, back, chest while feeling the comfort of the water!

**In person. Site: Pool. Instructors: P. Mount, N. Meck, T. Debbage, Emails: [pmount@scusd.net](mailto:pmount@scusd.net), [nmeck@scusd.net](mailto:nmeck@scusd.net), [tdebbage@scusd.net](mailto:tdebbage@scusd.net)**

Day	Time	Date	Sess.	Fee
M	10-11am	1/03-3/14	9	\$90
M	5:30-6:30pm	1/03-3/14	9	\$90
T	8-9am	1/04-3/15	10	\$100
T	10-11am	1/04-3/15	10	\$100
T	5:30-6:30pm	1/04-3/15	10	\$100
W	7-8am	1/05-3/16	10	\$100
W	8:30-9:30am	1/05-3/16	10	\$100
W	10-11am	1/05-3/16	10	\$100
W	1-2pm	1/05-3/16	10	\$100
W	5:30-6:30pm	1/05-3/16	10	\$100
TH	8-9am	1/06-3/17	10	\$100
TH	10-11am	1/06-3/17	10	\$100
TH	5:30-6:30pm	1/06-3/17	10	\$100
F	7-8am	1/07-3/18	10	\$100
F	8:30-9:30am	1/07-3/18	10	\$100
F	10-11am	1/07-3/18	10	\$100
S	10-11am	1/08-3/19	10	\$100
M	10-11am	3/21-5/23	9	\$90
M	5:30-6:30pm	3/21-5/23	9	\$90
T	8-9am	3/22-5/31	10	\$100
T	10-11am	3/22-5/31	10	\$100
T	5:30-6:30pm	3/22-5/31	10	\$100
W	7-8am	3/23-6/01	10	\$100
W	8:30-9:30am	3/23-6/01	10	\$100
W	10-11am	3/23-6/01	10	\$100
W	1-2pm	3/23-6/01	10	\$100
W	5:30-6:30pm	3/23-6/01	10	\$100
TH	8-9am	3/24-6/02	10	\$100
TH	10-11am	3/24-6/02	10	\$100
TH	5:30-6:30pm	3/24-6/02	10	\$100
F	7-8am	3/25-6/03	10	\$100
F	8:30-9:30am	3/25-6/03	10	\$100
F	10-11am	3/25-6/03	10	\$100
S	10-11am	3/26-6/04	10	\$100





## WELLNESS

## Feldenkrais, Awareness Through Movement®

Feldenkrais is for those who want to reconnect with their natural abilities to move, think and feel. The Feldenkrais method focuses on relationship between movement and thought. Increases mental awareness and creativity accompany physical movement. The student learns how to connect to with their bodies by slowing the movement and feeling and sensing their own patterns of holding.

**Materials:** Mat or towels.

**Online. Instructor:** R. Urrutia, Email: rurrutia@scusd.net

Day	Time	Date	Sess.	Fee
TH	6:30-7:30pm	1/06-3/16	10	\$100

## Meditation and Breath Awareness

Learn how to meditate and work with your breath to help reduce stress. Use body stretches and self-scanning to help release tension in the body. You will know how to meditate and release tension after the first class. Several breathing techniques will be taught. Instructor has been practicing and teaching yoga, meditation and breathing exercises for over 30 years.

**In person. Site:** Q7. **Instructor:** L. Gronlund, Email: lgronlund@scusd.net

Day	Time	Date	Sess.	Fee
T	5:45-6:45pm	2/01-2/15	3	\$30

## YOGA

## Hatha Yoga

Join us as we combines ancient yoga traditions with advances in the modern science of mind/body to provide a blend of useful ways to move through life. You will increase flexibility, core strength and stamina by moving into various postures. Learn to be aware of healthy breathing patterns and reduce stress through relaxation and meditation techniques. Class is perfect for most levels of students!

**Materials:** Yoga mat, block, and strap. Eye pillow optional.

**Online. Instructor:** D. Russell, Email: drussell@scusd.net

Day	Time	Date	Sess.	Fee
TH	7-8:15pm	1/06-3/17	10	\$125
TH	7-8:15pm	3/24-6/02	10	\$125

## Vinyasa Yoga

We will enter into a posture and then leave moving seamlessly through one posture to another using our breath. Vinyasa, which means variation within a prescribed parameters, builds on a sequence of postures initiated by breath to awaken your mind, body, and soul. Come connect your body and your breath with one of the most popular forms of Yoga practice in the world today.

