

# GROSSMONT ADULT EDUCATION 2023-24 CATALOG

En español **and** بالعربية



Looking for programs  
that enrich your life  
or advance your career?  
*We got you.*



**GROSSMONT  
ADULT EDUCATION**

A member of East Region Adult Education

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## HOLIDAYS - NO CLASSES

	2023		2024
<b>Independence Day</b>	July 4	<b>Martin Luther King Day</b>	Jan 15
<b>Labor Day</b>	Sept 4	<b>President's Day</b>	Feb 16-19
<b>Veterans' Day</b>	Nov 10	<b>Spring Recess</b>	March 25-April 5
<b>Thanksgiving Break</b>	Nov 20-24	<b>Memorial Day</b>	May 27
		<b>Juneteenth</b>	June 19
	<b>2023/2024</b>		
<b>Winter Recess</b>	Dec 25-Jan 12		

## ACCREDITATION

Grossmont Adult Education is accredited by the Western Association of Schools and Colleges. Accreditation is an assurance of quality and a guarantee that courses taken for credit will be accepted by other educational institutions. Teachers are certified in their teaching area by the State Commission for Teacher Preparation and Licensing.

## PUBLISHER STATEMENT

The catalog is published by Grossmont Adult Education, a member of East Region Adult Education.

## DISCLAIMER

Every effort has been made to ensure that all information in this catalog is accurate. However, the information in this publication is subject to change without notice. Students should consult the website [adulthood.guhsd.net](http://adulthood.guhsd.net) and the appropriate campus for updates, most recent information, and special requirements or regulations.

## GROSSMONT ADULT EDUCATION CAMPUS DIRECTORY

### Foothills Adult Education Campus

1550 Melody Lane, El Cajon, CA 92019  
(619) 588-3500

[adulthood.guhsd.net](http://adulthood.guhsd.net)

Located near Granite Hills High School  
Bus Route 874 (last service 6:00 pm)

### Health Occupations Center

8770 Mast Blvd, Santee, CA 92071  
(619) 956-4300

[hoc.guhsd.net](http://hoc.guhsd.net)

Located adjacent to West Hills High School

### El Cajon Adult Campus

1075 E. Madison Ave, El Cajon, CA 92021  
(619) 401-9750

[elcajonadult.guhsd.net](http://elcajonadult.guhsd.net)

Located adjacent to El Cajon Valley High School

### Transition Services

1550 Melody Lane, El Cajon, CA 92019  
(619) 627-1175

[adulthoodworks.org](http://adulthoodworks.org)

### Other Classroom/Program Locations

El Cajon Valley High School, Helix High School, Idea Center High School, La Mesa Enrichment Center, Steele Canyon High School.

### STATEMENT OF NONDISCRIMINATION

The Governing Board is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on sex, race, color, religion, national origin, ethnic group, marital or parental status, physical or mental disability, sexual orientation, or any other unlawful consideration, whether actual or perceived.

For any concerns or questions, please contact the District's Compliance officers:

### TITLE IX

Nondiscrimination on the Basis of Sex  
Dr. Terry Stanfill, Assistant Superintendent  
Human Resources  
P.O. Box 1043, La Mesa, CA 91944  
(619) 644-8018

### SECTION 504

Nondiscrimination on the Basis of Disability  
Joshua Reiderer, Assistant Director  
Student Support Services  
P.O. Box 1043, La Mesa, CA 91944  
(619) 644-8014

### POLICY AGAINST SEXUAL HARASSMENT

It is the policy of the Governing Board to provide an educational environment free of sexual harassment. The Governing Board condemns sexual harassment of any district student by any person. The district administration will investigate and resolve all alleged complaints of sexual harassment and take disciplinary action as required and authorized to remedy the situation.

Each complaint shall be promptly investigated in a way that respects the privacy of all parties concerned. There will be no retaliation against any student for filing a complaint of sexual harassment or participating in the complaint process.

Complaints of sexual harassment shall be filed and processed in accordance with the complaint procedures set forth in Administrative Regulation AR 5145.7.

Any student who believes that he or she has been the victim of sexual harassment should report it to the principal or designee or to another district administrator and obtain a copy of AR 5145.7.



**Kim Bellaart**

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(619) 588-3511

# HELLO! ¡HOLA! مرحبًا!

## WELCOME TO THE 2023-24 SCHOOL YEAR!

Grossmont Adult Education serves our East County community and empowers students to build the best future. In this catalog, you'll find free or low cost options that are designed to help you meet your educational, career, and personal goals. Whether you are training for a career, learning English, or working toward a high school equivalency or diploma, we've got options for you. And check out our low cost Personal Enrichment classes, too!

Our printed catalog only comes out once a year, so please check our website for up to date descriptions and class schedules: [adultschool.guhdsd.net](http://adultschool.guhdsd.net).

I encourage you to contact me to share your successes as well as your suggestions so we can continue to provide the very best in adult education and lifelong learning!

In Adult Education, we offer the right programs at the right time. We want you to be in the know! For most recent updates, check our website often.

Con Educación para Adultos, ofrecemos los programas adecuados en el momento adecuado. ¡Queremos que estés informado! Para conocer las actualizaciones más recientes, visite nuestro sitio web con frecuencia.

في البرنامج التعليمي للبالغين ، يتم تقديم البرامج المناسبة في الوقت المناسب. نريدكم أن تكونوا مُدرِّكين! للحصول على آخر التحديثات ، تحققوا من موقعنا الإلكتروني باستمرار.

### MISSION STATEMENT

The mission of Grossmont Adult Education is to inspire lifelong learning, build knowledge, and strengthen our communities.

### SCHOOLWIDE OUTCOMES

- Provide further education, career training, and employment opportunities
- Prepare students to be resourceful in reaching their goals
- Produce a well-trained and knowledgeable workforce
- Promote community involvement and responsibility

### DECLARACIÓN DE OBJETIVOS

El objetivo de La Escuela para Adultos de Grossmont es inspirar el aprendizaje continuo, construir el conocimiento, y fortalecer nuestras comunidades.

### RESULTADOS EN TODA LA ESCUELA

- Brindar educación superior, capacitación profesional, y oportunidades de empleo
- Preparar a los estudiantes a ser ingeniosos al cumplir sus metas
- Producir una fuerza laboral capacitada y con conocimiento
- Promover la participación y responsabilidad de la comunidad

### النتائج المُحصَّلة على صعيد المركز

- توفير المزيد من التعليم والتدريب المهني وفرص العمل.
- إعداد الطلبة ليكونوا أذكياء في تحقيق أهدافهم.
- إنتاج قوى عاملة ذات جودة عالية التدريب والمعرفة
- تعزيز المشاركة داخل المجتمع وتحمل المسؤولية

### البيان الخاص بمهمة المركز

تتمثل مهمة مركز كروسمنت التعليمي للبالغين في إلهام التعلم مدى الحياة ، وبناء المعرفة وتقوية مجتمعاتنا المحلية

# STUDENT SUPPORT SERVICES

**Education, Career, and Support Services can be hard to figure out.** You might be asking:

- How much time and money will it take to reach my goals?
- Will my chances of getting a job improve?
- What is the best way to balance all the demands in my life?
- Should I use my foreign education or should I start over?

**Talk with a Transition Specialist.** Leave with answers and a plan. Make us a part of your success. Visit our website and contact us there: [adulthoodworks.org/students/student-services](https://adulthoodworks.org/students/student-services)



## Meet Ibrahim

I thought, 'I'm not gonna make it really,' because my life was so... let me say congested, 'I don't have time. I have to take care of my children. I have to take care of my wife. I have to find means to provide something at home,' you know? Now whenever I remember, it just makes me want to cry. Today I was talking to my wife and I was like, **'I thank God at least I'm somewhere today through Grossmont Adult Education.'** And I'm still going. I haven't stopped, I'm still going. [...] If you go to a place where people welcome you, where people show you love, [that is] the place where you can achieve your success. Because when you go to a place where people show you love, whatever they give you is going to be positive. Where there is love, good will follow. [...] **Through my own story and my success, my achievements, I believe I can convince millions of students to use Transition Services.**



## SERVICIOS DE APOYO ESTUDIANTIL

Los servicios de educación y apoyo pueden ser difíciles de entender. Usted podría estar preguntando:

- ¿Cuánto tiempo y dinero me llevará alcanzar mis metas?
- ¿Mejorarán mis posibilidades de conseguir un trabajo?
- ¿Cuál es la mejor manera de equilibrar todas las exigencias de mi vida?
- ¿Debo usar mi educación extranjera o debo empezar de nuevo?

Hable con un Especialista de Transición. Váyase con respuestas y un plan. Haznos parte de tu éxito.

