

Spring 2016

southbayadultschool
Classes for lifelong learning!

SBAS ADULT EDUCATION

Redondo & Manhattan Beach Unified School Districts

www.southbayadult.org

Learning Never Stops



Neither Should You!

Reach Your Goal
@SBAS!



Spring term starts
March 21, 2016

310.937.3340

Around our campuses!



Former RBUSD teacher Kathy Lowthorp takes the Quilting class here at SBAS!



Students and staff exercise together at Edison Center for the Healthy Fitness Challenge.



Students participate in Wear Red for American Heart Association Week.



Mrs. Greene's class @ North School.



Ugly sweater contest!



www.facebook.com/southbayadultschool

Spring 2016

TABLE OF CONTENTS

Register now @ www.southbayadult.org

Spring 2016

Community Ed.-March 21, 2016
Parent Ed.-March 21, 2016
ESL-March 28, 2016

Holiday Closures

April 4-8, 2016
May 30, 2016

Inside This Issue

HIGH SCHOOL DIPLOMA/INDEPENDENT STUDY	4
GED Test GED Online Prep	
ENGLISH AS A SECOND LANGUAGE	6
Citizenship ESL Citizenship Distance Learning	
ONLINE COURSES Ed2Go	9
EDISON CENTER PRESCHOOL	10
COMPUTER AND INTERNET TRAINING	11
Digital Photography	
SOUTH BAY FAMILY TREE	14
Parent Education	
HEALTH & PHYSICAL EDUCATION	28
Exercise & Fitness Summer Swimming for Kids Health & Well-Being	
BRAIN FITNESS	33
brainHQ	
OLDER ADULTS	34
YOUR MONEY	35
Personal Finance	
EXPRESS YOURSELF	36
Fine Arts Performing Arts Dance Music Home Economics Cooking	
SPECIAL INTERESTS	42
LANGUAGES	44
GENERAL INFORMATION	46
ADMINISTRATION AND CAMPUSES	49

How to Register

Register at www.southbayadult.org

- ONLINE preferred method. Enroll 24 hours a day at www.southbayadult.org
- WALK-IN to Edison Center, 3401 Inglewood Ave., R.B.
- ON SITE the first class meeting. Registration (adult school office only) is on a space available basis.
- MasterCard, Visa, check or money order. No cash accepted.
- Parent Education registration information please see page 15.
- Preregistration is strongly recommended.
- Classes with low enrollment are subject to cancellation.

“like” us @ www.facebook.com/SouthBayAdultSchool

HIGH SCHOOL DIPLOMA/ INDEPENDENT STUDY

South Bay Adult School offers classes in Adult Basic Skills, High School Diploma, Online Test Preparation, Classroom Instruction and Independent Study in our state-of-the-art learning center. The program is directed with the support of highly qualified credentialed teachers.

HIGH SCHOOL LEARNING CENTERS

Work in a self-paced learning environment where students complete coursework to fulfill graduation requirements. Optional classes for additional tutoring and support will be offered at various times in the learning center. Teachers are available in the learning center to provide support to students.

INDEPENDENT STUDY

Students who cannot attend regularly scheduled classes or the High School Learning Center and have a preference for learning at their own pace can attend class one hour a week with teacher support and testing while completing course work independently at home.

High School Diploma Requirements	
<i>Complete 230 semester units</i>	
History <i>Modern World, U.S., and Govt./Econ.</i>	30
English	40
Mathematics <i>one year of Algebra required Geometry is the next course</i>	20
Science <i>one year Physical Science & one year of Biological Science</i>	20
Foreign Language <u>or</u> Visual/Performing Arts	10
Electives	85
Physical Education	20
Health	5

We have two locations to meet the needs of working adults.

Independent Study Learning Centers	
Registration and information, please call:	
310.798.8696 x2202	
<p>Redondo Shores High School 1000 Del Amo St., Rm. 11 Redondo Beach</p> <p>For hours call: 310.798.8696 x2202</p>	<p>Edison Center Independent Study 3401 Inglewood Ave. Redondo Beach</p> <p>Mon., 1-5pm, Tues., 12-8pm Wed., 1-8pm, Thurs., 3:30-8pm <i>Classroom: 310.937.3340 x3330</i></p>

GED® TEST AND CERTIFICATION

We are now offering the GED® at South Bay Adult School. There are four subject area tests needed to complete the test. **Each subject area test costs \$35.00.** Students who wish to enroll need to do the following:

Go to www.GED.com

1. Create a free MyGED® account
2. Start studying
3. Take GED® Ready-the official practice test
4. Schedule your test(s)

Any questions about the GED® test should be directed to GED.com at 1(877)392-6433.

The GED® Testing program is a national test that has been used for over 65 years to measure and evaluate the knowledge and skills necessary to pursue higher education, obtain specific jobs, gain promotions, and achieve personal goals. A GED® certificate is considered the equivalent of a high school diploma and is recognized throughout the U.S., Canada and Mexico. It is offered in both English and Spanish. Students with special needs can apply for accommodations in advance.

- The GED® Exam is comprised of four separate tests: Reasoning Through Language Arts (RLA), Mathematics Reasoning, Science, and Social Studies. To pass, you must receive a score of at least 150 on each of the four tests and a total score of 600 or higher.
- You must pre-register at www.GED.com. The registration fee is \$140 for all four tests. The fee to retake a previously failed test is \$15 per test. Credit card only.
- The fee includes the GED® certificate. Examinees must be at least 18 years of age.
- All testing is at South Bay Adult School-Edison Center, 3401 Inglewood Ave., R.B. on Fridays from 9:00am to 12:00pm.
- Photo ID is required.

GED® ONLINE PREP

The Smart Way to Learn, Study and Prepare to Pass the GED®

The GED® Online Preparation program creates a personalized learning or study plan. Brief self assessments identify the gaps in the learner's knowledge and skills. Then, the program takes over and presents the exact lessons the student needs to maximize learning.

Students receive and access individualized instruction, lesson plans, and assessments for all components of the GED® Prep Test: Reasoning Through Language Arts (RLA), Mathematics Reasoning, Science, and Social Studies. Access the 24-hour a day program from the comfort of home or by appointment in our computer lab.

\$50 non-refundable fee per term.
Register @ www.southbayadult.org

Questions?
Call Jackie @ 310.937.3340 x3311

Computer Training
We offer a variety of Beginning to Advanced classes. *See pages 11-13*

ENGLISH AS A SECOND LANGUAGE (ESL)/ ESL CITIZENSHIP/CITIZENSHIP

Spring term: March 28-June 16, 2016

New student registration is March 1-3 and is on a space available basis.

Students will be given a placement test upon registering.

Call 310.937.3340 x3300 for info.

We offer six levels of instruction from beginning to advanced in our English as a Second Language program. Our ESL classes help students develop important English language skills needed to communicate, including accent reduction. We have caring, experienced and dedicated teachers who teach English in a friendly and safe learning environment. All levels include computer usage.

Edison Center Office Hours

3401 Inglewood Ave., Redondo Beach
310.937.3340

en español - Jonathan (dia) x3305
Janeth (noche) x3300

M-F
M-TH

8:00am-4:00pm
6:00-8:00pm

Edison Center ESL SPRING 2016 SCHEDULE

Day	Time	Level	Room	Teacher
Daily	8:30-12pm	Low Beginning	Rm. 4	Annand
Daily	8:30-12pm	High Beginning	Rm. 6	Chrisman
Daily	8:30-12pm	Low Intermediate	Rm. 1	Knox
Daily	8:30-12pm	High Intermediate	Rm. 2	Olivas
Daily	8:30-12pm	Low Advanced	Rm. 5	Lee
M-TH	8:30-12pm	Bridge to Academic & Career Success	Rm. 3	Pollack
T/W/TH	6-7:30pm	Low Beginning	Rm. 3	Mathison
M-TH	6:15-9:15pm	Low Beginning	Rm. 4	Annand
M-TH	6:15-9:15pm	High Beginning	Rm. 2	Olivas
M-TH	6:15-9:15pm	Low Intermediate	Rm. 6	Polk
M-TH	6:15-9:15pm	High Intermediate	Rm. 5	Lee
T/TH	6:15-9:15pm	Low Advanced	Rm. 1	Perkins

Citizenship/ESL Citizenship *All Levels*

This class is for those who speak English and those learning English. The course includes the study of U.S. history and government, basic geography, American culture and customs, as well as policies and procedures for acquiring U.S. citizenship. Students practice the oral interview and receive help with the application.

Victoria Routson B.A., English Literature, is an ESL teacher.

Mar. 28

M/W 6:30-8:30pm

Edison Center-Rm. 1

ESL COURSE DESCRIPTIONS

Low Beginning

Low Beginning students will practice listening, speaking, reading, writing, and grammar activities to improve communication in social and work situations outside the classroom and build a foundation for success in higher-level ESL classes. Pronunciation will be emphasized so that students can understand and be understood by native English speakers. Students completing Low Beginning should be able to understand, write, and speak in complete sentences, ask and answer questions in simple present tense and present continuous tense.

High Beginning

This course builds upon the skills learned in Low Beginning. The focus is on communication skills in reading, writing, speaking and listening for everyday situations. Students will learn to communicate in different settings such as work, health, and housing. Students will also learn to discuss past experiences relating to personal and occupational achievements. In addition, students will learn to express future plans and goals.

Low Intermediate

This course emphasizes everyday life and vocational skills you can apply to family, work and study. Students will improve communication and grammatical forms in this interactive class. Students begin to initiate conversations in English using familiar themes.

High Intermediate

Students have the opportunity to increase their vocabulary and acquire advanced grammar. Emphasis is placed on completing forms such as income tax and health insurance, and also interpreting information on report cards, lease agreements and car insurance policies. Focus is placed on writing structured paragraphs with a main idea, supporting sentences and conclusion sentence. Through the integration of reading, listening and writing skills, students will develop additional fluency in English that will result in increased independence.

Low Advanced

This course focuses on integrating English language skills to effectively communicate in familiar and unfamiliar social and work situations. Emphasis is placed on solving problems outside of the classroom.

Bridge to Academic and Career Success

Develop excellent tools for transitioning to college, vocational training or landing the right job for your skill set. Course focuses on improving reading, writing and speaking skills necessary for employment and/or continuing education. Students need to pass an English proficiency test or have a teacher's recommendation to enroll in this class.

ESL TEACHING STAFF

All teachers hold valid California Teaching Credentials

Benjamin Annand B.A., Psychology

Dianne Chrisman B.A., English

Skaie Knox, B.A., B.S., Speech Communication-English

Gale Lee M.A., Education: School Leadership

Dina Matheson, B.A., English Literature Italian

Jackie Membroto-Kelly M.A., Counseling, Psychology, Speech Communication-English

Gabriel Olivas B.A., Rhetoric and Composition

Richard Perkins B.A., Communications

Barbara Polk M.A., Education

Tish Pollack M.B.A., Business Administration

Victoria Routson B.A., English Literature

**Find out more about the
GED Test®
See page 5.**

South Bay Adult School is governed by the Redondo Beach Unified School District and the Manhattan Beach Unified School District under a Joint Powers Agreement.

Register at www.southbayadult.org with your MasterCard or Visa

ESL DISTANCE LEARNING

Learn English at Home

Are you too busy to attend class every day, but you want to learn English? Now you can check out distance learning packets and meet weekly with an ESL teacher to help improve your pronunciation, vocabulary, grammar, reading, writing, listening and speaking skills. Packets contain a DVD or CD, book, practice exercises with answer key and tests to check your progress. Topics include:

U.S. culture	vocabulary	reading	writing
workplace skills	grammar	pronunciation	

For information call 310.937.3340 x3311

Jackie Memberto-Kelly, Distance Learning/CASAS Testing Coordinator

Edison Center office hours: M/W 8:30am-12pm and Mon. 5:30-7:30pm



Distance Learning

★ Get the skills you need to get ahead.