**Materials:** Yoga mat. Optional: yoga blocks and yoga blanket/towel.

**Online. Instructor:** P. Svendsen, Email: psvendsen@scusd.net

Day	Time	Date	Sess.	Fee
T, TH	6:30-7:30am	1/04-3/17	20	\$200
M, W	5-6pm	3/21-6/01	19	\$190

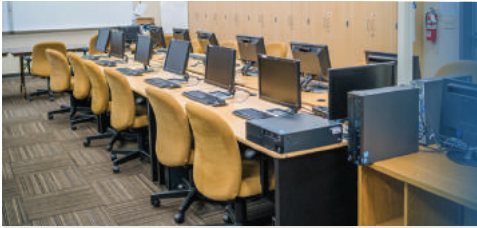
## Yoga: Healthy &amp; Stress-Free Living

In the modern stress-induced world of today, learn ancient and formally secret techniques of breath control (pranayama), yoga postures (Asana) and mind-body connection to gain mastery to quieten, strengthen and control the mind while creating inner harmony and a happy and healthy life. Students will learn ways to improve flexibility, alleviate muscle, joint and low back pain; increase energy; balance the nervous system; improve symptoms of conditions such as hypertension, diabetes and other glandular imbalance.

**Materials:** Yoga mat, yoga strap, 2 yoga blocks. Optional: cushion or blanket to fold for sitting on.

**In person. Site:** Q7. **Instructor:** S. Singh, Email: ssingh@scusd.net

Day	Time	Date	Sess.	Fee
W	9-10:15am	1/05-3/16	10	\$125
W	9-10:15am	3/23-6/01	10	\$125



# Career Technical Education

We offer career training programs to provide students with the relevant skills for the 21st century labor market demands. Our classes are taught by industry professionals and can be taken individually to meet personal goals or in sequence towards a Program Certificate.

## Offering courses in:

Administrative & Office Skills Training....20

Childcare Training.....	22
Computer Applications.....	22
Fashion Merchandising.....	23
Healthcare Training.....	23



### Ways to Register:

- Online at [santaclaraadulted.org](http://santaclaraadulted.org)
- Call (408) 539-2015
- Visit the office

## ADMINISTRATIVE AND OFFICE SKILLS TRAINING

### Accounting 1

Build your accounting foundation and learn about basic accounting concepts and procedures, visualize and analyze transactions, use debits, credits, journals and ledgers, identify and work with financial statements, understand GAAP and the conceptual framework of accounting. Class counts towards the Accounting Assistant Program Certificate.

**Prerequisites:** Math knowledge.

**In person. Site: K1. Instructor: V. Chand, Email: [vchand@scusd.net](mailto:vchand@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-2pm	1/08-3/12	9	\$69

### Accounting 2

Expand on the accounting basics and gain proficiency. Apply accounting principles to key accounts. Decide on cash vs. accrual basis. Conduct Accounts Payable and Accounts Receivable transactions. Set up and process payroll. Close books. Class counts towards the Accounting Assistant Program Certificate. Students who complete Accounting 1 & 2 are eligible for 5 college credits with Mission College.

**Materials:** Textbook: *Basic Accounting Concepts, Principles and Procedures, Volume 2, 2nd edition, Mostyn, ISBN: 13: 978-0991423118*

**Prerequisites:** Accounting 1.

**In person. Site: K1. Instructor: V. Chand, Email: [vchand@scusd.net](mailto:vchand@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-2pm	3/19-5/21	9	\$69

### Administrative Assistant

Become an Administrative Assistant through this comprehensive course covering the scope of administrative tasks in a modern office environment. Included are 21st century office technology, foundations of MS Office and Office 365, foundations of Google G-Suite, interpersonal and communication skills, and customer service training. Gain problem solving and critical thinking, self-management and project management skills. Get an overview of employment laws and types of professional certifications. Students will receive a Certificate of Completion as an Administrative Assistant.

**Materials:** Laptop/computer with Microsoft Windows.

**Prerequisites:** Computer literate, 8th grade Math and English.

**In person. Site: K1. Instructor: V. Chand, Email: [vchand@scusd.net](mailto:vchand@scusd.net)**

Day	Time	Date	Sess.	Fee
T, W, TH	4-7pm	1/04-5/05	48	\$310

### Administrative Professional

Today's administrative professionals juggle multiple responsibilities and they support hectic offices and busy executives. This requires a whole new skill set for anyone moving into this career field. This career training consists of 2 courses. Students will have to complete "Administrative Assistant" and "QuickBooks" in order to receive this certificate. They may enroll in both courses simultaneously and thus complete the training in 1 semester

## ADMINISTRATIVE AND OFFICE SKILLS TRAINING

### Administrative Professional (cont.)

or take one course per semester and receive the program certificate upon completion of both classes.