Visite nuestro sitio web y contáctenos allí: [adulthoodworks.org/students/student-services](http://adulthoodworks.org/students/student-services)

### Conoce a Ibrahim

Pensé 'No voy a lograrlo realmente' porque mi vida estaba tan... déjame decirte congestionada, 'Yo no tengo tiempo, tengo que cuidar a mis hijos, tengo que cuidar a mi esposa, tengo que encontrar medios para proporcionar algo en casa, ¿sabes? Ahora cada vez que recuerdo solo me dan ganas de llorar. Hoy estaba hablando con mi esposa y le dije 'le doy gracias a Dios al menos estoy en algún lugar hoy, a través de Grossmont Adult Education', y sigo adelante. No he parado, sigo adelante. [...] Si vas a un lugar donde la gente te da la bienvenida, donde la gente te muestra amor, [ese es] el lugar donde puedes lograr tu éxito. Porque cuando vas a un lugar donde la gente te demuestra amor, lo que sea que te den va a ser positivo. Donde hay amor, el bien seguirá. [...] A través de mi propia historia y mi éxito, mis logros, creo que puedo convencer a millones de estudiantes a [usar Servicios de Transición].

## خدمات لدعم الطلبة

قد تتساءل: هل من الصعب معرفة نظام التعليم وخدمات الدعم.

- كم من الوقت والمال سأستغرق لتحقيق أهدافي؟
- هل ستتحسن فرصتي في الحصول على وظيفة؟
- ما هي أفضل طريقة لتحقيق التوازن بين جميع المطالب في حياتي؟
- هل من الممكن أن أستخدم شهادتي وتعليمي الذي حصلت عليه من بلد آخر أم يجب علي أن أبدأ من جديد؟

تحدث مع اخصائي المراحل الانتقالية لتضمن الحصول على اجوبة و خطة تعليمية. اجعلنا جزءاً من نجاحك.

قم بزيارة موقعنا الإلكتروني على الأنترنت وتواصل معنا من هناك: [adulthoodworks.org/students/student-services](http://adulthoodworks.org/students/student-services)

### تعرف على ابراهيم

اعتقدت أنني لن أستطيع الاستمرار لأن حياتي كانت صعبة ، فليس لدي الوقت الكافي، يجب ان اعطني بأطفالي و زوجتي ، و علي ايجاد حلول لإعالة عائلتي ، والآن كلما اذكر أشعر برغبة للبكاء ، اليوم كنت أتكلم مع زوجتي وقلت لها انا اشكر الله ، فأنا مكن أفضل اليوم بسبب كروسمنت لتعليم البالغين و سأستمر بالتقدم ولن أتوقف. اذا ذهبت الى مكان يرحب بك فيه الناس ، حيث يُظهر الناس محبتهم لك ، [هذا] هو المكان الذي يمكنك من خلاله تحقيق نجاحك ، لأنه عندما تذهب إلى مكان يُظهر فيه الناس المحبة ، فكل ما يعطونك إياه سيكون إيجابياً. حيثما يوجد الحب ، يتبعه الخير. من خلال قصتي الخاصة ونجاحي وإنجازاتي ، أعتقد أنني أستطيع إقناع الملايين من الطلاب بالعمل مع خدمات الطلاب الانتقالية.

# CAREER TRAINING PROGRAMS

**G**rossmont Adult Education's (GAE) Career Technical Education (CTE) program offers career training classes for in-demand occupations in our region. We are a great option for students ages 18 and up in East County because:

- Classes are accelerated and range from 4 to 18 weeks to fit into your schedule
- Programs provide rigorous industry sector training with access to cutting-edge technology and machinery
- Students graduate with certification in regionally in-demand industry sectors
- Classes are affordable, and eligible students may receive full-funding opportunities for designated classes
- Classes can be combined with High School Diploma or college level courses
- Job readiness and placement services are available

## CAREER TRAINING PROGRAM COST

Our Career Training programs have minimal registration fees to cover the cost of supplies. In addition, students may need to purchase uniforms and textbooks, and cover other fees related to certification, licensure, or internships. Please check the class page for each program on the GAE website ([adultschool.guhsd.net](http://adultschool.guhsd.net)) or HOC website ([hoc.guhsd.net](http://hoc.guhsd.net)) for the most current schedule, fee information, and refund policies. Discounts and grants may be available.



## PROGRAMAS DE CARRERA TÉCNICAS

Nuestras programas de Carrera Técnicas (CTE) de Grossmont Adult Education (GAE) es miembro de East Region Adult Education (ERAE). Ofrecemos clases de capacitación profesional para ocupaciones en demanda en nuestra región. Somos una excelente opción para estudiantes de 18 años en adelante en el este del condado porque:

- Las clases son aceleradas y varían de 4 a 18 semanas para adaptarse a su horario
- Los programas brindan capacitación rigurosa en el sector industrial con acceso a tecnología y maquinaria
- Los estudiantes se gradúan con certificación en sectores industriales exigentes a nivel regional
- Las clases son asequibles y los estudiantes elegibles pueden recibir asistencia financiera completa para las clases aprobadas
- Las clases se pueden combinar con el diploma de preparatoria o cursos de colegio.
- Servicios de colocación y preparación para el trabajo están disponibles

## برامج التدريب المهني

يفتخر مركز كروسمنت التعليمي للبالغين بتقديم دروس في مجال التدريب المهني التي تلبى احتياجاتكم. تزودكم دروسنا بما يلي:

- الانتقال السريع في الوظائف التي تكون على مستوى المبتدئين أو فرص تعليمية متقدمة
- تدريب قصير الأمد وميسور الكلفة ومؤثر في مجال القطاع الصناعي الأقليمي العالي الطلب
- الوصول إلى أحدث التقنيات والألات
- الشهادات والتراخيص المعترف بها في مجال القطاع الصناعي
- الوصول إلى خدمات لدعم الطلبة

يتم تحديث الدروس التي نقدمها كل 4 أسابيع. يوفر لكم هذا الدليل معلومات عامة عن البرامج والدروس المتاحة. يكون الشرح المفصل للدروس، وكذلك معلومات الجدول الزمني لتقديم الدروس التي يتم تحديثها معروضة على موقعنا الإلكتروني التالي: [adultschool.guhsd.net](http://adultschool.guhsd.net). تتواجد المعلومات حول الرسوم وكتب المناهج الدراسية اللازمة والمتطلبات الأساسية الأخرى في الشرح المفصل الموجود في الموقع الإلكتروني للدروس.





# HOW TO GET STARTED

## STEP 1: PARTICIPATE IN A REQUIRED CAREER TRAINING ORIENTATION

Visit Grossmont Adult Ed to register for an upcoming orientation. Orientations occur weekly, are offered in person or online by Zoom, and are approximately one hour in length. Attending an orientation is required before registering into any Career Training program. Attending the orientation will familiarize you with our class offerings; financial, academic, and other supports; and job preparation opportunities.

### BUSINESS & ENTREPRENEURSHIP

#### Accounting

**Mo & We, 6 pm – 9 pm**

16 weeks. Gain the fundamental knowledge of bookkeeping and accounting practices that are the cornerstone of most businesses (GAPP). Acquire basic MS Office Excel skills and develop organizational skills required to create balance sheets, income statements, cash flow, and more.

#### Human Resources & Finance Fundamentals

**Tu We Th, Times TBD**

12 weeks. Learn business and finance industry terminology, gain professional writing proficiency, and develop interpersonal skills to prepare for a variety of career opportunities in finance and human resources. Participate in employment interviews with local business partners.

#### Office Professional Training Bootcamp

**Mo Tu We, 5 pm – 8:30 pm**

4 weeks. Gain the skills necessary to perform office tasks encountered on a daily basis. Practice basic skills in Microsoft Office programs and Google Drive and prepare for next pathway classes, a college class, or employment in the field.

#### Office Professional Certificate Training

**Mo Tu We, 5 pm – 8:45 pm**

12 weeks. Prepare for the ever-changing, cloud-based office environment, working with Microsoft Office programs (Word, Excel, & PowerPoint) as well as Google Drive functions. Gain the skills needed to pass the Office Professional Certificate test, included in this class.

#### Income Tax Preparation

(Fall Semester Only)

**Tu & Th, 6 pm – 9 pm**

14 weeks. Learn how to prepare taxes like a pro. The class includes the required hours of Federal and California instruction. Successful completion of this class allows for registration with the California Tax Education Council (CTEC), which is required to be a paid tax preparer in the State of California.

## STEP 2: REGISTER FOR A CAREER TRAINING PROGRAM

Registration for programs will open online prior to the start of each class. Registration is a first come first serve process and is only open to students who have attended a Career Training orientation.

#### QuickBooks

**Tu Th, 6 pm – 9 pm**

16 weeks. Gain the skills needed for using QuickBooks effectively in this class for beginning and intermediate QuickBooks students. Use QuickBooks Online to set up a new company, customers, vendors, and banking; to correct common errors; and to deepen understanding of QuickBooks. Prepare for taking the Intuit QuickBooks Online Certification test to enhance your career portfolio. Prerequisites: Bookkeeping or accounting experience and basic computer skills.

#### Typing Certificate

Typing certification tests are offered weekly. Please check the website for test dates.

### REAL ESTATE

Successful completion of three real estate classes is required to take the CA Real Estate Exam.

#### CA Real Estate Practice

**Th, 6 pm – 9 pm**

16 weeks. Prepare for aspects of buying and selling a home, product knowledge, filling out contracts and disclosure, marketing listings, financing the purchase, and completing and closing the transaction. This class meets the California Bureau of Real Estate class requirement.