★ Learn English as a Second Language at home!

If you are too busy to attend class every day, but you want to learn English... you can check out SBAS Distance Learning packets to help improve your pronunciation, vocabulary, grammar, reading, writing, listening and speaking skills. Packets contain a DVD or CD, book, practice exercises with answer keys and tests. Meet regularly with the ESL teacher to check your progress. Some of the topics covered in our ESL Distance Learning packets include: listening, reading, writing, workplace skills, grammar, vocabulary.

SBAS ESL Distance Learning program is convenient and free!

Enroll anytime.

Edison Center
3401 Inglewood Avenue
Resource Room
Redondo Beach, CA 90278



PLEASE CONTACT: Jackie Memberto-Kelly
Marcela Bermudez

jmkelly@southbayadult.org
mbermudez@southbayadult.org

310.937.3340 x3311
310.937.3340 x3307

More than 300 online courses

Learn
from the
comfort of
home!

Online Learning

All instructor-facilitated online courses run for six weeks (with a 10 day grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night. New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.



Courses start as low as:

\$95

ENROLL NOW!

Give us a call
310.937.3340
or follow the easy
steps below:

1. Visit our online
instruction center

www.ed2go.com/sbas

2. Click the Courses link.
Choose the department
and course title you are
interested in and select the
Enroll Now button. Follow
the instructions to enroll
and pay for your course.
Here you will choose a
username and password
that will grant you access to
the Classroom.

3. When your course
starts, return to our Online
Instruction Center and
click the Classroom link.
To begin your studies, log
in with the username and
password you selected
during enrollment.

www.ed2go.com/sbas

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Become a Veterinary Assistant

This course, taught by a practicing veterinarian and college instructor, will give you the information you need to prepare for work in veterinary hospitals.

Explore a Career as a Paralegal

Does working in a law office sound exciting? Would you like to do legal research, help with trial preparation, and be the "right hand" of a busy attorney? If so, consider a career as a paralegal!

Explore a Career as an Administrative Medical Assistant

Learn what it takes to have a successful career as an administrative medical assistant in the exciting and high-demand world of healthcare.

Leadership

Contrary to popular belief, leadership skills can be learned and developed. Even if you don't hold a leadership position, this course will teach you how to use the principles of great leaders to achieve success in almost every aspect of your daily life.

GRE Preparation - Part 1 (Verbal and Analytical)

If you're planning to apply to graduate school, you'll likely have to take the GRE. This course is here to help!

Introduction to Networking

Learn the fundamentals of networking and prepare for a career in a new and fast-growing field.

Achieving Success with Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives.

More courses available at our
Online Instruction Center

www.ed2go.com/sbas

EDISON CENTER PRESCHOOL

Free to qualifying families.

Edison Center Preschool 3401 Inglewood Ave., R.B.
For information about requirements and availability for our program,
please call Marcela at 310.937.3340 x3307

3-5 years

3-5 años

PRESCHOOL JARDIN de NIÑOS

NOW OPEN AHORA ABIERTO

Schedule

M-F Mornings: 8:30am to 12pm (3.5 hours)

Must be 4 years old on or before Dec. 2, 2015

M-F Afternoons: 12:30pm to 3:30pm (3 hours)

Must be 3 or 4 years old on or before Sept. 1, 2015



COMPUTER AND INTERNET TRAINING

Beginning students and students who want to brush up can gain valuable employment skills in these classes. Certificates are issued, upon request, to students who successfully complete and/or participate in any career/tech education class.

*COMPUTER REGISTRATION

Register now:

- Assure a space in the class (many fill quickly).
- Help your class meet minimum enrollment to avoid cancellation.
- First day of class walk-in registration is on a space available basis.

Preregister online 24 hours a day:

- Go to www.southbayadult.org and click on "Register Here". Online registration requires the use of your MasterCard or Visa card (unlimited registration per transaction). There is no transaction fee for online registration.

Preregister in person:

- For walk-in registration, starting Feb. 29 at Edison Center, 3401 Inglewood Ave., Redondo Beach, from 8am-4pm (M-F) or 6-7:45pm (M-TH) evenings with your MasterCard or Visa. Feel free to call us at 310.937.3340 x3300 to check for space availability.
- Offices are closed April 4-8, and May 30, 2016.

Preregistration also required for all Vocational Ed. and Home Economic classes.

Typist/Keyboarding

\$69

Up to thirty-six (36) hours of keyboard instruction/practice. Includes proficiency test/certificate upon completion. Schedule 1½ or 3 hour time slots M-TH between 9-noon, starting March 28 and completing by June 9. No refund after first meeting. For information, space availability and registration, call 310.937.3340 x3300.

Microsoft® Office® Essentials Your Way

\$69

Hands-on "learn by doing" at your own pace. Schedule 1½ or 3 hour time slots M-TH between 9-noon up to 36 hours. Focus on Word®, Outlook®, Excel®, Access® or PowerPoint®. Step-by-step projects, instructional videos, reference cards, and software are available. Entry levels from beginning to advanced. Start March 28 and complete by June 9. No refund after first meeting. For information and registration, call 310.937.3340 x3300.

Keyboarding Proficiency Test

\$35

Take a touch-typing proficiency test and receive 3 original Certificates of Proficiency to meet job requirements. You may take the test up to 3 times and record your highest score. You should be able to touch-type at least 30wpm before testing. If you are a beginning typist, you may benefit from our Keyboarding class (see above).

Testing by appointment only starting March 28, 2016
Mon.-Thurs. 9am-noon Mon. 6:30pm-8:30pm
Edison Technology Center
Call 310.937.3340 x3316 for more information.



Connect with us!

Like us @ www.facebook.com/SouthBayAdultSchool

Computer & Internet Training

Computing Essentials-Beginning*

This beginner's class starts from the ground up. Build a foundation of computer and software terms. Learn about the Windows operating system and use basic programs and features. During class we'll surf the Net and use email. For new and continuing students.

**Preregistration required.* Register at www.southbayadult.org or call 310.937.3340.

Mike Golden

Apr. 11 (10 Mtgs.) M/W 4:15-6:15pm Edison Technology Center \$124

Microsoft® Excel® and/or Word® *

Students will get an overview of how to use Excel® or Word®. You choose which program you want to learn. For Word®, topics include: terminology, navigating, selecting and formatting text, inserting pictures and clip art, inserting and editing tables, using Smart Art to create organizational charts using templates and creating form letters using mail merge. For Excel®, topics include terminology, navigation, data review and input, formulas, absolute cells, multiple worksheets and pivot tables.

**Preregistration required.* Register at www.southbayadult.org or call 310.937.3340.

Mike Golden

Apr. 12 (10 Mtgs.) T/TH 4:15-6:15pm Edison Technology Center \$124

"Mr. Golden was an excellent teacher who really knew his subject matter."

Entry-Level Service Industry Accounting*

This competency-based course builds the foundation for potential future accountants. It prepares students for entry-level accounting careers with practical experience in double-entry accounting systems. The course includes principles, analysis, journals, ledgers, financial statements and more. Microsoft Excel experience recommended.

**Preregistration required.* Register at www.southbayadult.org or call 310.937.3340.

Mike Golden

Mar. 21 (10 Wks.) M-TH 6:30-8:30pm Edison Technology Center \$330

QuickBooks®-Introduction*

Learn to accurately and easily manage personal or business finances using QuickBooks®, the industry standard bookkeeping program. You will learn software features that will get you started, from conducting customer and supplier transactions to executing standard banking transactions. Computer proficiency is necessary. QuickBooks software on your home computer is a must for practice purposes. For new and continuing students.

**Preregistration required.* Register at www.southbayadult.org or call 310.937.3340.

Mike Golden

Apr. 13 (6 Mtgs.) Wed. 2-4pm Edison Technology Center \$129
(Tuition \$99, Book \$30)

Introduction to Web Technologies and Programming

Interested in learning more about the web technologies that power today's web sites, such as HTML, CSS, and JavaScript? This course is designed for you! No programming experience is necessary, though we will learn basic coding skills and build web pages from start to finish. **Preregistration required.*

Register at www.southbayadult.org or call 310.937.3340.

Dr. Chris Moggia

Mar. 25 (8 Mtgs.) Fri. 4-5:30pm Edison Technology Center \$99



WordPress Websites 101*

WordPress is a Content Management System (CMS) open source and FREE. We will use Headway (a WP Framework) for the design aspects of layout, which is a great tool for designers vs. coders. A simple and easy way to get a professional website up and running and in your control. **Bring your laptop. WordPress is not a computer usage class.**

Computer proficiency is required. Maximum 15 students. *Preregistration required.

Register at www.southbayadult.org or call 310.937.3340 x3308.

Adam Silver owns and operates Silver Lining Productions based in Redondo Beach. He works as a website developer, photographer and runs the SouthBay WordPress Meetup. Additionally, Adam speaks at industry events, sharing his insights and expertise into all things digital.

Apr. 20 (5 Mtgs.)

Wed. 7-9pm

Redondo HS-Rm. 804

\$84

Hardware System Requirements PC Windows running Operating Windows 7; WIFI, Ideally with "N" Macintosh-10.5.6 or newer, WIFI

Turn Your Talent into a Business in 90 Days

Interested in changing careers? If you are planning retirement, a job change or want to start your own business, explore ideas for turning your talents and passions into money-making ventures. Learn the formula for finding the right business for you and simple strategies to start making money.

Mary Lyn Miller is a life/career coach with more than 20 years of experience helping clients and organizations get brilliant results.

Mar. 31 (1 Mtg.)

Thurs. 7-9:30pm

Mira Costa HS-Rm. 111

\$34

Resumes and Cover Letters

Learn how to craft and modify targeted resumes. Discover how to write an effective cover letter. Modernize your job search with key words. We will review each other's documents the second meeting of class. Bring pen and paper for activities.

Victoria Westerskov is a Certified Career Development Facilitator and has been a Job Placement Specialist for 28 years.

Mar. 23 & 30 (2 Mtgs.)

Wed. 7-9pm

Redondo HS-Rm. 807

\$49

**Preregistration required for computer courses/digital photo classes. See page 11.*

Digital Photography

Digital Photographer Beginning*

Students will gain an understanding of how to use a digital camera in studio or location setting, technically improve and enhance photographs and process and edit images. This competency-based course combines digital photography techniques with composition and creativity. Basic topics include using a 35mm camera, cropping, composition, lenses, ISO, depth of field, shutter speeds and lighting. Weekly photo assignments corresponding with the lecture will be given along with studio and location challenges, including portrait, product, scenic and architectural photography. Bring camera to first class meeting. ***35 mm digital camera with manual capability required.**

Raiko Hartman

Apr. 13 (6 Mtgs.)