**Materials:** *The Administrative Professional: Technology & Procedures*, eBook, 15th e, Rankin/Shumack, ISBN:9780357688328; Quickbooks: E-textbook available at <http://bit.ly/SCAEQuickbooksPro>

**Prerequisites:** Min 8th grade math skills. Must have Windows operating system. Access to computer and Wifi/Internet.

**Hybrid. Site: Online & K1. Instructor: V. Chand, Email: [vchand@scusd.net](mailto:vchand@scusd.net)**

Day	Time	Date	Sess.	Fee
T, W, TH, F	4-7pm	1/04-5/06	63	\$399

### NEW Computer Fundamentals & Literacy

Gain skills in the use of a desktop computer, computer accessories, browsers, and typing etc. Digital and informational literacy including privacy, spamming, phishing, malware etc. will be discussed.

**Materials:** Access to a personal computer (Windows) and smart phone.

**In person. Site: K2. Instructor: A. Yalla-Kodi, Email: [akodi@scusd.net](mailto:akodi@scusd.net)**

Day	Time	Date	Sess.	Fee
M	5-6pm	1/10-2/14	5	\$69

### Microsoft Office 2019 & 365 (Windows Only)

Achieve proficiency in word processing, spreadsheet, presentation, and database which will provide you with the foundation of technology skills valued by employers. Course will be held on campus in our computer lab where students will have access to the MS Office Suite. Students will be required to attend mandatory in-person classes as well have opportunity to be in virtual (asynchronous) learning environment. Students need to access to Labyrinth Lab on the first day of class.

**Materials:** E-Textbook and license available on [www.lablearning.com](http://www.lablearning.com): Alec Fehl, Alex Scott, Ben Linford, and Ian Ewell, ITEM: 1-64061-068-5 ISBN: 978-1-64061-068-2.

**Hybrid. Site: Online & K2. Instructor: A. Yalla-Kodi, Email: [akodi@scusd.net](mailto:akodi@scusd.net)**

Day	Time	Date	Sess.	Fee
S	9am-2pm	1/08-5/28	19	\$69

### Payroll Accounting & Bookkeeping NCBU002

This course covers the foundation required for success in calculating payroll, completing payroll taxes, preparing payroll records and reports, and focusing on practical applications as well as theory. Students will gain firsthand experience practicing concepts with useful, hands-on exercises involving relevant, detailed examples and real-life business applications. This class meets online in the synchronous learning modality. The class uses Canvas and students will attend via video conference. Course requires enrolling in both West Valley College and Santa Clara Adult Education. West Valley Registration: [www.westvalley.edu/ce](http://www.westvalley.edu/ce); Santa Clara Adult Education Registration: [www.santaclaradulted.org](http://www.santaclaradulted.org). If you need assistance, please contact Sajeemas Pasakdee, Transition Specialist at (408) 423-3547 or email [spasakdee@scusd.net](mailto:spasakdee@scusd.net).

**Prerequisites:** Suggested, *Principals and Fundamental of Accounting and Bookkeeping or Accounting Level 1, 2.*

**Online. Instructor: V. Chand, Email: [vikash.chand@missioncollege.edu](mailto:vikash.chand@missioncollege.edu)**

Day	Time	Date	Sess.	Fee
M	6-9:20pm	1/31-5/27	15	Free



## CHILDCARE TRAINING

### **Child Growth & Development: CHD 001**

Explore typical and atypical child growth and development in all domains from conception through adolescence. There is an emphasis on interactions between maturational processes and environmental factors within the family cultural context. Students observe children using investigative research methods, evaluate differences and analyze characteristics of development at various stages. This course fulfills requirements as a core course for Title 22 licensing and the Child Development Permit Matrix. C-ID # CDEV 100. Course is taught in person, with required attendance during the indicated days and times. There are two steps to register: register with Santa Clara Adult Education below, then register with Mission College by contacting Ellen Goldman, Mission College Transition Specialist at [ellen.goldman@westvalley.edu](mailto:ellen.goldman@westvalley.edu).