#### CA Real Estate Principles

**We, 6 pm – 9 pm**

16 weeks. Prepare to pass the California Real Estate Exam. Topics covered include the nature of real estate, ethics, law contracts, finance, taxation, appraisal, and property management. This class meets the California Bureau of Real Estate class requirement.

### Take advantage of our Authorized Pearson VUE Test Center!



#### Are you planning to take one of the leading certification exams – from AWS and CompTIA to Microsoft or PMI?

As an authorized Pearson VUE test center, we offer a variety of academic, IT and professional certification and licensure exams at our Foothills Adult Education location. We can help you stay on track with industry requirement and take your career to the next level.

Register at Pearson [Vue.com](https://www.pearsonvue.com) and select Foothills as your Test Center.



### CA Real Estate Law

**Tu, 6 pm - 9 pm**

16 weeks. Gain a deep understanding of legal descriptions, how ownership is acquired and conveyed, California license law, fair housing law, consumer protection law, contract law, and real estate contracts and disclosures. The class meets the California Bureau of Real Estate class requirement.

### ■ TRANSPORTATION

#### Class B Entry Level Driver Training - Theory

**Tu We Th, 4:45 pm - 7:45 pm**

2 weeks. Gain the skills required to obtain a CLP (Commercial Learners Permit) and meet the Education Code school bus requirements for original and renewal classroom training provided by a State Certified School Bus Driver Instructor. Under new Federal requirements, this class meets the prerequisite for commercial class and school bus original and renewal class.

#### Commercial Class B License - Behind The Wheel

**Tu We Th, 4:45 pm - 7:45 pm**

**Sat, 1 pm - 4 pm**

12 weeks. Participate in the Entry-Level Driver Training class (open range and private road) for the Minimum Federal Curriculum Requirements of the US Department of Transportation FMCSA (Federal Motor Carrier Safety Administration) and to become a professional Commercial Class B Driver with Passenger and Tanker endorsements. Prerequisites: ELDT Theory, DOT Physical and DOT Drug Test. \* DOT drug test must be submitted to a specific facility. See notes under online registration, in "view."

#### Truck Driver Training - Concrete Mixer Truck

**Sa, 8 am - 4 pm**

4 weeks, 32-hours. Train to drive, maintain and safely navigate a concrete mixer truck at a construction site. Safety protocols, ability to read meters and gauges, and ability to properly operate the vehicle at a job site will be taught. Learn about the concrete industry and the high paying jobs available. Recommended: Students should have a current class-B License with the Tanker Endorsement.

### Original School Bus Driver

**Tu We Th, 9 am - 2:30 pm**

2 weeks. Cover all units required in the School Bus Driver Classroom manual and provided by a State Certified Instructor. Receive T-01 verification of training and test preparation for the CHP Application and testing processes. Meets all Education code 40082 classroom requirements. Prerequisites: ELDT-Theory. Prerequisite can be waived upon verification of ELDT theory training given by a state certified instructor. Must register in person to provide training verification.

### School Bus Driver Renewal

**Tu We Th, 9:45 am - 1 pm**

2 weeks. Join the renewal training provided by a state certified instructor and meet all Education Code 40085, 40085.5, and 40086 requirements for School Bus Drivers that are in the fifth training period, pending school bus certificate expiration. ELDT training is not required for those seeking in-service training to maintain their school bus driver certificate. Prerequisites: ELDT-Theory \* Prerequisite can be waived upon verification of ELDT theory training given by a state certified instructor. Must register in person to provide training verification.

### ■ CULINARY ARTS & HOSPITALITY

#### Culinary Arts

**TBD**

16 weeks. Train in a state-of-the-art facility and learn the fundamental culinary and customer service skills needed to work in San Diego's hospitality and tourism industry. Topics include fundamental food preparation techniques, health, safety and sanitation guidelines and customer service training. Receive the County of SD Food Handler Training and Certificate after successful test completion.

#### Food Handler Training

**Offered multiple times each semester**

All persons employed in any job where food is served are required to take Food Handlers Training and pass the test for the Food Handler Certificate.

### ■ EDUCATION

#### Paraeducator Training

**Mo We, 5 pm - 8 pm**

8 weeks. Students develop an understanding of paraeducator responsibilities in the learning environment, the laws that govern special education, and best practices for working with students with disabilities. Learn about environmental supports, classroom accommodations, and modifications that students may need to be successful.



Women are strongly encouraged to participate in the Construction & Manufacturing classes.

### ■ CONSTRUCTION & MANUFACTURING

#### Construction Trades Pre-Apprenticeship

**Tu & Th, 5 pm - 9 pm**

16 weeks. Explore in-depth building trades, occupational skills and workplace standards and conduct, framing and drywall, electrical, plumbing, blueprint reading and estimation, hand and power tools, surveying, tile and painting, HVAC, and finish carpentry. Strengthen problem solving and communication skills needed on the worksite. Prepare for apprenticeships by following the nationally recognized MC3 curriculum, including OSHA 10 training and testing.

#### Welding

**GTAW: Gas Tungsten Arc Welding (TIG)**  
**SMAW: Shield Metal Arc Welding (stick/arc)**  
**GMAW: Gas Metal Arc Welding (MIG)**

**Mo-Th, 4 pm - 8 pm and Fr, 4 pm - 9 pm**

16 weeks. Learn how to master welding safety, personal protection equipment, basic equipment set up and repair, and methods and techniques in each discipline.

Note: The GTAW class includes basic electrical theory in GTAW in preparation for testing to AWS D1.3 structural or AWS D9.1 sheet metal welding criteria. Optional processes may include AC aluminum welding and tube notching/welding.



## MEDICAL CAREERS

Offered only at the Health Occupations Center. Orientation is required. Registration fees are low and cover the cost of supplies.

For exact dates and fees for upcoming classes visit HOC courses page at [hoc.guhsd.net](http://hoc.guhsd.net).

### Certified Nurse Assistant (CNA)

**Mo-Th, 7:30 am - 3 pm OR  
Tu & Th, 7 am - 3:30 pm OR  
Mo-Th, 4 - 8 pm**

10 or 16 weeks. CA Department of Public Health (CDPH) certification. A CNA works under a nurse in direct patient care. Learn the skills necessary to work in hospitals or long-term care facilities.

### Emergency Medical Technician (EMT)

**Mo & Tu, 8 am - 4:30 pm**

13 weeks. National Registry of Emergency Medical Technicians (NREMT) certification. Learn how to assess a patient's condition at the scene of an accident, transport patients to the hospital, and utilize emergency equipment correctly.

### Healthcare Interpreting (CHIA)

**Tu & Th, 6 - 9 pm**

18 weeks. CA Healthcare Interpreter Association (CHIA) certification. Become knowledgeable about medical terminology and interpreting in the healthcare environment. Learn about the role of the healthcare interpreter and ethical decision making.

### Registered Dental Assistant (RDA)

**Mo-Th, 7:30 am - 4:00 pm**

18 weeks. Licensed registration with the Dental Board of CA. Learn all aspects of working in a dental office and assisting the dentist. Learn how to take x-rays, to make crowns, and to care for patients. Prerequisite: High school diploma or equivalent.

### Medical Assistant Clinical & Administrative

**Mo, 9 am - 2 pm, Tu & We, 8 am - 3 pm  
Mo-Th, 4 - 8:45pm**

18 weeks. California Certifying Board for Medical Assistants (CCBMA) certification. Administrative and clinical procedures are taught for direct patient care in a doctor's office. Skills include vitals assessment, assisting physicians during medical procedures, and using electronic medical records.

### Medical Office Professional

**Mo-Th, 5:45 - 9 pm**

18 weeks. Electronic Medical Record certification. Prepares students for positions as medical office assistant, receptionist, and many more roles involving patient intake and support. Medical terminology, administrative office procedures, and basic billing and coding will be covered.

### Pharmacy Technician (PTCB)

**Mo-Th, 8:30 am - 4 pm**

18 weeks. CA Pharmacy Board and national Pharmacy Technician Certification Board (PTCB) certifications. Learn to prepare medications and fill prescriptions for employment in both a pharmacy and hospital setting. Prerequisite: High school diploma or equivalent.

### Phlebotomy Technician & Medical Laboratory Assistant (CPT-I)

**Tu & Th, 8 am - 4:30 pm OR  
Tu & Th, 5 - 9 pm**

18 weeks (am) & year-long options (pm). CA Department of Public Health (CDPH) Certified Phlebotomy Technician (CPT-I) certification. Learn how to draw blood and process samples. Includes safety procedures, use of laboratory equipment, and documentation processes. Prerequisite: High school diploma or equivalent.

### Veterinary Assistant (AVA)

**Tu & Th, 9 am - 1:30 pm OR  
Tu & Th, 4 - 8:30 pm**

18 weeks. Approved Veterinary Assistant (AVA) certification through the National Association of Veterinary Technicians in America (NAVTA). Learn how to work with animals to provide care as part of a veterinary team.

### Licensed Vocational Nurse (LVN)

**Mo-Fr, Full time**

18 months. Board of Vocational Nurses and Psychiatric Technicians (BNVPT) licensure. LVNs administer medications, provide bedside care, and perform technical nursing skills. Application process required. Prerequisites: Certified Nursing Assistant certification, TEAS score, Anatomy & Physiology class, & high school diploma or equivalent.