Wed. 6:30-8:30pm

Redondo HS-Rm. 161

\$129

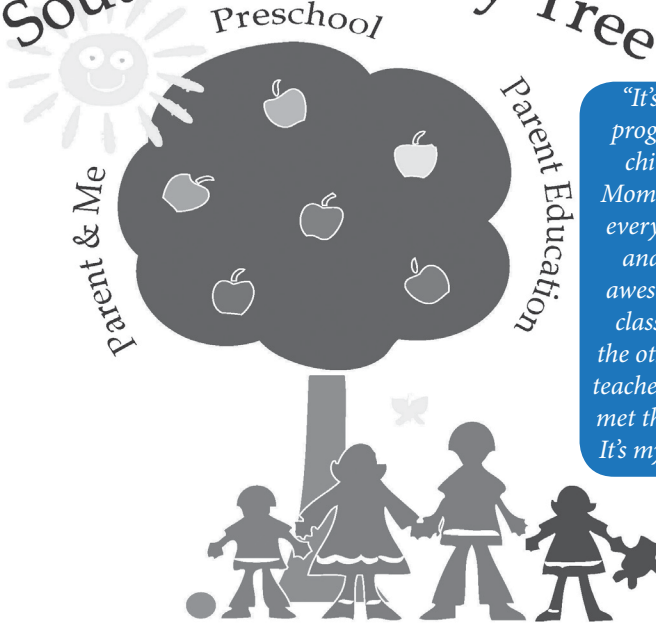
IMPROVE YOUR TYPING SPEED

If your speed and accuracy aren't quite up to par, enroll in our Typist/Keyboarding class and improve your typing skills.

We also offer typing tests for employment applications. *See page 11.*

***Preregistration required - See page 11.**

South Bay Family Tree



"It's a parent participation program. I started when my child was 6 months old in Mommy & me, and have gone every year, through Preschool and now Pre-K. It's just so awesome-parents work in the classroom once a week, and the other days are drop off. The teachers are fabulous, and we've met the most amazing families. It's my social network indeed!"

Where families nurture & grow together!
www.southbayfamilytree.org

2016 State of California Immunization Law

As of January 1, 2016 children enrolling in any school or child-care facility are required to meet all age appropriate immunization requirements. Please view the 2016 Immunization Law on the South Bay Family Tree website. Children who are behind on their required immunizations may be admitted conditionally, if they are not currently due for any doses or have a temporary medical exemption. For questions and immunization schedules, please refer to: www.shotsforschool.org.

Spring 2016 registration

- Register after March 1 for mini-session classes or for all-year classes that have space available.
- Spring term is March 21 - June 10, 2016.

Summer 2016 registration

- Enrollment is open to all families April 11, 2016.
- Summer term is June 20 - July 29 (Monday classes end August 1).
- Tuition is due at time of enrollment and includes a non-refundable registration fee.

Fall 2016 registration

- Enrollment will begin March 7, 2016 for our current families.
- Enrollment for new students opens March 14.
- Enrollment for all classes is on a first come basis.
- Online enrollment opens at 8:00am on March 7, 2016.
- Only the registration fee is charged at the time of enrollment and it is non-refundable.
- Tuition is paid per term and is due before the start of each term. Your credit card will be billed automatically September 1, December 1 and March 1.
- There are no refunds after the second class meeting. Refunds include a \$15 processing fee.

Parent Education Information



Where families nurture & grow together!
www.southbayfamilytree.org

Parent Education Office
 Pacific Center 1600 Pacific Ave., M.B., CA 90266
 310.376.6211x12
 Judy Spragg, *Coordinator*
jspragg@southbayadult.org

ABOUT OUR PROGRAM

- Are you looking for an outstanding Infant/Toddler through TK class with a 63-year reputation for excellence?
 - Do you want to be involved “hands-on” in your child’s first classroom experience?
 - Do you want credentialed teachers teaching the California Preschool Standards to your child?
 - Would you like an adult-child ratio of 1-8 or less?
 - The South Bay Family Tree Parent Education program offers you and your child a high quality education within the South Bay Adult School System. We invite parents to become learning members of their child’s first classroom.
 - The South Bay Family Tree provides children a nurturing and enriching preschool experience designed for maximum “school readiness.” Parents are provided a strong background in effective parenting, child development, and the learning process. Unlike in most preschools, all instructors are fully credentialed (preK-8 & adult) and experienced teachers.
 - Our parents in the preschool classes are required to be involved in the classroom by attending with their child one of the mornings each week, acting as an assistant teacher and practicing the skills they are learning as Parent Education students.
- www.southbayfamilytree.org

MISSION STATEMENT: The mission of the parent education program is to meet the needs of parents or individuals assuming the parenting role by providing essential knowledge, skills, and resources to maximize their effectiveness as parents.

OUTCOMES FOR PARENTS AND CHILDREN:

1. Identify and build upon the unique strengths and abilities families possess.
2. Experience and appreciate the key role of parents as the primary teacher of the child.
3. Develop and practice parenting skills in child guidance, communications, problem-solving and family literacy.
4. Recognize developmentally appropriate expectations for their child’s behavior and achievements.
5. Understand their role in the relationship between parent involvement and their child’s school success.
6. Identify and access school and community resources for the enrichment of family life.
7. In a safe environment, children will have the opportunity to grow in all areas of development- social, emotional, intellectual and physical.

REGISTRATION See dates on page 14.

NEW STUDENTS:

1. **ONLINE:** Register @ www.southbayadult.org click on Register Here.
2. **WALK-IN:** M-F from 8am to 2:30pm at Pacific Center, 1600 Pacific Ave., M.B., Rm. 50.
3. Multiple birth families-please call the Parent Ed. office for fees. 310.376.6211 x11 or x12.
4. A non-refundable registration fee is collected at registration when you enroll in the class.
5. Your credit card will automatically be charged on 9/1, 12/1, and 3/1.
6. No refunds after the second class meeting.
7. \$15 processing fee is charged for all refunds prior to the second class meeting.
8. \$25 processing fee for charges reversed in error.

Holiday Closures: 4/4-8, 5/30



Spring Infant & Toddler

Spring classes begin March 21, 2016. See registration info on page 15.
 Registration is on a space available basis @ www.southbayadult.org

Baby Beginnings 0-6 Months

Welcome to parenthood! You and your baby will join other moms and dads to learn more about baby growth and development. Our credentialed educators will guide you through the daily joys and concerns of parenting in a fun learning environment with activities you and your baby can enjoy together. **Thursday class-age as of January 2016.*

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
T	9:30-11:30am	Man. East	20	King
W	12:00-2:00pm	Man. East	20	King
TH*	12:00-2:00pm	Man. East	20	Andersen

Crawlers 7-12 Months

Parent and child will share early learning experiences through play, music and movement. The credentialed teacher will facilitate discussion on such topics as ages and stages of child growth and development, limit setting and positive discipline techniques, sleep patterns, tensional outlets and separation anxiety. Meet other parents who may be going through similar exciting and challenging changes with their children.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
W	12:00-2:00pm	Man. East	18	Andersen
TH	9:30-11:30am	Man. East	18	King





Toddlers 12-18 Months

Through discussion and observation, your parent education teacher will guide you through the many exciting changes in your toddler's growth and development. Shared learning experiences are expanded in the classroom and outside area to accommodate developmentally appropriate activities. There are sensory materials to touch, water to pour, toys to manipulate, crayons to try, vehicles to ride, art to create as well as more music and movement to enjoy.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
M or W	9:30-11:30am	Man. East	17	King
T	9:30-11:30am	Man. East	17	Brodkin
TH	9:30-11:30am	Man. East	17	Andersen

Toddlers 18-24 Months

Age-appropriate learning activities for your older toddler take place both inside and outside the classroom. Your child will engage in fun music and movement activities and will develop the ability to listen to group story time. Through teacher/facilitated discussion, parents will extend their knowledge of child-rearing techniques and have opportunities to share family resources, concerns and helpful hints as they form friendships with other parents.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
T, W or TH	9:00-11:30am	Pacific	51	Harris
F	9:00-11:30am	Man. East	17	Andersen

Two to Three Year Olds

This class is perfect for your busy two-year-old who is not yet ready for formal preschool. Your child attends with you in a setting that is safe, comfortable and happy. Sand play, easel painting, play dough, dressing-up, riding vehicles, and swinging engages your child and provides opportunities for social and emotional growth through the transition from parallel play to playing with peers. Discussion topics guide parents through other transitions for their child including high chair to table, diapers to underwear, crib to bed and more.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
M	9:00-11:30am	Pacific	51	Andersen
F	9:00-11:30am	North	4	Allsbrook
F	9:00-11:30am	Pacific	51	King

Early Preschool

In these transition to preschool classes your young child learns that school is a comfortable, safe and fun place. Emphasis is placed on developing personal and social skills necessary for a successful preschool experience. Creativity is fostered and encouraged through art, dramatic play and music activities. Parents work one day a week in the classroom. Your child will be supported by the teacher in their first preschool experience, and you, as well as the other parents who participate. Class fees are based on smaller class size.

Two Year Old Early Preschool

2 day: Non-refundable registration fee \$100 Tuition due: 3/1-\$350

2 Day	Time	Location	Room	Instructor
M/W	9:00am-12:00pm	North	4	Allsbrook
T/TH	9:00am-12:00pm	North	4	Allsbrook

2½ to 3½ Year Olds Early Preschool

3 day: Non-refundable registration fee \$100 Tuition due: 3/1-\$475

3 Day	Time	Location	Room	Instructor
T/W/TH	8:45am-12:15pm	North	5	Steeze

LOCATIONS

HERMOSA BEACH

North School 417 25th St. (*park at Morningside Drive*)

MANHATTAN BEACH

Manhattan East (*above and west of Polliwog Park on Peck Ave., north of M.B. Blvd.*)

Pacific Center-1600 Pacific Ave.

REDONDO BEACH

Dominguez Park 200 Flagler Ln.

Knob Hill-320 Knob Hill





Spring Preschool

Classes begin March 21 2016. See registration info on page 15.

Registration is on a space available basis @ www.southbayadult.org

Parenting the Preschooler 3-4 Year Olds

Parents enroll their three to four-year-old child in a two-day or a three-day preschool class where the parents work one day a week assisting in a variety of activities. Credentialed teachers create an environment where every child feels good about coming to school.