**In person. Site: D6. Instructor: P. Souza, Email: [pedro.souza@missioncollege.edu](mailto:pedro.souza@missioncollege.edu)**

Day	Time	Date	Sess.	Fee
W	6:30-9:40pm	1/31-5/25	15	Free

### **ESL 955EC English for CHD: Factors in Child Development**

Develops oral and written English language skills to describe a child's development, appearance, and environment as well as to identify and reflect on factors that affect development. There are two steps to register: register with Santa Clara Adult Education below, then register with Mission College by contacting Ellen Goldman, Mission College Transition Specialist at [ellen.goldman@westvalley.edu](mailto:ellen.goldman@westvalley.edu).

**Materials:** *English for Child Development: Language Skills for Parents and Providers textbook (available in class).*

**Hybrid. Site: Online & D6. Instructor: J. Rosner, Email: [julaine.rosner@missioncollege.edu](mailto:julaine.rosner@missioncollege.edu)**

Day	Time	Date	Sess.	Fee
M	6:30-8:30pm	1/24-5/23	16	Free

## COMPUTER APPLICATIONS

### **Programming in Python, Introduction**

Gain an introduction to the Python programming language. Basic knowledge of another programming language is highly recommended. The focus is on testability with weekly hands-on exercises.

**Materials:** *Must have Windows operating system. Access to computer and internet.*

**Prerequisites:** *Basic knowledge of a programming language.*

**In person. Site: J2. Instructor: B. Avula, Email: [bavula@scusd.net](mailto:bavula@scusd.net)**

Day	Time	Date	Sess.	Fee
W	6-9pm	1/05-3/16	10	\$165

### **QuickBooks Pro: Comprehensive**

Gain proficiency in this popular accounting software used by over 5.5 million small businesses in the United States. Students can download Quickbooks for free on first day of class. Customize QuickBooks files for a typical company, work with vendors

and customers, reconcile bank accounts work with estimates and time tracking, manage balance sheet accounts and budgets, and close books. This class counts towards the Accounting Assistant Program Certificate. Students who complete this course are eligible for 3 college credits with Mission College. Class size is 20 students.

**Materials:** *Must have Windows operating system. Access to computer and internet.*

**Prerequisites:** *Minimum 8th grade math skills.*

**In person. Site: K1. Instructor: V. Chand, Email: [vchand@scusd.net](mailto:vchand@scusd.net)**

Day	Time	Date	Sess.	Fee
F	4:30-7:30pm	1/07-5/6	16	\$89

### **Scrum Fundamentals**

Build successful Agile solutions using scrum. Identify common technologies around agile and scrum. Discover the core elements of Agile framework and explore the common steps of a spirit cadence.



## COMPUTER APPLICATIONS

### Scrum Fundamentals (cont.)

**Materials:** Visit <http://scrumguides.org/scrum-guide.html> and <https://www.atlassian.com/agile/project-managemet-intro> for materials.

**Prerequisites:** Background knowledge of basic programming.

**In person. Site: J2. Instructor: A. Sengupta, Email: TBD.**

Day	Time	Date	Sess.	Fee
S	11am-2pm	1/08-3/05	8	\$150



## FASHION MERCHANDISING

### NEW Fashion Marketing & Merchandising

Explore the business and marketing aspects of the fashion industry. Examine strategies in retail promotion and electronic retailing. Explore issues related to globalization, social media, customer

privacy and sustainability in the fashion industry.

**In person. Site: P5. Instructor: TBD, Email: TBD**

Day	Time	Date	Sess.	Fee
M, W	10am-12pm	1/10-3/16	17	\$89

## HEALTHCARE TRAINING

### Medical Assistant

The field of medical assisting is one of the most versatile allied health occupations in today's healthcare environment and one of the fastest growing jobs. The Bureau of Labor Statistics projects a 23.5% job growth rate from 2014-2024. The front office scope of work includes scheduling appointments, start and maintain patient records, and insurance billing and coding. The back office includes preparing the exam room, vital signs, injections and blood draws, EKG, and other assistance with examinations and treatments. Join this exciting career field and get proficient and certified in the administrative and clinical skills performed by a Medical Assistant. National Certification by National Center for Competency Testing (NCCT) is scheduled at the end of the classroom instruction.

**Prerequisites:** High School Diploma or equivalent. Must attend orientation prior to enrollment.

**Hybrid. Online & Site: P1. Instructor: M. Carrasco, Email: mcarrasco@scusd.net**

Day	Time	Date	Sess.	Fee
M-F	5-9pm	1/10-6/10	98	\$1250

**In person. Site: P1. Instructor: M. King, Email: mking@scusd.net**

Day	Time	Date	Sess.	Fee
M-F	8:30am-2pm	2/14-6/10	75	\$1250

### Medical Assistant Orientation (Instructor-Led)

Potential students of the Medical Assistant program must attend an orientation prior to enrollment. This orientation is instructor led, offered online and in-person.