### Registered Nurse Refresher (BRN)

**Theory Tu & Th, 5 - 8:45 pm**

Clinical day varies - one day per week/12 hrs 10 weeks theory/15 weeks clinical. Accredited by the Board of Registered Nursing (BRN). This class is for RNs who are looking to return to the field of patient care nursing. Theory and clinical hours together provide an environment to refresh nursing skills. Prerequisite: Active registered nurse license.

**CONTINUING EDUCATION FOR MEDICAL CAREERS**

Register directly online for these classes at [hoc.guhsd.net](http://hoc.guhsd.net), no orientation required.

**Acute Care Nursing**

**Schedule TBD, check website**

Learn about the role and differing tasks of the CNA in hospital and pediatric settings. Prerequisite: Must be a CNA with an active license.

**Anatomy & Physiology for Vocational Nursing**

**Tu & Th, 7:30 am - 12 pm**

**Tu & Th, 4 pm - 8:30 pm**

10 weeks. Learn introductory anatomy & physiology to fulfill the requirement for applying to the HOC vocational nursing program. Prerequisite: must be a CNA with an active license.

**Basic Life Support for the Healthcare Provider**

**Schedules vary, check website**

4.5 hour class. Learn to recognize several life threatening emergencies, provide CPR, and use an AED in the medical setting. This is an American Heart Association class.

**Canine & Feline CPR & First Aid**

**Schedule TBD, check website**

3 hour class. Learn skills to perform CPR and first aid for your dog and/or cat. Become pet CPR certified.

**Certified Home Health Aide (CHHA)**

**Schedules vary, check website**

2 or 4 weeks. CA Department of Public Health (CDPH) certification. A CHHA provides basic nursing care in the home setting. Prerequisite: Must be a CNA with an active license.

**Continuing Education Units (CEUs) for CNA**

**Sa, 8 - 11 am**

**Sa, 12 - 3 pm**

Earn in-person continuing education units as you learn about a variety of issues impacting patient care. Prerequisite: Must be a CNA with an active license.



**EMT Refresher**

**Fr & Sa, Times TBD**

16 hours class designed to help students refresh EMT skills and earn CEUs. Prerequisite: Must hold an active EMT certification.

**IV Therapy & Blood Withdrawal**

**Mo, 4:30 - 8:30 pm**

44 hour class. Earn continuing education and certification for venipuncture skills. Prerequisite: must be an LVN or RN.

**TEAS (Test of Essential Academic Skills) Review**

**Schedules vary, check website**

Review for the TEAS assessment used to apply for nursing programs. TEAS assessment will be offered on campus following the review class.

**Therapy Dog Training**

**Coming Spring 2024**

Bring your dog to train for service in a variety of settings as a therapy companion. More information will be available at [hoc.guhsd.net](http://hoc.guhsd.net) in Fall 2023.

**Understanding Cardiac Arrhythmias**

**Th, 5:30 - 8:30 pm**

21 hour class. Designed for medical professionals to learn to read cardiac output and recognize cardiac abnormalities. Prerequisite: must hold a healthcare certification or licensure.

You may consider co-enrolling in college while actively enrolled at Grossmont Adult Education. This can help accelerate your transition to college and career. Consider these additional options: [Academic Programs classes \(pages 14 - 17\)](#)

# ENGLISH LANGUAGE AND CITIZENSHIP PROGRAMS

**E**nglish Language & Citizenship Programs prepare students for college, career, and citizenship, and are offered morning, afternoon, and night. For more information, please contact the front office at (619) 401-9750. All courses are free.

Classes are offered at various locations.

Distance Learning Options: Some classes will be offered in a flexible, distance learning format. Call the front office for the most current information.

## CLASS TIMES:

Monday - Friday 8:30 am - 11:30 am  
Monday - Thursday 12:00 pm - 3:00 pm  
Monday - Thursday 6:00 pm - 9:00 pm

## PROGRAMAS DE INGLÉS COMO SEGUNDO IDIOMA Y CIUDADANÍA

Los programas preparan a los estudiantes para la universidad, carreras y ciudadanía, y se ofrecen por la mañana, por la tarde y por la noche. Para obtener más información, llame al (619) 401-9750. Todos los cursos son gratuitos.

## برامج اللغة الانجليزية كلغة ثانية

انضموا إلى مجتمعنا الترحيبي المتألف من متعلمين يدرسون اللغة الإنجليزية كلغة ثانية أو ثالثة. سواء كان هدفكم هو دعم عوائلكم ، أو التقدم بطلب للحصول على الجنسية الأمريكية ، أو الاستعداد للحياة المهنية ، فقد تم تصميم جميع صفوفنا الدراسية وفقاً لاحتياجاتكم ، وكذلك لتقديم الدعم لكم في اكتساب معرفة وفهم أعمق للغة الإنجليزية.

يتم تقديم دروس اللغة الإنجليزية من مستوى المبتدئ وحتى المستويات المتقدمة في كافة أنحاء المناطق التالية: منطقة إل كاهون و سانتا و لايكسايد و سيرنغ فالي و ألباين ، في الأوقات التالية التي تتوافق مع جداولكم الزمنية:

- في الصباح
- بعد الظهر
- في المساء

تدمج مسارات الدروس كلاً من الإلمام بقراءة وكتابة اللغة الإنجليزية والتدريب المهني ، وتهيئكم للحياة العملية والتوظيف.

تُقدم جميع دروس اللغة الإنجليزية كلغة ثانية ودروس المواطنة (الحصول على الجنسية الأمريكية) مجاناً.





# HOW TO GET STARTED

## STEP 1: REGISTER FOR AN INTRODUCTION TO ENGLISH LANGUAGE (EL) LEARNING

Visit us at 1075 E. Madison Avenue El Cajon, CA 92020 to register.

Attending the Introduction is required before registering into any EL class. Learn about course offerings throughout Grossmont Adult Education (including high school completion options and career training), financial, academic, and other supports, and job preparation opportunities. You will also learn and implement digital literacy skills.

## STEP 2: COMPLETE AN ASSESSMENT

During the mandatory "Introduction to EL," you will complete a reading, listening, writing, and speaking assessment. The assessment is a component of your placement into the recommended class and will help you gain English language skills effectively.

### English Basics (Literacy)

Become familiar with the English alphabet and acquire basic reading and writing skills, including learning basic word and phrase grammar. The level is appropriate for anyone who cannot read in her or his first language or never had the chance to go to school.

### Hybrid - Combination English Level 2 and Level 3

2 days in person & 2 days virtual (Zoom).

Gain the skills to maintain simple daily interactions and communicate basic ideas, learn to ask and answer simple questions, and read and write short, basic sentences and paragraphs in English.

### English Level 4 (Intermediate Low)

Learn how to read, comprehend, and write paragraphs and focus on gaining the communicative skills needed in daily interactions with professionals, friends, and family.

### English Level 1 (Beginning Lit)

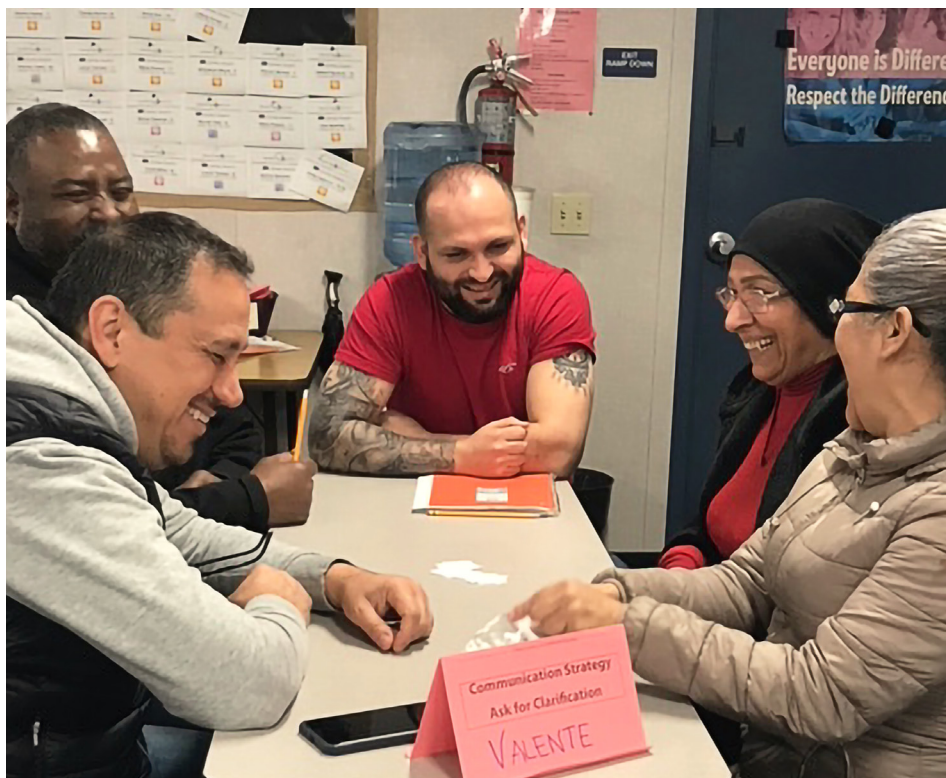
Gain the skills to maintain simple daily interactions and communicate basic ideas in English, learn to ask and answer simple questions, and read and write short, basic sentences in English.