Children enjoy activities where they learn about themselves, the world and how to get along with others. There is time for sharing, inside and outside play, art, music and movement. Parents in the two-day class attend one night meeting a term. In the three-day classes parents attend monthly night meetings that focus on child-raising issues. *2 day class age as of 12/2015 3 day class age as of 9/2015.*

2 day: Non-refundable registration fee \$100 Tuition due: 3/1-\$305
 3 day: Non-refundable registration fee \$100 Tuition due: 3/1-\$430

Day	Time	Location	Room	Instructor
T/TH	8:30am-12:00pm	Pacific	53	Palmer
M/W/F	8:30am-12:00pm	Pacific	53	Palmer
M/W/F	8:30am-12:00pm	Pacific	54	Madonna
M/W/F	8:30am-12:00pm	North	6	Glasman





Spring Pre-K

Classes begin March 21, 2016. See registration info on page 15.
 Registration is on a space available basis @ www.southbayadult.org

Parenting the Preschooler PRE-K (4-5 Year Olds)

Pre-K classes are offered five mornings a week. Parents work one day in the classroom assisting in a variety of activities and attend one night meeting a month. (Parents of multiples work two mornings.) The children learn by engaging in hands-on art, science and exploratory activities and are guided in their experiences by a credentialed teacher. A typical day includes morning circle, fine and gross motor development at the learning centers, music and movement, dramatic play, block building, snack and story time. Your child will be guided in developing good relationships with peers and adults. They will learn to concentrate and focus on tasks, listen to instructions and solve social problems. Our focus is on skills that support a successful transition to elementary school. *Child must be 4 years old by December 1, 2015.*

5 day: Non-refundable registration fee \$150 Tuition due: 3/1-\$790

Day	Time	Location	Room	Instructor
M-F	8:30am-12:30pm	Pacific	52	Kringen
M-F	8:30am-12:30pm	North	3B	Greene

Transitional Kindergarten (5 Year Olds)

Parents! Give you and your child the benefit of an additional readiness year before kindergarten! This class follows the RBUSD transitional kindergarten curriculum in language arts, math and science. Parents participate one day a week. Great location! 320 Knob Hill, R.B. *Children who have turned five years old between January 1 and December 31, 2015 are eligible to attend.*

5 day: Non-refundable registration fee \$150 Tuition due: 3/1-\$823

Day	Time	Location	Room	Instructor
M-F	8:30am-12:30pm	Knob Hill	TK	Hagemeister



Connect with us! Like us @ www.facebook.com/ParentEducation



American Sign Language for 5-18 Months

Your baby can learn to communicate many basic needs before learning to speak. You and your child will learn to talk with American Sign Language. Signing enables your child to be able to communicate needs and thoughts at an early age and may also help improve language development. You will learn fun songs and many useful phrases from the certified ASL instructor, an interpreter for the deaf and a parent education instructor.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Room	Instructor
W	4:00-6:00pm	Man. East	18	Agajanian

Outdoors as a Classroom for 2 to 5 Year Olds

Children learn about themselves and the world around them through exploring, practicing and mastering physical movements and skills. The teacher is always ready to capture the unique advantage of each class spent at various South Bay parks. She brings her guitar, books and art supplies to ensure a fun-filled learning experience. Concepts that engage children's thinking include weather, seasons, the life cycle of plants and insects and more. First class meets at Dominguez Park, 200 Flagler, Redondo Beach.

Non-refundable registration fee \$50 Tuition due: 3/1-\$139

Day	Time	Location	Instructor
TH	9:00-11:30am	Varies	Madonna

Siblings 18 Months and Older

Late afternoon does not have to be the melt-down hour for you and your children. Join us after naptime and school pick-up for fun, art, play, music, story time, parenting and dinner. *Class fee for this class is based on smaller class size.*

Non-refundable registration fee \$50 Tuition due: 3/1-\$175

Day	Time	Location	Room	Instructor
T	3:30-6:00pm	Pacific	51	Harris

2½ to 5 Year Olds Plus Younger Siblings

Preschoolers meet one day a week with their parent and siblings. Learning activities are developmentally appropriate to fit the different needs of mixed aged children. Children enjoy art, music, movement, dress-up, sand play, block-building, water play, climbing, swinging, riding outside toys, making friends, snack and story time. Parents love the opportunity to attend class with both or even all of their children.

Class fees are based on smaller class size.

Non-refundable registration fee \$50 3/1-\$175

Day	Time	Location	Room	Instructor
TH	9:30am-12:00pm	North	6	Robinson

Mini Chefs-Sensational Snacks 2½-5 Years

From picky eater to mini chef, children will discover tastes, smells and textures to delight their palates as they prepare delicious snacks. Your child will travel through the culinary world while measuring, stirring and tasting foods. They will enjoy an exciting story, fun art activity and outdoor play in class while also developing fine motor and social skills. Parent participation is required. This is a great class for after nap time.

Starts April 21 (4 Mtgs.) \$65

Day	Time	Location	Room	Instructor
TH	3-5pm	Pacific	54	Steese

Do Re Mi and You Under Two (6 Months to 2 Years)

Make musical memories and sing and play songs. This class will teach lullabies to soothe and relax you and your child. Traditional songs introduced will develop language and will be the foundation of early childhood education. Babies and toddlers will play instruments and move to the music while enjoying a morning out with mommy and/or daddy.

Starts April 19 (6 Mtgs.) \$40

Day	Time	Location	Room	Instructor
T	9:30-10:30am	Pacific	56	Madonna

Do Re Mi and You (1 to 3 Years)

Children will engage in musical jam sessions with percussion instruments. Each week musical story time will be included to encourage language development. Everyone will have a chance to express themselves and gain confidence while learning basic early childhood musical education.

Starts April 19 (6 Mtgs.) \$40

Day	Time	Location	Room	Instructor
TH	10:30-11:30am	Pacific	56	Madonna

Summer swimming for kids...see page 27.

Please do not wait until the last minute to register. You may be disappointed that a class has been canceled or is full. Please note the date, time, location and room number of your class. Register @ www.southbayadult.org

facebook



www.southbayfamilytree.org

*Science at work!
Students in our
Transitional
Kindergarten
(TK) class at
the Knob Hill
site learn about
clouds and rain.*



Register at www.southbayadult.org with your MasterCard or Visa.



Summer Classes

Summer classes June 20-July 29, 2016. See registration info on page 15.

Registration is on a space available basis @ www.southbayadult.org

Register beginning April 11 @ www.southbayadult.org or walk-in to Pacific Center, 1600 Pacific Ave., M.B., Rm. 50, M-F 8am to 3pm, 310.376.6211 x11 or x12

Babies and Bubbles (0-6 Months)

Bubbles are an early sensory activity we will use to stimulate curiosity and communication between baby and parents. Join us for a discussion-based class to support new parents. Fill up your bottle of bubbles with music, tips, and techniques to enhance your parenting skills. Build new friendships with other parents as you have fun bonding with your babies.

Starts June 22 **\$70**

Day	Time	Location	Room	Instructor
W	12:00-2:00pm	Man. East	20	King

Crawlers and Cruisers (7-12 Months)

Come enjoy some summer fun with your baby. Experience music, baby games, discussions on sleep, starting solids, separation anxiety and more. Enjoy meeting other parents for fun and supportive friendships.

Starts June 21 **\$70**

Day	Time	Location	Room	Instructor
T	12:00-2:00pm	Man. East	18	King

Toddler Water Fun (12-18 Months)

Enjoy six fun-filled classes of water play, art, and music with toddlers. Each class will have outdoor water play, with a different activity each week. We will also have an energizing snack as we talk about toddler behavior and development. Meet other parents as we share the fun and struggles of parenting.

Starts June 21 **\$70**

Day	Time	Location	Room	Instructor
T	9:30-11:30am	Man. East	17	King

How Does Your Garden Grow? (18-24 Months)

Have fun with your toddler exploring seeds, gardening and learning about water conservation. We will take a tour and picnic at the Botanical Garden in Manhattan Beach. Children will practice simple conservation measures such as, turning off the tap when lathering hands and caring for drought tolerant plants. Songs and simple phrases will help toddlers understand water conservation. Join us for a fun summer class.

Starts June 22 **\$70**

Day	Time	Location	Room	Instructor
W	9:30-11:30am	Pacific	51	Harris



“like” us @ www.facebook.com/ParentEducation

Water Wonders

Splish, splash, bubble, pop! Through art and activities children will learn all about water as they begin to understand why and how things happen. Simple math and science skills such as more/less, empty/full and sink/float will be explored. This class encourages the development of hand-eye coordination through pouring, squeezing, squirting, etc. Water play is one of the most relaxing activities for children...what better way to spend a summer day!

Starts June 21 (2-3 Years) \$83

Day	Time	Location	Room	Instructor
T	9:00-11:30am	North	4	Allsbrook

Starts June 22 (3-4 Years) \$83

Day	Time	Location	Room	Instructor
W	9:00-11:30am	North	4	Allsbrook

Splish Splash Sibling Class (plus Younger sibling) (2 ½-5 Years)

Keep cool this summer with your children as we play with the properties of water while having fun in and out of the sun! Water wheels, water tables, watercolor, watering plants, water-themed books and songs too! We will also learn how to reuse water. We will enjoy our "Waterful World." Parent discussions will be held weekly. Please bring your own snacks to eat and water to drink.

Starts June 21 \$212

Day	Time	Location	Room	Instructor
T/TH	9:30am-noon	Pacific	52	Kringen

Language Arts Through Drama and Music (4 Years)

Children will enjoy literature through art and drama. Each day we will read a classic children's book. Children will engage in hands-on activities revolving around each story. They will build the 3 Little Pigs' houses, act out the Carrot Seed story, as well as other stories. They will taste the bread made by The Little Red Hen and milk the cows from the Big Red Barn. Parent will be required to work in the classroom approximately four chosen days throughout the six weeks. *Orientation meeting, Monday, June 20, 7:00pm. Adults only.*

Starts June 21 \$315

Day	Time	Location	Room	Instructor
T/W/Th	8:30am-12:30pm	North	3B	Greene

Around The World (5-6 Years)

Children will explore the art, music, games, food and culture of friends from around the world. Each day they will visit a different country and travel the world without ever leaving the South Bay. Parents will be required to work in the classroom approximately four chosen days throughout the six weeks. *Orientation meeting Monday, June 20, 7:00pm. Adults only.*

Starts June 21 \$315

Day	Time	Location	Room	Instructor
T/W/Th	8:30am-12:30pm	Pacific	54	Madonna



South Bay Adult School Parent Education...voted **best Parent Education Program** by the Moms Club of El Segundo.

Mini Chefs-Sensational Summer Snacks (2½-5 Years)

Parents and their children will travel through the culinary world while measuring, stirring and tasting foods. Class activities include exciting stories, fun art, and outdoor play while developing fine motor and social skills. From picky eater to mini chef, your child will discover tastes, smells and textures to delight their palate as they prepare delicious snacks.

Starts June 21				\$84
Day	Time	Location	Room	Instructor
T	12:00-2:00pm	Pacific	53	Steese

Outdoors as a Classroom (2-3 Years)

Do you have the child who never likes to go indoors? This is the class for you. Nature walks, art and music are all enjoyed at the park, beach or wherever we happen to be for the day. Each class is in a different location giving lots of opportunity to explore. First class meets at Anderson Park, 2229 Ernest, Redondo Beach.

Starts June 20				\$83
Day	Time	Location	Room	Instructor
M	9:00-11:30am	Varies		King

Outdoors as a Classroom (2 ½-5 Years)

Children learn about themselves and the world around them through exploring, practicing and mastering physical movements and skills. The teacher is always ready to capture the unique advantage of each class spent at various South Bay parks. She brings her guitar, books and art supplies to ensure a fun-filled learning experience. Concepts that engage children’s thinking include weather, seasons, the life cycle of plants and insects and more. First class meets at Dominguez Park, 200 Flagler, Redondo Beach.

Starts June 24				\$83
Day	Time	Location	Room	Instructor
F	9:00-11:30am	Varies		Madonna

Do Re Mi and You (6 Months-2 Years)

Make musical memories and sing and play songs. This class will teach lullabies to soothe and relax you and your child. Traditional Songs introduced will develop language and will be the foundation of early childhood education. Babies and Toddlers will play instruments and move to the music while enjoying a morning out with mommy and/or daddy too.

Starts June 20				\$40
Day	Time	Location	Room	Instructor
M	9:00-10:00am	Pacific	56	Madonna

Do Re Mi and You

Children will engage in musical jam sessions singing and playing with instruments. Each week musical story time will be included to encourage language development. Everyone will have a chance to express themselves and gain confidence while learning basic early childhood musical education.

Starts June 20 (1-4 Years)				\$40
Day	Time	Location	Room	Instructor
M	10:00-11:00am	Pacific	56	Madonna

Starts June 21 (1-3 Years)				\$40
Day	Time	Location	Room	Instructor
T	3:00-4:00pm	Pacific	56	Madonna



Youth Drawing and Painting for 7-12 Year Olds

Use your imagination, while learning basic drawing skills, to create cartoons and objects with pencils and colored pencils (Week 1 and 2). Continue with your creativity while learning to paint with waterbase acrylic paints (Week 3 and 4). No previous experience needed. Materials included.