**Hybrid. Site: Online & P5. Instructor: T. Dave, Email: tdave@scusd.net**

Day	Time	Date	Sess.	Fee
T	6-7pm	1/11-5/31	1	Free





# High School Diploma

We offer an independent study model of instruction. Students attend a weekly 30 minute appointment with the teacher, morning and evening appointments are available. Regular attendance at the weekly appointment is mandatory.

## How do I enroll?

- Order official transcripts and have them emailed to Katie Bennett, Counselor at [kbennett@scusd.net](mailto:kbennett@scusd.net).
- Register for class at [www.santaclaraadulted.org/adult-programs/hsd/](http://www.santaclaraadulted.org/adult-programs/hsd/)
- Call the counseling office at (408) 423-3633 to talk with Katie and schedule a counseling appointment. She will review your transcripts and talk with you about what additional credits you will need to graduate. You may also need to pay a refundable \$50 book deposit.
- Get started on your high school diploma!

## How many credits do I need to graduate?

One hundred and fifty (150) credits are required for graduation:

- English/ 40
- Math/ 10
- Algebra / 10
- Health/ 2.5
- Life Science / 10
- Physical Science / 10
- Fine Art or Foreign Language / 10
- Practical Art / 5
- World History / 10
- U.S. History / 10
- Government, Civics / 5
- Economics / 5
- Electives / 22.5



## Ways to Register:

- Online at [santaclaraadulted.org](http://santaclaraadulted.org)
- Call (408) 539-2015
- Visit the office





# High School Equivalency

## What is a High School Equivalency (HSE)?

In California, adults who left high school before graduation have another way to secure a high school equivalency credential. There are two HSE exams, the HiSET and the GED.

## What does a HSE credential mean for me?

It means that, through testing, you can demonstrate you have the same skills and knowledge as a high school graduate. Once you pass the test, the California Department of Education will issue you a high school equivalency certificate.

## Do you offer the official HSE exams?

We offer the official HiSET exam (paper/paper), we can provide you with information about other locations for the GED exam. Financial aid may be available for the HiSET exam. Please see your instructor for more information.

## What HSE programs do you offer?

We offer free classes to prepare you to pass one of the two exams, the HiSET and the GED.

## What are the requirements?

- Adults 18 years of age or older.
- Students should speak, read and understand English.

## What is the schedule?

Monday-Friday, 9:00am-12:00pm

Wednesday-Friday, 12:30-3:00pm

Tuesday & Wednesday, 5:30-8:30pm

## How do I get enrolled?

Contact Sajeemas Pasakdee, Transition Specialist, at (408) 423-3547 or email her at [spasakdee@scusd.net](mailto:spasakdee@scusd.net).



## Ways to Register:

- Online at [santaclaradulted.org](http://santaclaradulted.org)
- Call (408) 539-2015
- Visit the office



# Reading, Writing, & Math Skills

Want a new job, but feel you need to brush up on your writing skills? Need to help your child with their math homework? Want to be a better reader? We can help! Get started now!

## What classes are available?

We offer one-on-one support with reading, writing and math skills. You can join at any time and stay for as long as you need.

## What are the requirements?

- Adults 18 years old or older
- ESL Intermediate High or above level

## What is the schedule?

Monday-Friday, 9:00am-12:00pm

Wednesday-Friday, 12:30-3:00pm

Tuesday & Wednesday, 5:30-8:30pm

## How do I get enrolled?

Contact Sajeemas Pasakdee, Transition Specialist, at (408) 423-3547 or email her at [spasakdee@scusd.net](mailto:spasakdee@scusd.net).





# Adults with Disabilities

The Independence Network and Skills Plus Programs serve adults with disabilities. To learn more about these programs, visit the About Section at [www.santaclaradult.org](http://www.santaclaradult.org).



## Ways to Register:

- Online at [santaclaradulted.org](http://santaclaradulted.org)
- Call (408) 539-2015
- Visit the office

## INDEPENDENCE NETWORK

### Adaptive Classes for Adults with Disabilities

Independence Network provides training to adult students with disabilities through courses in several areas of study. The goal of the program is for students to gain knowledge and independence and build skills in their chosen area of study. The program embraces the concept that all

adults have a right to an age-appropriate education, independence, community inclusion, respect, and personal choice. New students usually come to us through a referral from the San Andreas Regional Center. If you are interested in learning more about our program, please contact Daya Sanchez at [msanchezpalmada@scusd.net](mailto:msanchezpalmada@scusd.net) or call (408) 423-3674.