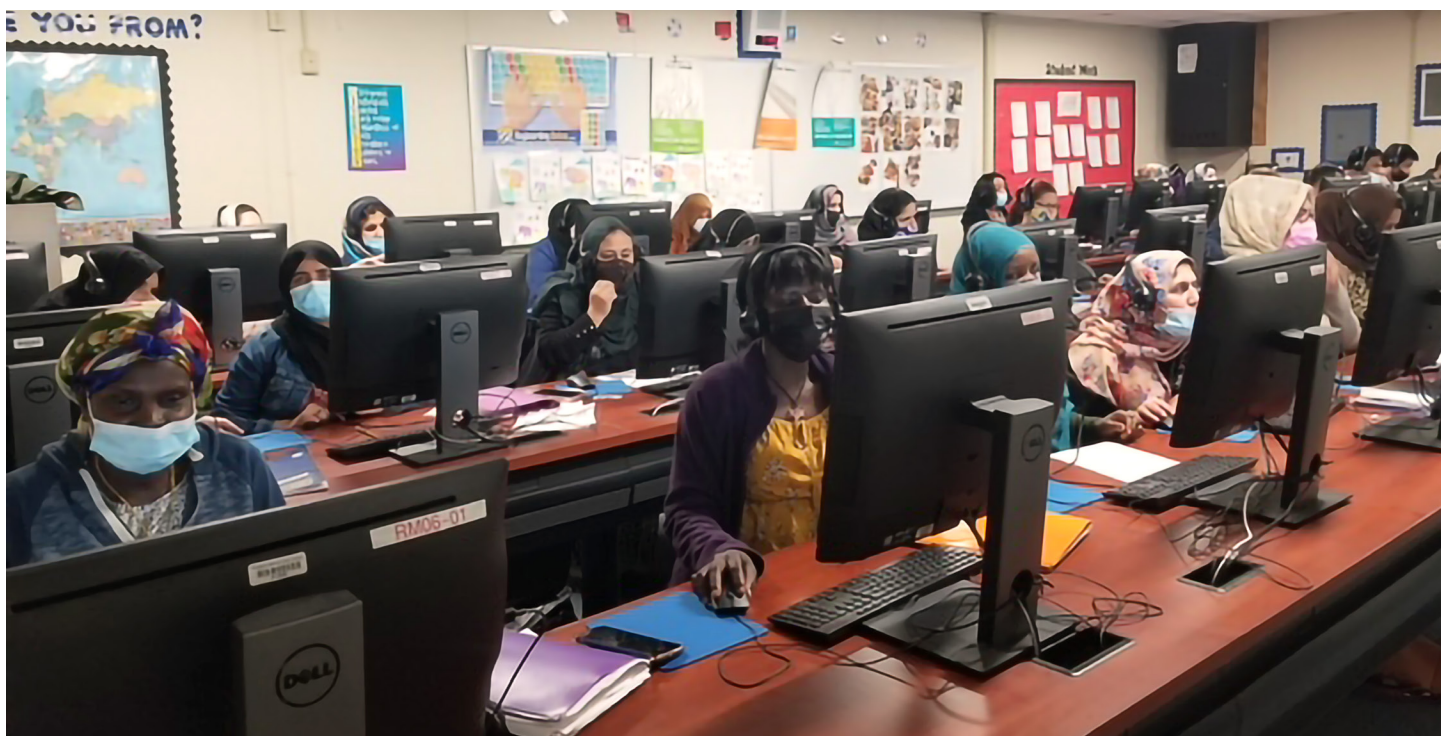
### English Level 2 (Beginning Low)

Continue to gain competencies needed for participating in short conversations, filling out forms and applications that require personal information, and reading and writing basic English sentences.

### English Level 3 (Beginning High)

Learn how to read, comprehend, and write paragraphs and focus on gaining the communicative skills needed on a daily basis.





■ **ADVANCED ENGLISH**

Choose the options that best meet your goals:

**Foundations for HSE/HSD**

Improve your reading, writing, and math skills in order to be successful in the workplace, on placement exams, and/or in High School Equivalency or High School Diploma programs. Online support materials are utilized and available for use outside of the classroom.

**Foundations for Medical Careers**

Improve your reading, writing, and math skills in order to prepare for a career in the medical field. Online support materials are utilized and available for use outside of the classroom.

**Foundations for Careers**

Improve reading, writing, and math skills in order to prepare for a variety of careers in hospitality, business, applied technology, culinary arts, and more. Online support materials are utilized and available for use outside of the classroom.

**Computer Basics & Information Technology for College and Careers**

Learn a variety of computer skills and programs in a project-oriented learning environment. Complete several collaborative projects centered around career readiness that will help you better understand technology resources while also improving English language fluency.

**Additional Options for Advanced English**

- [High School Diploma courses \(page 17\)](#)
- [GED Preparation courses \(page 16\)](#)
- [Career Training courses \(pages 4 - 9\)](#)

You may consider co-enrolling in college while actively enrolled at Grossmont Adult Education. This can help accelerate your transition to college and career. Consider these additional options: [Career Training classes \(pages 4 – 9\)](#) and [Academic classes \(pages 14 - 17\)](#)

# ACADEMIC PROGRAMS

**Academic Programs** are FREE and designed for you to meet college and career readiness goals. You can:

- Complete courses that lead to a high school diploma
- Co-enroll in college courses while pursuing a diploma or equivalency
- Prepare for high school equivalency (GED or HiSET), ASVAB or other entrance exams
- Improve reading and writing skills for success in the workplace or college

Please check the website [adultschool.guhsd.net](https://adultschool.guhsd.net) and QR code for the most current information. For questions or assistance with the online registration, call (619) 588-3500. You may also come by the front office at Foothills Adult Center during regular office hours.

## PROGRAMAS ACADÉMICOS

Los programas académicos son GRATUITOS y están diseñados para que logres tus metas educacionales y profesionales. Puede:

- Completar cursos que conducen a un diploma preparatoria
- Ingresarse en clases del colegio mientras obtiene un diploma o una equivalencia
- Prepárese para un equivalente de preparatoria (GED o HiSET), ASVAB y otros exámenes
- Mejorar su lectura, escritura y sus habilidades para tener éxito en el lugar de trabajo o en la universidad.

Consulte el sitio web [adultschool.guhsd.net](https://adultschool.guhsd.net) y códigos QR para obtener la información más actualizada. Para preguntas o asistencia con el registro en línea, llame al (619) 588-3500. También puede pasar por la oficina de Foothills Adult Center durante nuestras horas de servicio.

## البرامج الأكاديمية

تقدم البرامج الأكاديمية مجاناً وتم تصميمها لمساعدة الطلبة في تحقيق أهدافهم الجامعية والمهنية والشخصية.

تم تصميم العديد من الدروس لتشجيع الإلتحاق المزدوج في كل من برامج التدريب المهني ، الدروس التي تُقدم في الكليات أو برامج أخرى لإعداد القوى العاملة التي تقدم للطلبة الراغبين في تسريع التقدم نحو تحقيق أهدافهم. أ طرح علينا الأسئلة التالية: كيف يمكنك إنهاء شهادتك أو إكمال اختبار معادلة شهادة المرحلة الإعدادية أثناء فترة عملك للحصول على درجة الزمالة و/أو شهادة التدريب المهني!





# HOW TO BEGIN YOUR ACADEMIC PROGRAM

## STEP 1: SELECT AND ATTEND AN ORIENTATION & ASSESSMENT SESSION

- Receive information about programs and services offered at Grossmont Adult Education
- Take a reading assessment that will help inform your course selection

## ■ ACADEMIC FOUNDATIONS

Foundation courses are generally available:

- Mo - Fr, 9:00 am - 12 noon
- Mo - Th, 6:00 pm - 9:00 pm

### Foundations for HSE/HSD

Improve your reading, writing, and math skills in order to be successful in the workplace, on placement exams, and/or in High School Equivalency or High School Diploma programs. Online support materials are utilized and available for use outside of the classroom.

### Foundations for Careers

Improve your reading, writing, and math skills in order to prepare for a variety of careers in hospitality, business, applied technology, culinary arts, and more. Online support materials are utilized and available for use outside of the classroom.

### Foundations for Medical Careers

Improve reading, writing, and math skills in order to prepare for a career in the medical field or continue to learn contextualized English. Online support materials are utilized and available for use outside of the classroom.

## STEP 2: COMPLETE A STUDENT SUCCESS CLASS USING OUR LEARNING PLATFORM (CANVAS)

- Obtain working knowledge of the learning platform
- Individually complete materials online or with in-person assistance

### Computer Basics & Information Technology for College and Careers

Learn a variety of computer skills and programs in a project-oriented learning environment. Complete several collaborative projects centered around career readiness that will help you better understand technology resources while also improving English language fluency.

## ■ HIGH SCHOOL EQUIVALENCY PREPARATION

Study to take either the HiSET or GED exams. Classes are held in-person.