Starts April 13 (4 Mtgs.) \$99

Day	Time	Location	Room	Instructor
W	3:30-5:15pm	Edison	7	Svezia

Summer Swimming For Kids

Redondo Beach Unified School District is again offering an instructional swim program at Redondo Union High School. Fully qualified lifeguards and instructors will teach all levels of swimming to children from grades K-8. There are special classes for preschool children that need parent accompaniment.

Classes meet every half hour, 9:30 am -12:30 pm.

Each 2-week session costs \$100 and consists of ten, 25 minute lessons.

- Session I June 20 - July 1
- Session II July 5 - July 15
- Session III July 18 - July 29
- Session IV August 1 - August 12

Registration

Registration will start the first week of May. Register at www.rbusd.org (click Summer Swim Lessons @RUHS) or atredondounion.org (click through the menu, Athletics-Community Swim). No Refunds, no cancellations, no transfers and no make-up lessons. Email Chris Murin cmurin@rbusd.org after April 1 for more details.

HEALTH & PHYSICAL EDUCATION

Exercise & Fitness

Light Weightlifting & Stretching for Men and Women

Light weightlifting strengthens the body’s muscular system. Stretching improves flexibility and reduces the possibility of muscular and skeletal problems in back and legs. Important: New students must arrive at 6pm first 2 nights (M/W) of class for orientation.

Ron Argueta has been a fitness specialist for over 30 years.

Mar. 21 (20 Mtgs.) M/W 6:30-8pm Redondo HS-Weight Rm. \$119

“I absolutely love this class. Ron is really helpful to the class as a whole and individually. He really cares about the students and makes sure they are learning and enjoying themselves.”

Fitness For Mature Adults

Maintaining health and well-being with simple exercise is as easy as 1, 2, 3. Designed for the mature adult. Your one-hour session will consist of three segments: stretching, brisk walking and light weightlifting. Health and nutrition discussion is included. You should be able to walk a mile before joining this class. Bring a mat and light hand weights, if you have them, to class. Optional supplies extra.

Ralph Ford

Mar. 23 (20 Mtgs.) W/F 9-10am Edison Conference Hall A \$76

“Ralph Ford is an exceptional teacher. He has the ability to highly motivate those that would not normally seek exercise as a strategy for good health. The highest praise for the class process and content!”

Fitness Through Cardiovascular Exercise

Warm up, flexibility exercises and abdominal work precede a 20-minute walk or jog on the track. Finish up with a free weight/machine workout and final stretch. Class begins in the weight room behind the gym. Please bring a towel or mat.

Ralph Ford taught over 30 years in Manhattan Beach and is a lifelong fitness enthusiast.

10 Wks.

Mar. 22 T/TH 5:30-6:30pm and Sat. 9-10am Mira Costa HS-Track/Weight Rm. \$79

Mar. 22 T/TH 5:30-6:30pm Mira Costa HS-Track/Weight Rm. \$74

Mar. 26 Sat. only 9-10am Mira Costa HS-Track/Weight Rm. \$49



Watch for the latest info on the “new” S.B.A.S sign on Inglewood Avenue!

Register at www.southbayadult.org with your MasterCard or Visa.

Swimming: Beginner*

The fundamentals and correct form of basic swimming strokes will be taught and demonstrated in this class, including treading water, front and back crawl and relaxation techniques while you are in the water. Our outdoor pool is heated. *Prerequisite: You must be able to float unassisted and stand up on your own in the pool. Class size limited. **Preregistration required.** Register at www.southbayadult.org or call 310.937.3340 x3308. *Kathi Wilson is a Red Cross Water Safety Instructor who has been teaching swimming at SBAS for over 30 years.*

Mar. 21 (16 Mtgs.) M/W 7:30-8:30pm Redondo HS-Pool \$89

Swimming: Intermediate/Lap*

Come and enjoy swimming laps at your own pace in our outdoor heated 25 yard pool. Class size limited. **Preregistration required.** Register at www.southbayadult.org or call 310.937.3340 x3308.
TBD

Mar. 21 (16 Mtgs.) M/W 7:30-8:30pm Redondo HS-Pool \$89

Intro to Hot Yoga

For those yogis seeking to take their practice to the next level. This 90 minute, 26 asana series is a static, moving, guided meditation. Restorative and energizing, the warm/hot air promotes detoxification, weight loss, skeletal realignment, muscle tone/development and endurance. The series stays the same, as we are the one who change! Please bring the following items to class: yoga mat, one large towel, one wash/face towel and a 12x12 pillow.

Angela Showell-Always a student first, certified RYT 200 Yoga Instructor with over a decade of experience. Registered member of Yoga Alliance, currently teaching at Hot8 Yoga in Santa Monica and Beverly Hills, and owner of ARA Hot Yoga.

Mar. 21 (16 Mtgs.) M/TH 7-8:30pm Edison Conference Hall A \$105



Volleyball

Come learn to play or develop your skills in volleyball. The class is divided into skill levels. White-soled tennis shoes a must. Class size limited. *Greg Au, has played and coached volleyball for over 30 years.*

Mar. 22 (16 Mtgs.) T/TH 7-9pm Mira Costa HS-Lrg. Gym \$79

Looking for language classes?

French, Italian, Japanese, Spanish...find them on page 44.

Classical Hatha Yoga

Melt away the tensions of the day, relax and unwind from your hectic schedule by practicing classical yoga postures to increase balance, flexibility and strength. Learn to focus on relaxing your body and mind using breath, movement and meditation. Students of all levels of experience are welcome. Bring mat.

Efrat Pomeranitz, certified yoga instructor, teaches yoga for many venues throughout the South Bay.

Mar. 21 (18 Mtgs.) M/W 6-7:15pm Redondo HS-Dance Rm. \$119

Chakra Tune-Up for the New Year!

Explore the seven energy centers in our bodies, from “Root to Heart to Crown” Yoga. Find out the qualities of each chakra and its impact on your life, body, mind and soul. In each class we will explore one of the chakras through life lessons, mudras, meditations, visualization, and YOGA sequences specifically designed to unlock the channels to creativity, joy and well-being in your life.

Efrat Pomeranitz

Mar. 24 (8 Mtgs.) Thurs. 6-7:15pm Mira Costa HS-Rm. 81 \$69

Tai Chi-Wu Style

Tai Chi is a unique way to help your mind and body connect. The slow, relaxing movements will reduce stress, improve coordination, balance and flexibility while increasing positive energy.

Jing Hong Zhang has studied under three famous Wu Style Tai Chi masters. She has over 25 years experience teaching at colleges and adult schools.

Apr. 13 (5 Mtgs.) Wed. 7-8:30pm Redondo HS-710 Diamond St. \$79

Zumba® Fitness

If you are looking to workout, lose weight, and have fun at the same time...then ZUMBA Fitness is the class for you! This class is very informal, and no dance background is necessary. There is no complicated choreography. Beginners are welcome. Please wear tennis shoes and bring water and towel.

Carolina Acosta, certified Zumba instructor from 2006 to present.

Mar. 24 (7 Mtgs.) Thurs. 6-7pm Mira Costa HS-Cafe \$59

FREE

30-Minute brainHQ Demo

Tuesday, March 22, 2016

Drop in between 10:00am -12:00pm

Edison Technology Center 3401 Inglewood Avenue, R.B.

Registration preference given to those who attend the Demo session. See page 33 for details.

“Brain Fitness class: A good class to take repeatedly as it constantly pushes your ability to get better.”

Dance Fitness

Increase fitness with this great cardio workout. Dance to pop, country, hip hop, disco and other musical styles. This class is at a slower pace than Zumba and for all adult ages. Some resistance training is included with the use of water bottles. Please bring a water bottle and a towel to class.

Bee Cregar, R.N., is certified as a group fitness instructor and private trainer. She has been in the fitness industry for over 30 years with a focus on longevity and wellness.

Mar. 22 (8 Mtgs.) Tues. 6-7pm Mira Costa HS-Cafe \$64

Dun Dun Dance

Dun Dun dance is a fun and energetic style of dance and drumming from Guinea. Take a pair of sticks and create rhythms on dun dun drums or buckets while moving to the music. Dun Dun Dance is a very physical form of drumming and you will get a good workout moving and drumming to African rhythms.

Pashyo Sarkin, has been teaching and performing African drumming and dance for the last 30 years and performs with her percussion band SangomaBeat.

Apr. 11 (6 Mtgs.) Mon. 6-7pm Redondo HS-Rm. 2 \$54



Exercising is always fun with “Bee” in her Dance Fitness class!

Please do not wait until the last minute to register.

You may be disappointed that a class has been canceled or is full.

Please note the date, time, location and room number of your class.

Register @ www.southbayadult.org

Register at www.southbayadult.org with your MasterCard or Visa.

Health & Well-Being

How to Lose 20-70 Pounds and Keep It Off!

If you are looking for an effective and safe way to lose 20 to 70 pounds and keep it off, then this could be the most important class you will ever take. Imagine how you will feel when you no longer have to deal with clothes that do not fit, hiding from the camera, and feeling unattractive because you are carrying too much weight. Haven't you had enough of the stubborn weight you've struggled with for years? Aren't you tired of the diets, plans, and programs that have not worked in the past? Is it really worth it to live another day with poor energy levels, feelings of helplessness in battling your weight, and looking in the mirror with disappointment every time you get dressed to leave the house?

In this seminar, you will learn the root cause of your stubborn weight issue;

- * The secrets of training your body to be a fat burning generator
- * How to melt and burn fat with an exercise investment of only 1 hour per week
- * How to lose inches
- * Increase energy and decrease stress
- * Feel younger through eating foods that enhance fat burning
- * Eliminating foods that enhance fat accumulation
- * Improve your mood by balancing your hormones
- * Bonus Material: Learn how gluten cannot only add weight to your body but also potentially cause Hashimoto's Thyroiditis, Diabetes, Alzheimer's and more.

Dr. Derek Taylor, DC is a Weight Loss Specialist, practicing in the South End Tennis & Health Club in Torrance, who has been helping people lose weight over the past 22 years.

Mar. 23 & 30 (2 Mtgs.) Wed. 6:30-8:30pm Redondo HS-Rm. 808 \$44

Remake and Reshape Your Body with Nutrition

Tired of all the dieting confusion? Discover five powerful body reshaping techniques. Learn how to combine foods, shrink fat cells, and look better fast! Stop accelerated aging, understand body typing and how to "outsmart fat" to get remarkable results.

Julie Martin, B.A., is a Nutritional Consultant and Holistic Life Coach with 25 years of experience.

Apr. 25 (1 Mtg.) Mon. 6:30-9:30pm Redondo HS-Rm. 806 \$44

No place like home.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

Learn more at:
www.ed2go.com/sbas

Ready to “kickstart” your brain?

Our brainHQ program will definitely boost your mental skills, and will bring novelty, variety and challenge to your day.

brainHQ

Free!

30-Minute

brainHQ

Demo Session

Tuesday, March 22, 2016

*Drop in between
10:00am-12:00pm*

Edison Technology Center-3401

Inglewood Ave., R.B.

*Registration preference given
to those who attend
the Demo session.*

brainHQ

Memory Enhancement Class

Give your brain a workout with our mind over matter brainHQ program. This class will help you with your memory decline by exercising your brain with computer games and class interactions. Enroll today to get brain fit! **Preregistration required.**

Barbara Polk

Starts Monday, March 28 (10 Wks.)