## SKILLS PLUS

Skills Plus offers education and training for survivors of a stroke or other neurological impairments. If you are interested in joining Skills Plus or learn

more about our program, please contact Santa Clara Adult Education at [santaclaradulted@scusd.net](mailto:santaclaradulted@scusd.net), or call 408-423-3500, or visit our website: [skillsplusprogram.org](http://skillsplusprogram.org).

### Communication Skills

- **Language Skills:** This class assists the student to think of words and to communicate verbally on a single word, phrase or sentence level. It also addresses the preservation of the ability to understand, retain, and recall words.
- **Enunciation:** The student learns techniques to improve pronunciation of sounds and words to enhance clarity of speech.
- **Reaching and Writing:** The student improves the ability to spell, read and write and varying levels of complexity.
- **Memory and Listening:** The student learns to improve memory skills, listen carefully, and use memory strategies.

For more information and the Mobility class schedule go to: [skillsplusprogram.org](http://skillsplusprogram.org) or call 408-423-3500.





## SKILLS PLUS

### Independent Living Skills

- **Meal Preparation:** The student is assisted in achieving varying degrees of independence in meal planning, task completion, sequencing, and following written as well as verbal directions in a group setting.
- **Arm, Hand, and Trunk:** The student develops and improves range of motion, sensation, tone reduction, body awareness, and pain prevention.
- **Adapted Activity/Perception:** The student learns cognitive processing, task completion and completion. The long term goal is to renew student interest in productive activity and independence.

For more information and the Independent Living Skills class schedule go to: [skillsplusprogram.org](http://skillsplusprogram.org) or call 408-423-3500.

### Mobility

For stroke survivors and individuals with other neurological impairments. The mobility class focuses on increasing independence and confidence through the development of muscle strength, joint flexibility and active endurance. For more information and the Mobility class schedule go to: [skillsplusprogram.org](http://skillsplusprogram.org) or call 408-423-3500.



Are you a recent immigrant and need to learn how to speak English? Do you want to improve your English to get a better job? Join one of our free Beginning through Advanced ESL classes. Special classes are available, some have fees.

#### What classes are available?

Classes provide practice in speaking, listening, reading, and writing.

#### What levels are available?

Beginning Literacy / Low Beginning  
Low Beginning / High Beginning  
High Beginner / Low Intermediate  
Low Intermediate / High Intermediate  
Upper Intermediate / Advanced

#### What are the days and times?

M-TH, 9:00-11:30am  
T, W, TH, 6:30-9:00pm

#### How do I sign up?

New students and students who have left our school for more than 6 months must register for the placement test. Please visit the website at [www.santaclaradulthood.org/esl/](http://www.santaclaradulthood.org/esl/) to register for the next placement test.



#### Ways to Register:

- Online at [santaclaradulthood.org](http://santaclaradulthood.org)
- Call (408) 539-2015
- Visit the office

## ESL FEE BASED CLASSES

### Speak Up

This class will be active, fun, and creative. Leave shyness at the door because you have one objective: to speak up and be comfortable in expressing yourself. Activities will include role play, dialogues, charades, and many more speaking activities.

**Prerequisites:** Intermediate/Advance ESL level.


**Hybrid. Site: Online & D3. Instructor:**  
**B. Varia, Email: [bvaria@scusd.net](mailto:bvaria@scusd.net)**

Day	Time	Date	Sess.	Fee
F	9:30-11:30am	1/7-3/18	10	\$95
F	9:30-11:30am	3/25-5/27	9	\$95



Wilson Preschool is a parent participation and parent education preschool where parents and children learn together. We use a developmentally-appropriate curriculum based on the HighScope model where children learn through hands-on experiences and active play. We respect and celebrate our families' diversity and provide a safe and nurturing environment. Parents actively participate in their children's classrooms once a week. Through their participation, parents learn ways to foster their

children's social, emotional, physical, intellectual and creative development. For more information, email Daya Sanchez at [msanchezpalmada@scusd.net](mailto:msanchezpalmada@scusd.net).