Equivalency recipients are invited to participate in our graduation ceremony in the Spring. Online support materials are utilized and available for use outside of the classroom

### High School Equivalency: All Subjects

- Mo - Th, 6:00 pm - 9:00 pm
- T Th, 8:00 am - 11:00 am
- One night a week 5:00 pm - 9:00 pm

### High School Equivalency: Math

Focus on preparing for only the math portion of the high school equivalency (GED or HiSET):

- One night a week: 5pm - 9pm

## STEP 3: ATTEND A ONE-ON-ONE ACADEMIC ADVISING SESSION

- Meet a Counselor/Advisor via Zoom or in-person
- Review your goals, reading assessment, and transcripts
- Select your course

## High School Equivalency Exams

When you are prepared and ready to sit for California state approved high school equivalency tests (HiSET or GED), you can select Foothills Adult Education Campus as your testing site. Costs and procedures vary by test. For more information, check out the websites below, come by the Foothills Adult Education Campus, or call (619) 588-3500.



The GED includes four computer-based tests: Reasoning through Language Arts, Social Studies, Science, and Math. To register for the GED, pay, and schedule a test, go online to [GED.com](https://www.ged.com) or call 1-877-392-6433. Students will need to bring a valid picture ID on the day of the test. Exam dates must be selected in advance. Check GED registration website for testing times held throughout the week

# HiSET®

The HiSET includes five computer-based tests: Language Arts, Reading; Language Arts, Writing; Math; Science; and Social Studies. To register for the HiSET, pay, and schedule a test, go online to [HiSET.org](https://www.hiset.org). Students will need to bring a valid picture ID on the day of the test. Exam dates must be selected in advance. Check HiSET registration website for testing times held throughout the week.

**■ HIGH SCHOOL DIPLOMA**

Earn credits toward completing your high school diploma with in-person, hybrid and/or online options.

Bring your high school transcript to the orientation, or we can assist you in requesting your transcripts. Former Grossmont Union HS District students can request them from our Adult Education Counselor. You will meet with a Counselor/Advisor to review your goals. This meeting will guide you to your first class selection.

All graduates are invited to participate in our graduation ceremony in the Spring.

**Advanced Reading and Writing for College & Careers**

Engage in high school level reading, writing, listening, speaking and critical thinking skills with substantial language support. Study informational texts, writing types, language conventions, vocabulary, and research methods. Focus on college and career readiness through peer collaboration and conversation. You will use the Canvas, our learning platform.

High school credit: 5.0

- Hybrid: two nights a week

**Introduction to College Reading & Writing**

4 week accelerated course. Our accelerated reading and writing course is fast paced and designed to provide the necessary skills for success in college and career. The course consists of several online components (Canvas) and in-person meetings. You will practice strategies such as critical reading and writing, time management, communication, and study skills. Successful completion of this course offers a bridge to a free tuition, dual enrollment college program. If:

- English is your second language, this course can hone in your academic writing skills
- You are interested in career training, this course prepares you for career (technical) reading skills
- You are working on your equivalency, this is the perfect additional preparation for the exam

High school credit: 5.0

**Integrated Math I & II**

This series meets the Grossmont Adult Education High School graduation requirement for mathematics. You will work collaboratively, individually, and online, and demonstrate your learning through the Standards of Mathematical Practice.

Integrated Math I: Part 1 & 2

- Two 9-week courses
- High school credit: 5.0 credits per course

Integrated Math II: Part 1 & 2

- Build on Integrated Math I concepts
- Two 9 week courses
- High school credit: 5.0 credits per course

Attend class twice weekly: Once in person & once via Zoom

M W, 9:00 am - 12:00 noon  
T Th, 9:00 am - 12:00 noon  
T Th, 6:00 pm - 9:00 pm

**Independent Learning Lab**

Complete your high school diploma through individualized instruction and coursework using a fully online curriculum with teacher guidance.

Text-based options are available, as needed.

Foothills Adult Center (1550 Melody Lane, El Cajon, CA 92019)  
Monday – Thursday, 8:00 am – 12:00 noon  
Monday – Thursday, 6:00 pm – 9:00 pm

**GROSSMONT ADULT EDUCATION PATHWAY TO THE HIGH SCHOOL DIPLOMA**

English	40 Credits
Mathematics including Integrated Math II, the full course	20 Credits
Science including Biological and Physical Sciences	20 Credits
Social Science including US and World History, American Government, and Economics	30 Credits
V/P Arts, CTE or World Language	10 Credits
College and Career Project	P/NP

**TOTAL REQUIRED 120 CREDITS**

You may consider co-enrolling in college while actively enrolled at Grossmont Adult Education. This can help accelerate your transition to college and career. Consider these additional options: [Career Training classes \(pages 4 – 9\)](#)

# PERSONAL ENRICHMENT PROGRAMS

**G**rossmont Adult Education offers numerous classes that promote lifelong learning and personal enrichment (PE) and strengthen the whole community. They strive to improve the physical and mental wellness of the adults we serve. When you join one of our PE classes, be prepared to meet new and interesting friends in a fun and enjoyable setting. We invite you to register for these personal enrichment classes at [adultschool.guhsd.net](https://adultschool.guhsd.net).

## REGISTRATION AND FEES INFORMATION

- Foothills Adult Education Campus Personal Enrichment classes require in person or online registration and a fee
- Foothills Adult Education Campus is a cashless facility.
- We welcome debit/credit cards.

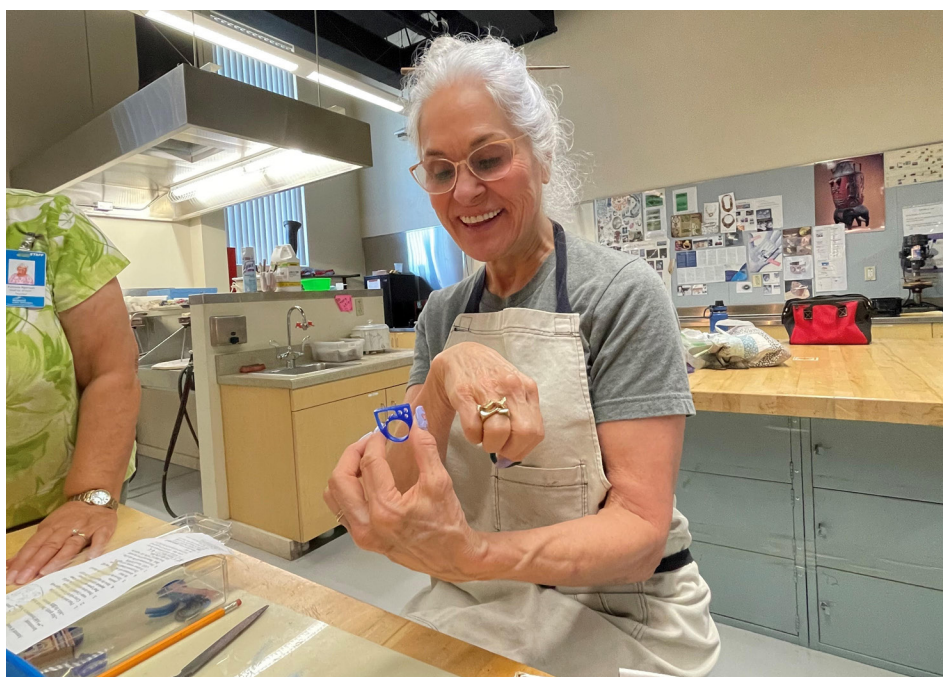
## 2023-2024 GAE - Personal Enrichment Refund Policy

- Refund requests must be made **prior to the end of the second class meeting** by coming to the Foothills office or by calling **(619) 588-3500**.
- **No refunds** are made after the second class meeting.
- Once the first class begins, there is a **\$5** processing fee for all classes \$149 or less.
- Once the first class begins, there is a **\$25** processing fee for all classes \$150 or more.
- There will be a \$25 processing fee for customer-initiated reverse charges on a credit card.
- To avoid a processing fee, please contact the office at **(619) 588.3500** for a refund **BEFORE** the first class meeting.
- Emergencies and unforeseen situations arise on occasion that will require a teacher to cancel class sessions. Refunds or makeup classes will not be given for these cancellations.

The Grossmont Adult Education offering of Adult Enrichment Classes has added so much to my life! With the variety of classes offered, and classes taught by talented, dedicated instructors, my skills have greatly enhanced (physically, artistically, and intellectually)! I really treasure meeting so many wonderful people to share common interests, to see on a regular basis, and support each other as we learn/participate in the activity at hand. I am so thankful to have the opportunity to sign up and participate in the various Adult Enrichment Classes offered through Grossmont Adult Education!

– Alison C.





■ ARTS & CRAFTS

**Ceramics**

**C. Lockwood - Th, 8:30 am - 10:30 am**  
Participants will create hand-built pieces with construction techniques using low fire clay and decorative finishes.

**Jewelry**

**P. Ryerson - Tu, 6 pm - 9 pm**  
In this fully equipped jewelry lab, students will be able to learn, on a rotating basis, lost wax casting, basics of soldering, multiple stone setting techniques, and silver clay.

**Stained Glass**

**D. Lennox - Mo, 6pm - 9pm**  
This is a hands-on class on how to cut glass, copper foil using the Tiffany method, and lead and solder to create two-dimensional and three-dimensional stained glass.