10:30am-12:30pm

\$109

M,T,W (Instructor led)

Thurs. (optional continue on your own)

Edison Technology Center

***Our brainHQ students get mentally and physically fit.
Challenge yourself...enroll today!***



Nancy Mustard, 73, recent member of the El Camino College running team, is a student in the brainHQ class.

“Having run 35 marathons, and many 10k’s, I’ve realized the importance of being mentally strong and alert. The brainHQ class is a self-paced, challenging, and rewarding program that has made a huge difference in my life. I am more alert to my surroundings, a better driver, and able to make wise decisions.

I recommend this class to all ages. It is an ongoing, life-changing experience.”

***Stay strong
and alert...
get brain fit
@ SBAS!***



OLDER ADULTS

NOTE: Some classes are conducted in cooperation with the Manhattan Beach Recreation Department. These classes are designed primarily for adults over the age of 55 but all adults are welcome.

Fitness For Mature Adults

Maintaining health and well-being with simple exercise is as easy as 1, 2, 3. Designed for the mature adult. Your one-hour session will consist of three segments: stretching, brisk walking and light weightlifting. Health and nutrition discussion is included. You should be able to walk a mile before joining this class. Bring a mat and light hand weights, if you have them, to class. Optional supplies extra.

Ralph Ford

Mar. 23 (20 Mtgs.) W/F 9-10am Edison Conference Hall A \$76

“Ralph Ford is an amazing instructor. I already feel better. I am very much interested in senior fitness programs. I would like to take more of Ralph Ford’s classes.”

Basic Techniques in Drawing

Learn basic drawing techniques using drawing and colored pencils, charcoal, pen and ink and blending tools. Bring a 9x12 DRAWING pad, #2 pencil and pink or white eraser to first class. All levels welcome, especially beginners. **Maximum 16 students.**

Cynthia Svezia has been teaching at the SBAS for 9 years and is a professional graphic designer, muralist and fine artist who was educated at Fullerton College, CSUDH and UCLA. Cindy has taught adults for many years as well as K through 8th grade using the California State Curriculum.

Mar. 29 (8 Mtgs.) Tues. 10am-12pm Joslyn Center-Sunrise Rm., M.B. \$79

Intermediate Drawing

Take your beginning drawing skills to the next level. Shading, blending, highlights, shadows, still life, landscape, atmospheric perspective, one point perspective, composition and more will be covered. Bring 9x12 drawing pad (50 lbs. or more), #2 pencil, pink or white eraser, kneaded eraser and drawing pencils if you have them to first meeting. Supplies will be discussed at first class meeting. **Maximum 15 students.**

Cynthia Svezia

Apr. 28 (5 Mtgs.) Thurs. 10am-12pm Edison Conference Hall A \$79

Painting Adventures

Use acrylic paints to create your very own expressive compositions. Discover relationships of forms and colors in space. Printmaking without a press will be introduced. Beginners and advanced artists are welcome.

Eva Goldsheid, M.A., is a painter and printmaker who has taught in adult schools more than 20 years.

Mar. 24 (8 Mtgs.) Thurs. 10am-12pm Joslyn Center-Sunrise Rm., M.B. \$79

Beginning Chair Yoga for Low to Moderate Mobility

Want to try yoga but getting up and down off of the mat is not appealing to you? This class uses a chair to implement exercise from a seated position and by using the chair for balance to work toward flexible, core strength, balance and mindfulness.

Tanyya Hekymara, is a USC graduate, and has been guiding yoga, mindfulness and meditation classes for nearly 10 years in health clubs, studios and privately. She assists individuals and organizations as they work to achieve their fitness, wellness and mindfulness professional and personal development goals.

Mar. 22 (10 Mtgs.) Tues. 8:30-9:30am Edison Conference Hall A \$59

YOUR MONEY

Personal Finance

Investing in Stocks and Bonds for Retirement Income

This in-depth class on critical investment choices shows how financial markets operate. We'll cover portfolio strategies, asset allocations and wealth preservation concerns from a financial planning standpoint as well as risk measurement concepts, inflation hedges and tax and retirement income issues. Receive useful handouts.

F. Thomas Schlappatha, M.B.A., is a CERTIFIED FINANCIAL PLANNER™

Apr. 12 (6 Mtgs.) Tues. 7-9pm Mira Costa HS-Rm. 111 \$84
"Very informative and well-organized. Good use of real life examples!"

Affording Your First Home

Stop paying rent! Start building equity for the future and enjoy the satisfaction of owning your own home. Gain a solid grasp of the buying process from low down payment FHA loans to each party's role in the transaction.

Dean Higuchi is a local mortgage broker and has been a SBAS instructor for over 10 years.

Mar. 21 (1 Mtg.) Mon. 6:30-9:30pm Redondo HS-Rm. 804 \$50



Stay cool in the pool this spring! Learn to swim or practice your strokes @ Redondo High School's Aquatic Center. See page 29.

WE NEED YOU!

Interested in Teaching?

South Bay Adult School is always looking for new instructors. To get started go to www.southbayadult.org and click on About Us/Teaching Opportunities or call 310.937.3340 x3301.

EXPRESS YOURSELF

Fine Arts

Basic Step-by-Step Techniques in Acrylic Paints

Learn basic painting techniques using acrylic paints with my easy step-by-step instructions. Explore color blending and mixing paints using the color wheel. Discover techniques on how to use and care for your brushes, palette, knives as well as your other supplies. Demonstrations along with discussions on composition and balance will be covered as well as individual help. Bring any paints and paint brushes if you have them, newspapers to cover tables and a water container to first class. Supplies will be discussed at first meeting. All levels welcome, but focus is on beginning students.

Cynthia Svezia has been teaching at the SBAS for 9 years and is a professional graphic designer, muralist and fine artist who was educated at Fullerton College, CSUDH and UCLA. Cindy has taught adults for many years as well as K through 8th grade using the California State Curriculum.

Apr. 18 (6 Mtgs.)

Mon. 10am-12:15pm

Edison Conference Hall A

\$94



Find your creative side in our art classes!

What's New at Edison Center?

DIY Home Improvement Handyman, *see page 43.*

Youth Drawing and Painting for 7-12 Year Olds, *see page 27.*

Please do not wait until the last minute to register.

You may be disappointed that a class has been canceled or is full.

Please note the date, time, location and room number of your class.

Register @ www.southbayadult.org

Performing Arts

Comedy Improv

Let your spontaneity flow! Play, laugh and have fun while learning the arts of improvisation, communication, presentation and comedy. Do team comedy games where there are no wrong answers. Tap into your unique sense of humor; build core performing skills and characters in a safe and supportive mixed level setting. Class coaching in creative instinct allows you to surprise yourself and say things you never planned! Learn improvisational comedy acting. No experience required. **Maximum 18 students.**

Julie Martin, Director, teacher and speaker, has been studying, presenting or performing for two decades in improvisational comedy, adult education, public speaking in the local improv community.

Apr. 13 (8 Mtgs.) Wed. 6:45-9:15pm Redondo HS-Rm. 3 \$139
"Loved the class. I look forward to taking it again!"

Magic of the Mind

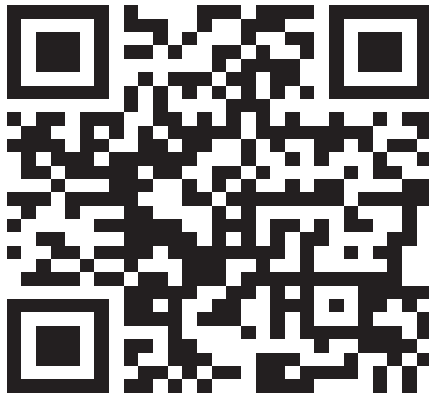
Unravel the mystery of magic. You will learn basic sleight of hand and simple magic tricks from a professional magician. Use simple household objects like string, playing cards, coins and paper to create magic that entertains.

Mark Edward Wilson, television and Magic Castle performer, has been teaching magic to students for over 26 years.

Apr. 13 (5 Mtgs.) Wed. 7:30-9pm Redondo HS-Rm. 806 \$74

What's New at Redondo HS Center?

Dun Dun Dance, *see page 38.*



How to Register

- **ONLINE** preferred method. Enroll 24 hours day @ www.southbayadult.org
- **WALK-IN** to EDISON CENTER, 3401 Inglewood Ave., R.B.
- **ON SITE** the first class meeting. Registration (adult school office only) is on a space available basis.
- MasterCard, Visa, check or money order.
- Parent Education registration information please see page 15.

Preregistration is strongly recommended. Register @ www.southbayadult.org
Classes with low enrollment subject to cancellation.

Register at www.southbayadult.org with your MasterCard or Visa.

Dance

Country Western Line Dancing Beginning I

This class is the perfect stepping off point for beginning line dancers. Music tempos and footwork patterns will be slower and geared toward the group's abilities. Great low impact workout.

Karen Racle is a member of a competition line dancing group.

Mar. 22 (8 Mtgs.) Tues. 6:15-7:15pm Edison Conference Hall A \$64

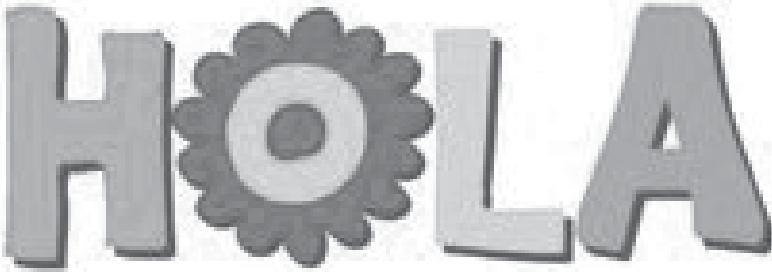
"I love this class and the instructor! She has quite a following that take the class every session. It's a lot of fun and great exercise too!"

Dun Dun Dance

Dun Dun dance is a fun and energetic style of dance and drumming from Guinea. Take a pair of sticks and create rhythms on Dun Dun drums or buckets while moving to the music. Dun Dun dance is a very physical form of drumming and you will get a good workout moving and drumming to African rhythms.

Pashyo Sarkin, has been teaching and performing African drumming and dance for the last 30 years and performs with her percussion band SangomaBeat.

Apr. 11 (6 Mtgs.) Mon. 6-7pm Redondo HS-Rm. 2 \$59



Learn how to speak Spanish...see page 44.

What's New @ Mira Costa HS Center?

How to Write a Screenplay, *see page 43.*

Register early to ensure your space in class
@ www.southbayadult.org

Guitar - Beginning

Learn beginning guitar techniques using classical style as a model. Students will learn to read guitar music and use both hands in playing pieces and chords, scales and arpeggios. Students will also have the opportunity to choose songs.

Paul Ellis has taught at South Bay Adult School for over 20 years and is a professional musician with a Master's Degree in Music Composition.

Mar. 24 (8 Mtgs.) Thurs. 7-8:15pm Mira Costa HS-Rm. 45 \$74

Guitar - Intermediate

Work on your favorite classical guitar pieces while developing your technique. Class will cover various finger-picking styles and students will have an opportunity to choose songs. Students will also work on sight reading skills.

Paul Ellis

Mar. 24 (8 Mtgs.) Thurs. 8:15-9:15pm Mira Costa HS-Rm. 45 \$64

"Great instructor, very patient. Will take him again."

Jazz Video Potpourri IV

So well received we're continuing to repeat the series! Join us for exciting videos and discussions, with the original selection of jazz-related DVDs (first presented Spring 2012). Each session will again include both educational (topic-related) and entertaining (performance-related) video presentations.