**Ways to Register.**

- Online at [santaclaraadulted.org](http://santaclaraadulted.org)
- Call (408) 539-2015
- Visit the office

Toddler Class

In person. Site: M1. Instructor: TBD

Day	Time	Date	Sess.	Fee
W	9-11:30am	1/19-5/18	16	\$256

Two-year-old Class

In person. Site: M1. Instructor: D. Hall

Day	Time	Date	Sess.	Fee
T, TH	9am-12pm	1/18-5/17	16	\$272

Three-year-old Class

In person. Site: M4. Instructor: J. Sawaya

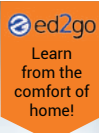
Day	Time	Date	Sess.	Fee
T, W, TH	9am-12pm	1/18-5/19	48	\$816
M, W, F	9am-12pm	1/19-5/23	48	\$816

Four-year-old Class

In person. Site: M2. Instructor: S. Fischer

Day	Time	Date	Sess.	Fee
T, W, TH	9am-12pm	1/18-5/19	48	\$816
M, W, F	9am-12pm	1/19-5/23	48	\$816





# Online Courses

Learn online! Online courses are informative, fun, convenient, and highly interactive. Courses are project oriented and include lessons, quizzes, hands on assignments, supplementary links, and more. You can complete any course entirely from your home or office, any time of the day or night.

## Courses include:

- Expert instructors
- 24-hour access

- Online discussion areas
- 6 weeks of instruction
- Over 500 courses to choose from
- Monthly start sessions



## How to Register:

- Visit [www.ed2go.com/santaclara](http://www.ed2go.com/santaclara)

## Discover Sign Language

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression. **Fee: \$115**

## Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language. This course will provide you the skills to write SQL queries to create tables, retrieve data from single or multiple tables, manipulate data in a database, and gather statistics from data stored in a database. **Fee: \$115**

## Intermediate SQL

Gain confidence using a wide range of advanced SQL techniques. This course will expand your SQL knowledge and provide skills for writing powerful queries that perform complicated searches and sorts of data. **Fee: \$115**

## Introduction to Interior Design

Learn to transform plain living spaces into beautiful and functional rooms. This course will teach you how to design every aspect of a room while taking into account color theory, industry trends, special arrangements, floor plans, design ideas, and interior design basics. **Fee: \$115**

## Lose Weight and Keep It Off

Discover how to establish a healthy approach to weight loss and weight management. By the end of this course, you'll know how to set effective goals for eating, exercise, and many other elements that affect your weight, and be on your way to losing weight and keeping it off for good. **Fee: \$115**

## Personal Finance

Set clear financial goals, make the right investments, increase financial security, and be prepared to retire someday. This course will help you gain control over the financial impact of your choices with tools that are useful, realistic, and easy to work into your regular routine. **Fee: \$115**

## Project Management Fundamentals

Master the essentials of project management with an experienced Project Management Professional as your guide. This course provides the concepts you need to plan, implement, control and close any type of project. **Fee: \$115**

## Start Your Own Small Business

Learn how to transform your passion and talent into a viable small business. This course will teach you about financing, marketing techniques, employee management, policy writing, and time management- everything you need to know to start your very own small business. **Fee: \$115**



## Check out our new classes!

With hundreds of classes and programs for adults of all ages and abilities, there's something for everyone. Apply the knowledge from one of our many

programs to your personal or professional life. Start training for a new career, develop a new skill, or discover a new passion! What will you learn?

### Cooking:

- All About Blackberry Jam
- Blueberry Jam Duo
- Easy Weeknight Supper: Salsa Tequila Chicken
- Soups On! Comfort Food #1
- Soups On! Comfort Cooking #2

### Money Management:

- Investing: Advanced Technical Analysis
- Investing: Market Matters, What Could Go Wrong?
- Investing: Modern Portfolio Theory for the Novice
- Investing: Optimizing Your Portfolio with Technical Analysis
- Investing: Protecting Your Money in the Markets

### Photography:

- Animal Photography
- DSLR Camera: Focus on Motion
- DSLR Camera: Mastering Manual
- Photography: Mastering Composition

### Woodworking:

- 3D Cutting Board
- Desktop Shelving Unit
- Woodworking: Introduction
- Woodworking: Wave Cutting Board

### World Languages:

- Italian Advanced Conversation
- Italian For Travelers

### Writing:

- Love Notes

### Exercise & Wellness:

- Come to Your Senses
- Natural Learning Patterns

### Career Technical Training:

- Computer Fundamentals & Literacy
- Child Growth and Development: CHD 001
- ESL 955EC English for CHD: Factors in Child Development
- Scrum Fundamentals
- Fashion Marketing & Merchandising

## Registration is easy! Ways to register:

- Online at [santaclaraadulted.org](https://santaclaraadulted.org)
- Call (408) 539-2015 during office hours
- Visit the office at 1840 Benton St. Santa Clara, CA 95050



# REGISTRATION FORM

Please answer each question below. The information will remain confidential and be used only to assist with school funding. Thank you for your cooperation.