**Stained Glass Fusing -**  
3 classes offered

**D. Lennox - Mo, 2 pm - 5 pm OR**  
**We, 6 pm - 9 pm OR Th, 2:15 pm - 5:15 pm**  
This class is designed for students interested in learning the many techniques of art glass fusing, including how to cut glass, compose a glass art piece, and properly operate a kiln to fuse glass.

■ CREATIVE WRITING & LANGUAGES

**Creative Writing**

**L. Smith - Tu, 12:30 pm - 3:30 pm**  
This class is for students who love to write while also learning writing tips in an informal setting.

**Spanish I**

**C. Margarito - Tu, 4 pm - 6 pm**  
The class is designed to develop a student's basic skills in speaking, listening, reading, and writing.

**Spanish II**

**C. Margarito - Tu, 6 pm - 8 pm**  
The class is designed to develop a student's intermediate speaking, listening, reading, and writing skills.

■ DANCE

**Line Dancing - Beginner**

**K. Spacone - Th, 10 am - 12 pm**  
This class is for students without prior line dancing experience. Students will learn the names of steps and how to perform them. The focus is on learning the steps to do a specific dance. The class is for those who want to learn easy dances that have: limited number of steps and few turns.

**Line Dancing - Improver**

**K. Spacone - Mo, 3:30 pm - 5 pm &**  
**Th, 1 pm - 3 pm**

This class is for students who have taken several of the Beginner classes, have prior line dance experience, and know most of the basic steps.

**Swing Dancing- Beginner**

**T. Lehman - Mo, 8 pm - 9 pm**

Have fun learning to swing dance to great music from the 1930's-1950's. Swing dancing is popular with all ages in San Diego. No partner needed; we will change partners during the class.

**Swing Dancing- Intermediate**

**T. Lehman - Mo, 7 pm - 8 pm**

This is when swing dancing really gets fun! If you can do a swing out, rock-step or triple-step, you are ready for Intermediate Swing Dance. No partner needed; we will change partners during the class.

■ EXERCISE & FITNESS

**Aerobics**

**J. Good - offered multiple times a week**

This class is about having fun while moving our body to lively music, and keeping our mind active at the same time. Everyone is welcome, no matter their fitness level or movement ability.

**Stability Ball**

**S. Bruce - Tu & Th, 4 pm - 5 pm**

The class is designed to improve cardiovascular endurance and stability through core training and balance challenges.

**Hiking - Beginner**

**A. Mann - Mo, 8 am - 12 pm**

This class is slow paced and appropriate for new hikers. Hikes vary from 1 to 4 miles and are mostly on flat ground. We will hike a different trail each week. Gear will be discussed during the first few hikes. You will receive an email with information about our first hike after you enroll.

### Hiking - Intermediate

**A. Mann - We, 8 am - 12 pm**

This class is moderately paced and very diverse. We hike a different trail each week. Hikes vary from 2 to 6 miles and have approximately 500 feet in elevation gain. You will receive an email with information about our first hike after you enroll.

### Hiking - Advanced

**A. Mann - Fr, 8 am - 12 pm**

This class has a fast-paced lead group and a slow but steady group of hikers who follow. Hikes vary from 4 to 8 miles and have between 500 to 3000 feet of elevation gain. There are often multiple options of hike length and difficulty. You will receive an email with information about our first hike after you enroll.

### HULA FITNESS

**D. Kopecky - Tu or We, 3:45 pm - 4:45 pm**

Hula Fitness is inspired by the dances of the Pacific Islands, providing a total body workout in 60 minutes. This core-focused, easy to follow format requires no equipment and incorporates easy to perform dance movements.

### Swimming

**S. McDonald - Mo & Fr, 6:30 pm - 8:00 pm**

This class is a circuit class in the water. All muscle groups are used, and all levels are welcome.

### Tai Chi - Beginner

**S. Gramatikova - Th, 2:45 pm - 3:45 pm**

This class teaches the short form of Tai Chi, consisting of 33 movements. Basic level of Tai Chi flow and Qi Gong practice, as well as an introduction to meditation will be included.

### Tai Chi Chi Qigong Beginner

**S. Gramatikova - We, 3:50 pm - 4:50 pm**

This class is designed for students who routinely practice the first 33 movements of Tai Chi, Wu Style.

### Tai Chi - All levels

**S. Gramatikova - We, 2:45 pm - 3:45 pm**

The class is designed for students who practice Wu Style Tai Chi, as well as for new students who are enthusiastic and have a strong purpose.

### Yoga - All Levels

**A. Mann -Tu & Th, 7:45 pm - 9 pm OR 11:15 am - 12:30 pm**

This class will stretch and strengthen your whole body while improving your balance. There are usually 30 minutes of standing poses, followed by 30 minutes of seated poses, including breathing exercises and meditation. Improve your body, mind, and spirit.

### Yoga and Pilates - All Levels

**A. Mann -Tu & Th, 9:30 am -11 am**

This class combines yoga and Pilates. 30 minutes of standing poses are followed by 30 minutes of seated poses, including breathing exercises and meditation. 20 minutes of core work follow. You will stretch and strengthen your body and improve your balance. The class is great for body, mind, and spirit.

### Zumba

**S. Bruce - Fr, 9:30 am - 10:30 am**

Teacher prepared videos of Latin rhythms and dances are used to teach basic dance steps and routines. Benefits include a fun connection with others through music and dance, a dynamic core workout, and improved balance & coordination.

### Zumba

**J. Good - Mo, 8:00 am - 9:30 am**

This is a fun class for all ages, but geared towards seniors. Every step is cued, so following instructions is easy. Improve cardiovascular endurance, strength, and flexibility.

### MUSIC

#### Guitar I

**T. Williamson - Mo, 6 pm -7:30 pm**

Students are introduced to the basics of guitar playing, music, and fundamentals by learning beginner guitar principles and by playing standard folk and contemporary songs. The emphasis is on having fun, in a low-pressure environment. Required: An acoustic six-string guitar in good working order.

#### Guitar II

**T. Williamson - Mo, 7:30 pm - 9 pm**

Topics include standard and alternative tunings, chord shapes, reading tablature and standard chord lead sheets, blues scales, and a fundamental approach to note and rhythm reading. Required: An acoustic six-string guitar in good working order.



■ NEEDLE ARTS

**Crochet 1**

**A. Vanderstaay - Mo, 5:30 pm -7 pm OR We, 12:30 pm - 2 pm**

Learn to crochet. Each week students learn a new basic skill with support to grow their skills while completing small projects.

**Crochet 2**

**A. Vanderstaay - Mo, 7 pm - 9 pm OR We, 12:30 pm - 2 pm**

Learn new stitch patterns each week while working squares to create an afghan. This will allow students to learn more advanced skills of pattern reading, sizing, edging, blocking, and assembly of crochet.

**Crochet Workshop**

**A. Vanderstaay - Mo, 7 pm - 9 pm OR We, 9:00 am - 12 pm**

This class is for students who want to learn more about crochet and expand on their current skills. The class offers the help needed to take your crochet to the next level. We stay current on what's happening in Crochet!

**Knit 1**

**A. Vanderstaay - Mo, 7 - 9 pm OR We, 12:30 pm - 2 pm**

We start the "learning to knit" adventure at the very beginning by learning new basic skills each week, with support to grow skills while completing small projects.

**Knit 2**

**A. Vanderstaay - Tu, 5:30 pm - 7 pm OR Fr, 9:30 am - 11:00 am**

We will make several small projects, each utilizing new and different skills and including pattern reading, stitch patterns, lace, and basic garment construction. We learn about different yarn weights and fibers as part of the experience.

**Knitting Workshop**

**A. Vanderstaay - Tu, 5:30 pm - 7:00 pm OR Fr, 11:30 am - 2:30 pm**

This class is for knitters who want to learn more about knitting and expand on their current skills. The class offers the help needed to take your knitting to the next level. We stay current on what's happening in knitting!

**Holiday Quilting**

**E. DeMars - We, 6:30 pm - 9 pm**

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects with an emphasis on the holidays.

**Power cords, irons and ironing boards, and cutting mats are provided.**

**Required: Bring your own sewing machine and sewing supplies.**

**Quilting w/ Aunt Lizzie**

**E. DeMars - Sa, 10 am - 3 pm**

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects. Students are also welcome to work on their own projects.

**Power cords, irons and ironing boards, and cutting mats are provided.**

**Required: Bring your own sewing machine and sewing supplies.**

**Quilting**

**S. Thompson - Th, 8:00 am - 12 pm OR Fr, 9 am - 12 pm**

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects. Students are also welcome to work on their own projects.

**Power cords, irons and ironing boards, and cutting mats are provided.**

**Required: Bring your own sewing machine and sewing supplies.**

**Spinning**

**M. Tyler - We, 9 am - 12 pm OR 6 pm - 9 pm**

Yarn spinning classes are friendly and fun! Make the yarn of your dreams for knitting, crochet, weaving - whatever! Instruction includes spinning techniques, fiber choices, equipment, discussion and resources in a collaborative environment. Spinning fibers are provided; drop spindles are available for use during the class.