J. Robert Bragonier, M.D., retired physician and university professor, has been a musician and jazz fan all his life, and a jazz educator and historian since retirement in 2002. This course will mark the beginning of his 13th year teaching at the South Bay Adult School.

Apr. 12 (6 Mtgs.) Tues. 6:30-9pm Mira Costa HS-Rm. 43 \$89

SAVE ON GAS!

Most Courses Are Only **\$95**

LEARN ONLINE!

Enroll in an online course today!

www.ed2go.com/sbas

Learn to Play the Ukulele!

Always wanted to learn to play the ukulele but didn't know how to start? Frustrated with confusing books and instructional methods? Believe it or not, you CAN learn to play by ear! We'll cover at least ten songs in the first class alone. Students must provide their own ukulele (soprano-concert-tenor size) and electric clip-on tuner. Bring pen and notebook. *Mitchell Chang*, U of Hawaii music program graduate, has been teaching guitar and ukulele since 1994. He is the owner of Kala Koa Entertainment and the producer/creator of four landmark California festival events: the Southern California Slack Key Festival, Los Angeles Flamenco Festival, Los Angeles Guitar Festival, and the Los Angeles International Ukulele Festival.

Mar. 22 (6 Mtgs.)

Tues. 7-8:30pm

Mira Costa HS-Rm. 45

\$69

**Orchestra-Beach Cities Symphony**

This full symphony orchestra performs a wide range of classical music, operates Sept. through May and presents four free concerts per year. For information, please call 310.379.9725 or 310.539.4649 or go to beachcitiessymphony.org.

Barry Brisk, Director and Conductor

Mar. 30 Wed. 7:15-9:30pm Redondo HS-Rm. 2

Making Your Home More Comfortable and Healthier...the Energy and Water Efficiency Way

Is your home cold and drafty in the winter? Is your home hot and stuffy during heat waves? Are you wondering how to better manage your energy usage? Are you looking for ways to lower your energy and water bills?

Please join your neighbors at a free community workshop to learn about home energy upgrades, the statewide Energy Upgrade California program, and rebates. Information on ways to finance energy and water efficiency projects will be presented as well. There will be an opportunity drawing for energy saving devices.

Mar. 31 (1 Mtg.)

Thurs. 7-9pm

Mira Costa HS-Rm. 200

FREE

This class is hosted by the South Bay Adult School and presented by the South Bay Cities Council of Governments/Environmental Services Center, in partnership with SCE, the Gas Company, West Basin Municipal Water District, Sanitation Districts of Los Angeles County, and Metro. Visit us at southbaycities.org or sbesc.com.

Quilting - The Basics and Beyond

Beginning quilters can complete their first quilt (from fabric selection to binding) in one 8-week session. Beginners will learn, while enjoying the camaraderie of the group, the terms and techniques used by traditional and modern quilters. Returning students are offered a variety of quilted projects that help them advance their skills. Students are always welcome to bring their U.F.O.'s (UnFinished Objects) for the teacher's guidance and encouragement to get them to the completed project. Come spend time with these friendly and creative ladies.

Sylvia Davis has been a quilter for 22 years and enjoys exposing new students to the addictive world of quilting and then watching them grow.

Mar. 23 (8 Mtgs.) Wed. 1-3:30pm Edison Conference Hall A \$89

"Excellent class. Ms. Davis tries to meet everyone's needs and always comes up with new things to show us how to do."

Basic Sewing 101

Every designer started with a basic sewing class. Learn how to follow a pattern, sew a hem, a button, a French seam, and more. We will begin with a drawstring bag to hold all your sewing supplies. Next, we will create a fun pair of pajama pants and then learn how to create your own unique project. Please bring your portable sewing machine and manual with you to class. **Preregistration required by Mar. 17 @ www.southbayadult.org**

Turid King has been sewing since high school. In college, she added flat patterns and tailoring to her skills. She taught Clothing at Redondo Union High School, and has been creating fun projects for herself and others for many years.

Mar. 21 (5 Mtgs.) Mon. 6:30-9pm Redondo HS-710 Diamond \$84



Cooking

Healthy Indian Cooking

Transform power packed nutrient rich super foods into a delicious satisfying meal. You will be introduced to healthy supportive ingredients such as greens, grains, lentils, natural sweeteners, high quality fats and spices. Learn how to prepare a flavorful complete Indian meal that is not only delicious and simple, but also good for you. **Preregistration required by Mar. 24 @ www.southbayadult.org**

Sharmila Khanolkar has been teaching Indian cooking classes privately as well as in public libraries and Whole Foods markets.

Mar. 30 (1 Mtg.) Wed. 6:30-9pm Redondo HS-Rm. 162 \$47 (Tuit. \$39, Matl. \$8)

Register at www.southbayadult.org with your MasterCard or Visa

SPECIAL INTERESTS

Let's Get Organized

Is it time to clear the clutter from your home? Do you wonder “where in the world do I start?”, when you think about getting organized. Discover three techniques that will bring order into your home, keep you motivated and refresh your space. You will create a home organization action plan to jumpstart your home organization.

Louisa Gravelle is an organizer/wardrobe consultant. She is a member of NAPO, the National Association of Professional Organizers.

Apr. 14 & 21 (2 Mtgs.) Thurs. 7-9pm Mira Costa HS-Rm. 111 \$44

Strategically Helping Your Preteen Succeed

Knowing how to “play the game of school” is essential for success in school. This workshop teaches parents how to help their child consistently utilize organization, time management and self-advocacy strategies in order to start each day ready for success.

John Koncki is a 22 year veteran of teaching and has helped hundreds of families manage school by teaching simple, yet proven, systems.

Apr. 18 (6 Mtgs.) M/W 7-8:30pm Redondo HS-Rm. 807 \$79

Preparing Parents for Application and Admission Processes (PPAAP)

The mission of PPAAP is to prepare parents for scholarship applications, and/or secondary school and college through providing parents with tools to support your child, expectations, planning tips, essay writing approaches, interviewing techniques and standardize test taking strategies.

Tanynya Kekymara is a USC graduate. Tanynya's career in education began over 15 years ago. Tanynya has worked in public and private schools in the greater Los Angeles area, at an education access non-profit, USC's admissions office and currently assists families and students as they work towards the educational goals.

Apr. 14 & 21 (2 Mtgs.) Thurs. 6:30-8:30pm Edison Center-Rm. 7 \$44

Grief and Loss Educational Program

This program helps participants deal with a loss of any kind. While death and divorce may seem the most obvious losses, the program is not limited to those losses. There are more than 43 life events that can produce feelings of grief. Course material included.

Preregistration required. Register @www.southbayadult.org.

Sharon Ehlers is a Certified Grief Recovery Specialist® helping others to heal and recover from grief and loss. She provides a safe, compassionate and healing environment for the journey.

Mar. 24 (8 Mtgs.) Thurs. 6-8pm Mira Costa HS-Rm. 43 \$99



Connect with us!

Like us @ www.facebook.com/SouthBayAdultSchool

Interested in Teaching?

SBAS is always looking for new instructors. Go to www.southbayadult.org, click on About Us/Teaching Opportunities. Or call Cindy Krick at 310.937.3340 x3301 or email ckrick@southbayadult.org

DIY Home Improvement Handyman

This Do It Yourself (DIY) “Home Improvement” Handyman class enables you to take preventative action before problems such as leaks or breaks become serious and expensive. Realize your own home improvement plans rather than wait for a “DIY Friend” to be free. Work with a range of essential DIY tools that you can use in simple yet common DIY tasks around the home.

Kenny Pearson has 35 years experience in preventative maintenance and general home repairs in plumbing, painting, woodworking, and flooring.

Mar. 31 (8 Mtgs.) Thurs. 6:30-8:00pm Edison Center-Rm. 7 \$99

How to Write a Screenplay

Have you ever wanted to write a screenplay? It’s not as difficult as you might imagine. This course explores everything from dramatic structure to the proper formatting of a screenplay. Special attention is given to various genres, from horror to comedy to the detective feature. By the end of this class you should be able to write your own feature.

Yves Martin has been an industry professional for over thirty years. His experience covers a wide range of filmmaking positions. As a college professor, he has helped literally thousands of students in mastering the craft of screenwriting.

Mar. 22 (10 Mtgs.) Tues. 6:30-9:30pm Mira Costa HS-Rm. 112 \$174

Please do not wait until the
last minute to register.

You may be disappointed that a class has been canceled or is full. Please note the date, time, location and room number of your class.

Register @ www.southbayadult.org



Come join us in this fantastic Quilting class. Learn how to quilt or learn new techniques with this fun, interesting and friendly group of students. See page 41.

LANGUAGES

French - Beginning

Vivre la Différence as you converse effectively in basic French from day one! My interactive approach gives you the advantages of cultural immersion. Using it, you will gain confidence in speaking and in spontaneous learning. This dynamic learning opportunity is unique in that you are the one who is creating and applying your understanding of practical vocabulary and key grammatical structures in one-on-one conversations. Experience La Joie d'Expression as you find yourself thinking, at times, in French versus translating in English.

Christina Blais, a native speaker, taught at UCLA and specializes in individual and small group instruction that furthers your purpose for learning.

Mar. 22 (8 Mtgs.) Tues. 6:45-9:15pm Mira Costa HS-Rm. 200 \$115

Italian Language for Tourists

Learn the language of Leonardo, Raffaello, Sophia Loren and Armani! This course will introduce students to the grammatical structure and vocabulary of this gorgeous language in a fun, but challenging setting, with a large range of lively activities based on everyday situations in Italy. Emphasis placed on communication.

Sara Tasnadi graduated from the University of Genoa, Italy specializing in American language and literature. She has teaching experience in all classroom settings; middle and high school, adult education and business.

Apr. 11 (10 Mtgs.) M/W 7-9pm Redondo HS-Rm. 805 \$115

Basic Japanese for Travel and Business People

This basic conversational Japanese class is for people who are making a first trip to Japan, ordering food at a restaurant, or participating in a Japanese business venture.

Eri Williams is a native Japanese speaker, and has been teaching the class for over ten years.

Apr. 12 (6 Mtgs.) Tues. 7-8:30pm Mira Costa HS-Rm. 204 \$69

Spanish Conversation-Beginning

¡Bienvenidos! Grow your mind and your life while opening opportunities to chat with an additional 400 million people around the world! This class provides practical application for travel and daily Southern California living. Emphasis is on correct pronunciation and building practical vocabulary. No previous language experience required.

Jana Chavez-Morris, has been teaching Spanish in the South Bay for over 25 years.

Apr. 12 (10 Mtgs.) T/TH 7-9pm Mira Costa HS-Rm. 201 \$115

"This teacher was remarkable! I hope she will be around for the intermediate class as well in general. SBAS is a wonderful platform for adults to learn new things, be a part of the community and stay young in your mind. I hope you will expand the classes even more."

Spanish Conversation-Intermediate

¡Hola! This is a continuation of the Spanish Conversation-Beginning class. Emphasis is on thematic conversation while increasing your verbal Spanish confidence. We'll have fun growing in Spanish as we discuss various themes and improve our conversational skills.

Jana Chavez-Morris

Apr. 11 (10 Mtgs.) M/W 7-9pm Redondo HS-Rm. 803 \$115

"Having professors like Jana make the difference between a good class and an excellent one. She is so good at what she does and loves her work."

facebook®

Like us @ www.facebook.com/SouthBayAdultSchool



www.southbayadult.org

Join us on
facebook for the
latest updates,
news, contests and
prizes!



follow us on facebook!