Have you taken classes at our school before?    Yes    No

First Name:\_\_\_\_\_

Last Name:\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Student I.D.: \_\_\_\_\_

Address:\_\_\_\_\_

City \_\_\_\_\_ State:\_\_\_\_\_ Zip: \_\_\_\_\_

Phone No:\_\_\_\_\_

Email: \_\_\_\_\_

In Case of Emergency Call: (Name) \_\_\_\_\_

Relationship:\_\_\_\_\_ Phone No.: \_\_\_\_\_

I have a child attending Santa Clara Public Schools:    ☐ Yes    ☐ No

If yes, how many?\_\_\_\_\_

All students must be 18 or older.

Course Title	Session Dates	Fee

## Method of Payment

☐ Cash    ☐ Check #\_\_\_\_\_    ☐ Gift Certificate    ☐ MasterCard    ☐ VISA

Card No.:\_\_\_\_\_ Exp. Date:\_\_\_\_\_ Security Code:\_\_\_\_\_

SORRY, NO REFUNDS! (SPACE WILL NOT BE RESERVED WITHOUT PAYMENT)

Signature \_\_\_\_\_ Today's Date:\_\_\_\_\_

## GENERAL POLICIES

Classes are open to all district residents and non-district residents over the age of 18. Residents under 18 may enroll on a case by case basis with approval by the administration.

Continuation of a state supported class is dependent on funding and enrollment.

Instructors are subject to change.

When feasible, classes are open entry/open exit and maintain waiting lists.

Students may be dropped if absent for three consecutive classes without notifying the teacher or office staff.

Students who are not progressing appropriately in class may be asked to leave.

Students may be dropped for poor attendance.

Students will be dropped for disrespectful or disruptive behavior in classrooms or on campus.

Children under 18 are not permitted in class unless specifically authorized by the administration.

Individuals on the campus who are inappropriately dressed and/or those whose personal hygiene is causing a disruption may be asked to leave.

The Governing Board prohibits the unlawful harassment or bullying of any student or employee by any other employee, student, or other person on school sites.

Missed classes may not be made up and are not eligible for refunds. Some classes include certificates that may be awarded for successfully completing all course objectives.

All copyrighted materials must be used in compliance with applicable copyright and other laws. Computer software, graphics, audio, video, or other files may not be loaded on school computers without appropriate licensing.

The Santa Clara Unified School District Uniform Complaint Procedure is posted in the Adult Education Office.

Santa Clara Unified School District and Santa Clara Adult Education is an equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.



## Natalie Dao

*"I came to this country from Vietnam when I was 27 years old. I wanted to learn English right away. I chose Santa Clara Adult Education because the school is near my house and the teachers are friendly and nice to students. I attended the ESL program for a year, starting in 2017, and then my ESL teacher helped me get enrolled in college where I studied Phlebotomy. I went back to the adult school in August 2020 to study for the HiSET test. The woman at the front desk was very helpful and gave me more information about the HiSET program."*

*The HiSET teacher sent me the link to study and answered my questions when I needed help. He gave me advice on the program and suggested which subjects I needed to spend more time on. After I passed the HiSET, I attended the graduation ceremony. On that day, when I walked to the stage, I felt happy and proud of myself."*

*"I'm now working at Kaiser Permanente in Santa Clara as a Laboratory Assistant II. I like this job because I want to help my patients and give them the best service, it's my dream job! Thank you teachers and staff at Santa Clara Adult Education!"*





1840 Benton Street  
Santa Clara, CA 95050  
(408) 423-3500  
[santaclaraadulted.org](http://santaclaraadulted.org)

# Where Learning and Community Meet

## *There's something here for you!*

- Three ways to learn: in-person, hybrid and online.
- Classes offered at convenient times.

## *Registration is easy!*

- Online: [www.santaclaraadulted.org](http://www.santaclaraadulted.org)
- In-person: 1840 Benton St. Santa Clara
- By phone: (408) 539-2015

## *Job opportunities*

We are looking for teachers who want to share their knowledge and expertise with others! Please email [santaclaraae@scusd.net](mailto:santaclaraae@scusd.net) or visit us at [www.santaclaraadulted.org/jobopportunities](http://www.santaclaraadulted.org/jobopportunities) to learn more!

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