■ PARENTING CLASSES

**Parenting the Preschooler - 3 & 4 year old**

**S. Duhala - Mo & We, 9am - 12pm**

This class is designed to introduce your child to a preschool setting. We learn through play and exploration with plenty of hands-on activities. Our day is made up of free play, circle time, outside play, center time, story time, and music. Children must be 3 by the end of September. Exceptions must be approved by the teacher.

**Parenting the 4 & 5 year old**

**S. Duhala - Tu & Th, 9:30am - 12pm**

This class is designed to help children and parents prepare for school. Child must be 4 years old by September 1. There is no drop off of children for this class.

**Parenting the Infant to walking**

**A. Jones - Mo, 9 am - 11:30 am**

Join us for indoor and outdoor play, as well as circle time, snacks, story time, songs, and crafts, all with similar age friends and their caregivers. This class is for new walkers up to two years old.

**Parenting the 3 & 4 year old**

**A. Jones - Tu & Th, 9 am - 11:30 am**

This class is designed to introduce your child to a preschool setting. We learn through play and exploration with plenty of hands-on activities. Our day is made up of free play, circle time, outside play, center time, story time and music.

**Parenting the 2 & 3 year old**

**A. Jones - We & Fr, 9 am -11:30 am**

We have circle time, indoor and outdoor play, snack time, crafts, stories, and fun activities to enjoy with friends and their caregivers. This class is designed for your 2 or 3 year old child.

■ FINE ARTS

**Painting All Media**

**E. Arnot - Th, 11 am - 1:30 pm**

Learning the basics of acrylic techniques and understanding the versatility of this medium will enable students at all levels to create paintings and mixed media pieces that are unique and expressive.



**Oil Painting - Oil Painting with the Masters: Van Gogh**

**H. Hawes- Tu & Th. TBD**

We're out in the world with Van Gogh as we paint his "Starry Night", "Three Sunflowers in a Vase", and "Fishing Boats on the Beach." All levels are welcome. No drawing is required and no turpentine is used. Supplies are included in the class fee, just bring an apron and rags.

**Oil Painting - Oil Painting with the Masters: Renoir**

**H. Hawes - Tu & Th TBD**

Forget your fear of painting people as we paint in the brushstrokes of the most romantic artist of the Impressionists, Pierre Auguste Renoir. Learn the style and mystique of this great master. No drawing required and no turpentine used in this class. All levels are welcome. Supplies are included, just bring an apron and rags.

**Oil Painting - Landscape in Oils: Let it Snow**

**TBD**

Let's celebrate winter by painting three landscapes featuring snow. You'll learn through demonstrations and individual instruction. All levels are welcome. No turpentine is used. Supplies are included, just bring an apron and rags.

**Watercolor Painting**

**C. McPherson - Tu, 1 pm - 4 pm or 6 pm - 9 pm; We, 9 am - 12 pm**

Students will enjoy the thrill of adventuring into creative picture-making using watercolor. Learn water-to-paint ratios and timing, and freer applications to avoid "over stroking." Professional tips will help you find effective methods of shapes-making that define landscape, animals, still life, even abstraction. Mixing, color matching, and other watercolor essentials are shared.

**Watercolor Online**

**C. McPherson - We, 12:30 pm - 2:30 pm**

Zoom sessions. Students will enjoy the thrill of adventuring into creative picture-making using watercolor. Learn water-to-paint ratios and timing, and freer applications to avoid "over stroking." Professional tips, guidance and support for finding effective methods of shapes, mixing, color matching, and other watercolor essentials are shared in demonstrations on Zoom.

**Upholstery**

**Y. Salcido - Tu, 12:30 pm - 3:30 pm & Th 5:30 pm - 8:30 pm**

This class is for those who want to learn basic upholstery techniques or upgrade their upholstery skills. All levels welcome.



# EAST REGION ADULT EDUCATION

*Education That Works. Transitions That Matter. Students Who Succeed.*

**What do a physician at a university hospital, a dentist in private clinic, a project manager, a school administrator, a registered nurse, a college faculty member, an accountant, and a journey(wo) man have in common?** They all built their careers with East Region Adult Education. Studying in innovative, accelerated training programs, learning with industry and college partners, visiting key businesses and touring colleges, graduating with HS diploma, HS equivalency, and earning industry-recognized certificates and licensures, they gained the professional skills it takes to make a difference and build a successful career.

¿Qué tienen en común un médico en un hospital, un dentista en una clínica privada, un gerente de proyecto, un administrador de escuela, una enfermera, un miembro de la facultad universitaria, un contador y un trabajador de construcción? Todos establecieron sus carreras con East Region Adult Education. Estudiar programas de capacitación acelerados y innovadores, con socios de industria y universitarios, visitar negocios y universidades, y graduarse con un diploma o equivalencia de preparatoria, o obtener certificados y licencias reconocidos por la industria, y adquirir habilidades profesionales que se necesitan para hacer un diferenciarse y construir una carrera exitosa.

هناك عامل مشترك بين الطبيب في المستشفى وطبيب الأسنان في العيادة الخاصة و مدير المشروع و مدير المدرسة والممرضة وعضو هيئة التدريس الجامعي و المحاسب والعامل الحرفي و المهندس ، فجميعهم بنوا حياتهم المهنية مع اتحاد تعليم البالغين في المنطقة الشرقية (East Region Adult Education) ، حيث درسوا في برامج مبتكرة ومسرعة و تعلموا مع الكليات والشركاء في مجال التنمية والصناعة و زاروا أصحاب الأعمال المهمة و تجولوا بالكليات وحازوا على شهادات الدبلوم الثانوي وحصلوا على تراخيص معترف بها في جميع القطاعات الصناعية. لقد اكتسبوا المهارات اللازمة من أجل بناء مستقبلهم.

# EAST REGION ADULT EDUCATION CONSORTIUM

A training and education consortium of three members - GAE, Mtn Empire, GCCCD - that share resources so that students benefit from a broader range of options and assets.

## Invest in Yourself

Elevate your career with adult education in San Diego's East County. Visit us at **Grossmont Adult Education** [adulthoodschool.guhsd.net](http://adulthoodschool.guhsd.net)

## Achieve More Than You Ever Thought Possible

**Mountain Empire Adult Education** offers career training programs in Welding and Business Office Technology, as well as opportunities to complete your High School Diploma. Contact Vincent Chambers at [vincent.chambers@meusd.org](mailto:vincent.chambers@meusd.org), learn more at [ae.meusd.org](http://ae.meusd.org), or visit us at

### Pine Valley Education Center

7454 Pine Blvd.  
Pine Valley, CA 91962  
(619) 478-2375

## Transform Your Future

Anyone can go to college, and we can help you get there. **Grossmont and Cuyamaca Community Colleges** offer non-degree certificates in several career training programs. Interested in attending college for FREE? Talk with us! With you, we can make it happen. Contact Joyce Liou at [lingliou@guhsd.net](mailto:lingliou@guhsd.net)

### Grossmont College

8800 Grossmont College Drive  
El Cajon, California 9

### Cuyamaca College

900 Rancho San Diego Parkway  
El Cajon, California 92019  
(619) 660-4000

# BUILDING BETTER CAREER AND EDUCATIONAL PATHWAYS

## An Ecosystem For Education Partners

ERAЕ increases enrollment, persistence, and completion rates

- Supports GCCCD in achieving Vision for Success goals through foundational college and career readiness programs
- Aligns with Guided Pathways
- Provides academic and short-term career training and certification programs that develop career and college-going knowledge and skills for successful transition to college and career

## An Equitable Transition Strategy for Students

ERAЕ fosters transitions through unique postsecondary engagement options

- Connects historically marginalized students to college culture and practices and oncampus affiliation groups where they can connect with community
- Hosts a special admittance program (SB554)
- Introduces adult learners to college and career pathways through workshops, college tours, on-campus events, and articulated courses

## PARTNERS



EDDM-ECRWSS

**RESIDENTIAL CUSTOMER**  
DATED MATERIAL

**We are investing in the future. And we can be your number one resource for:**

Access to college and higher education: we offer high school diploma classes and opportunities for tuition-free college

Access to jobs, certifications, and licenses: we offer career training and connect you to business partners

Access to continued learning: we offer personal enrichment classes

Access to support and transition services: we can support you in mapping and realizing your goals

Access to English language support for college, career, community, and family

**Estamos invirtiendo en el futuro. Podemos ser su opción numero uno de recursos para:**

Acceso A La Educación Superior Y Universitaria

Acceso A Empleos, Certificaciones, Y Licencias

Acceso Al Aprendizaje Continuo

Acceso A Servicios De Apoyo Y Transición

Acceso Al Apoyo Con El Idioma Inglés

**نستثمر جهودنا نحو المستقبل. يمكننا أن نكون مصدرك الأول ل:**

نستثمر جهودنا نحو المستقبل.

قابلية الوصول الى الكليات والتعليم العالي

قابلية الوصول إلى الوظائف والشهادات والتراخيص

قابلية الوصول الى الدراسة والتعلم المستمر

قابلية الوصول الى الدعم والخدمات الأتقالية

قابلية الوصول الى الدعم في تعلم اللغة الأنجليزية