GENERAL INFORMATION

The first meeting for a class is very important. If a class does not have enough students present at the first meeting, including both walk-in and online registrants, the class may be closed. If you do not attend the first class meeting, you will not be included in the enrollment count unless you have notified us.

REGISTRATION GUIDELINES

- Adult school students must be 18 years and older. Residency within the South Bay is NOT a requirement for our classes.
- Community Education Classes reflect the wide range of interests in our community and receive no state funds - they are fully supported by the fees paid by students. Teachers in these classes are community experts who design their own course of study.
- ESL classes fill up quickly and often have a waiting list. Students that do not attend on a regular basis may be dropped and forfeit their registration fee.

HOW TO REGISTER

- **ONLINE** Preferred method. Enroll 24 hours a day at www.southbayadult.org
- **WALK-IN** to Edison Center, 3401 Inglewood Ave., R.B.
- **ON SITE** the first class meeting. Registration (adult school office only) is on a space available basis.
- MasterCard, Visa, check or money order.
- Parent Education Registration information please see page 14.
- **Preregistration is strongly recommended.** Classes with low enrollment subject to cancellation.

FEES

- *How are fees set?* Classes are completely fee-supported. Some specialized classes also require a material fee.
- *What do fees cover?* Teachers' salaries and use of facilities. We base our fees on anticipated enrollment in the class.
- *What if there are too few students?* First night attendance is important as a class will be closed if enrollment minimums are not met. In some instances, we may be able to offer a class with reduced instructional time.
- *What if there are too many students?* Some classes have space restrictions. Online registered students have priority. If we have too many walk-in students, we hold a lottery at the beginning of the first class for walk-ins only. Walk-in students must register in the Adult School Office.

STUDENTS WITH DISABILITIES

Students with disabilities who need special accommodations should identify themselves to a staff member in the main office at least two weeks prior to the beginning of class and provide recent documentation of the disability. Because Community Education classes receive no state support, they must be self-sustaining. SBAS reserves the right to refuse special accommodations that are costly. Please contact Dr. Anthony Taranto, Director, (310.937.3340) for further information.

PROHIBITIONS

The adult school holds most of its classes on public school campuses. We comply with district and state policies that prohibit the use of alcohol, drugs or tobacco, this includes E-cigarettes on school grounds. Furthermore, any adult student who is clearly under the influence of alcohol or other controlled substance will be asked to leave or may be referred to law enforcement. Additionally, pets are not allowed on school grounds with the exception of service animals. The SBAS administration reserves the right to refuse class entry to anyone who is abusive or disruptive.

PAYMENT

Cash is not accepted at any of our sites. Payment by check, money order and credit card (MasterCard or Visa only) is accepted at our main sites, Edison Center, Mira Costa HS Center, Pacific Center and Redondo HS Center. Make checks payable to "South Bay Adult School". **There is a \$25 charge for all returned checks and a \$25 processing fee for charges reversed in error.** Online registration requires the use of a credit card (MasterCard or Visa only). There is no transaction fee for online registration.

REFUND POLICY

- Full refunds only on classes canceled by the South Bay Adult School.
- A \$15 processing fee is charged for all refunds received prior to the second class meeting.
- NO REFUNDS after the second class meeting.
- NO REFUNDS on material fees and textbooks.
- NO REFUNDS for Adult Basic Education or High School preparation classes.
- See page 15 for Parent Education refund policy.

DISCLOSURE

The South Bay Adult School has made every reasonable effort to determine that everything stated in this brochure is accurate and that information has not been omitted. Classes offered are subject to change without notice by South Bay Adult School administration for reasons related to student enrollment, level of financial support or for any other reason at the discretion of the adult school. The adult school further reserves the right to add, amend or repeal any of their rules, regulations, policies and procedures. Information provided and opinions expressed by Adult Education instructors are their own and do not necessarily reflect those of the members of the Manhattan Beach Unified School District or the Redondo Beach Unified School District Boards of Education, the District administration, and/or the South Bay Adult School administrators. The South Bay Adult School does not endorse or recommend any private contractors, even those who teach classes in the Community Education program.

PUBLICITY AND PHOTO RELEASE

As a student in the South Bay Adult School, you may be photographed or filmed for campus or district (Redondo Beach Unified School District) displays, social media, Internet, and for other publicity and public relation purposes. Submission of the registration form indicates your agreement for these purposes. Your name will not be used without your consent. If you feel otherwise, please submit a letter to the Adult School Administration.

UNIFORM COMPLAINT PROCEDURE

The Redondo Beach Unified School District has primary responsibility for ensuring compliance with state and federal laws, and regulations governing education programs. The District has adopted uniform complaint procedures for complaints alleging unlawful discrimination and failure to comply with laws in adult education including the Williams Uniform Complaint Procedures. Complainants may seek assistance from mediation centers or public/private interest attorneys. Questions regarding Uniform Complaint procedures may be directed to the Deputy Superintendent, Educational Services, at 310.379.5449, x1221.



“like” us on facebook @
[www.facebook.com/
 SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

How to Register

1. ONLINE Preferred method. Enroll 24 hours a day at www.southbayadult.org
2. WALK-IN to Edison Center 3401 Inglewood Ave., R.B.
3. ON SITE the first class meeting. Registration (adult school office only) is on a space available basis. Classes with low enrollment are subject to cancellation.
4. For payment we accept: MasterCard, Visa, check or money order. No cash accepted.
5. Preregistration is strongly recommended.

Please do not wait until the last minute to register.
You may be disappointed that the class has been canceled or is full.
Please note the date, time, location and room number of your class.
Register @ www.southbayadult.org



Lifelong learning begins with you!

Are you interested in teaching?

Do you have a special talent or skill you would like to share with the community?

South Bay Adult School is always looking for new and interesting classes for our community education program.



For information on how to submit a New Course Proposal please visit www.southbayadult.org and click on About Us/Teaching Opportunities or email Cindy at ckrick@southbayadult.org.



www.southbayadult.org

COMMUNITY EDUCATION ADULT SCHOOL ADMINISTRATION AND CAMPUSES

Dr. Anthony Taranto
Director
310.937.3340

Judy Spragg
Parent Education Coordinator
310.376.6211 x12

Cindy Krick
Administrative Assistant
310.937.3340 x3301

EDISON OFFICE (main office)
3401 Inglewood Avenue
Redondo Beach, CA 90278
310.937.3340
Fax: 310.937.3345
M-F 8am-4pm
M-Th 6pm-8pm

MIRA COSTA HS CENTER
701 South Peck Avenue
Manhattan Beach, CA 90266
310.372.5456
Fax: 310.318.5192
Please call for office hours.

REDONDO HS CENTER
710 Diamond Street
Redondo Beach, CA 90277
310.937.3340 x3308
Fax: 310.937.3345
Please call for office hours.

PACIFIC CENTER
1600 Pacific Avenue
Manhattan Beach, CA 90266
310.376.6211
Fax: 310.376.5374
M-F 8-4pm

Campus maps are provided @ www.southbayadult.org under locations.

OFF SITE CAMPUSES

Dominguez Park
200 Flagler Ln., R.B.

Manhattan East
on Peck Ave. north of
Manhattan Beach Blvd., M.B.

Joslyn Center
1601 N.Valley Dr., M.B.

North School Center
417 25th St., H.B.

Knob Hill
320 Knob Hill, R.B.

NO SMOKING:

In accordance with the Redondo Beach Board of Education Policy 3513.3 and State and Federal regulations, smoking is prohibited at all South Bay Adult School sites.



“like” us on facebook @
[www.facebook.com/
SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)



Learning Never Stops; Neither Should You!

At the South Bay Adult School (SBAS) we offer a variety of programs to fit your individual needs and interests. We currently offer General Education Development (GED) and high school diploma courses as well as English as a Second Language (ESL) and Citizenship. Our caring, hardworking staff provides a high quality program in a friendly and safe learning environment so all learners experience success.

As part of SBAS, the South Bay Family Tree Parent Education Program annually provides lasting learning experiences for families in the South Bay in a safe and fun learning environment. As their child's first teacher, parents actively participate in the classroom, and learn both in the classroom and during monthly parent seminars child development techniques as well as practice effective parenting skills. Our highly qualified staff works collaboratively with one another and with families to deliver learning experiences that meet the needs of the whole child. Each term new classes are added based on community interests and needs. If you are interested in teaching a class at SBAS, please visit us at www.southbayadult.org.

Our teachers and staff work hard at providing relevant and enriching courses for our adults. We encourage you to take advantage of all that we offer through SBAS. Again, learning never stops and neither should you. Registration for classes is easy and convenient at www.southbayadult.org. Reach Your Goal @ SBAS!

Dr. Anthony Taranto, Director



What's New for Spring?

DIY Home Improvement Handyman

Let Kenny Pearson show you how to DIY!

“Home Improvement” Do It Yourself (DIY) Handyman class enables you to:

- Take preventative action before problems such as leaks or breaks become serious and expensive.
- Realize your own home improvement plans rather than wait for a “DIY Friend” to be free.
- Work with a range of essential DIY tools that you can use in simple yet common DIY tasks around the home.

See page 43.

Introduction to Web Technologies and Programming

Dr. Chris Moggia has designed this course for individuals interested in learning more about the web technologies that power today's web sites, such as HTML, CSS, and JavaScript.

No programming experience is necessary, though we will learn basic coding skills and build web pages from start to finish.

See page 12.

Reach Your Goal @ SBAS!

SHARE YOUR GIFTS WITH YOUR COMMUNITY:

Volunteer

NEW OPPORTUNITIES

- **AdventurePlex's Toddler Town Assistant:** We are looking for friendly and enthusiastic volunteers who have experience with children. Duties include monitoring toddler areas and assisting with activities to ensure a fun, educational and safe environment. *Time needed: 4 hours weekly.*
- **Drive and Deliver Volunteer:** Provide support to the Communications Department by delivering and picking up promotional items and other documents from participating vendors, providers and partners. *Time needed: 8 hours monthly*

ONGOING OPPORTUNITIES

- **Campus Greeter:** Bring joy to our visitors by meeting and assisting them at our main BCHD Campus.
- **Center for Health & Fitness Front Desk:** Greet and check-in members as they arrive and leave the gym, assist with health center operations by providing customer service in a friendly and positive manner.
- **Conversation Companion:** Provide social interaction to homebound residents and enjoy a variety of fun activities together.
- **Errand Volunteer:** Support the independence of older adults by running errands required for daily living, such as grocery shopping and pharmacy visits.
- **Garden Angel:** Build, maintain and harvest Redondo Beach elementary school gardens so kids can watch vegetables grow from seed to plate!
- **MoveWell Volunteer:** Guide clients through simple exercises at their residence once a week.

GET INVOLVED!

View all our opportunities and fill out an online application at: bchd.org/volunteer, or call (310) 374-3426 for more info.



U.S. POSTAGE
PAID
Permit No. 114
El Segundo, CA
NON-PROFIT
ORGANIZATION

ECRWSS
POSTAL CUSTOMER



3401 Inglewood Avenue, Redondo Beach, CA 90278
310.937.3340

Spring 2016



ESL-Success, pg. 6



South Bay Family Tree, pg. 17



Health & Fitness, pg. 28

Reach Your Goal
@SBAS!

REGISTER NOW for
Lifelong Learning @ SBAS!
Call 310.937.3340
www.southbayadult.org



Where families nurture & grow together!
southbayadult.org



CLASSES WORKSHOPS LECTURES