



Winter 2014 \$5 discount inside! see page 3.

**southbayadultschool**  
Classes for lifelong learning!

**SBAS ADULT EDUCATION**  
Redondo & Manhattan Beach Unified School Districts

[www.southbayadult.org](http://www.southbayadult.org)

2014  
Time for you  
to...

Learn a new  
language, exercise,  
dance, paint,  
improve your skills  
and much more!

You can always find  
something fun to do  
here at SBAS.

It's time!

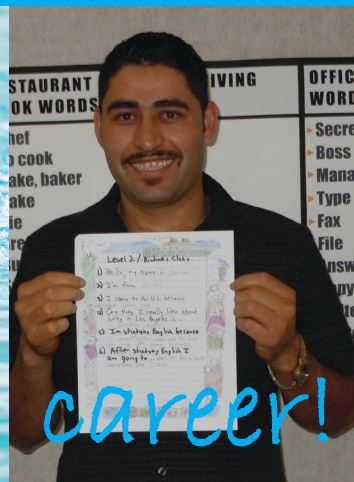
IT'S  
ABOUT  
TIME



art!



health!



career!

to improve your  
world in 2014!



Winter 2014 classes begin the week of January 6

[www.southbayadult.org](http://www.southbayadult.org)



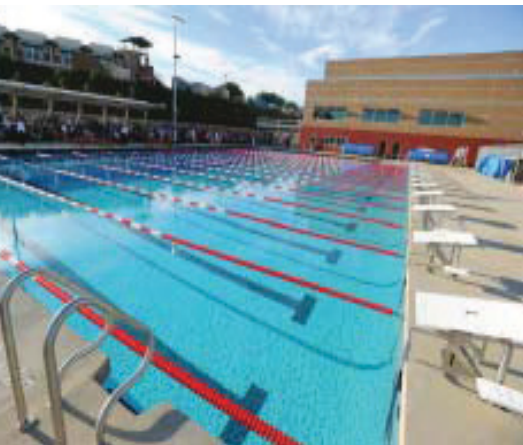
➔ Scan to easily  
view our website  
and register.

*At SBAS you can  
reach for your  
goals in 2014.*

*It's time!*

*Student Goals are Reached Here @ SBAS!*

*Find your  
pathway  
to citizenship  
here.  
See page 8*



*Get in shape  
with swim, yoga,  
Zumba, brain  
fitness and  
more.  
See page 28*

*Reminder:*

*At SBAS, we build community!*

We practice several Blue Zones Project principles here at SBAS. See page 50 for more info on Blue Zones Approved classes.



➔ "Like" us on  
facebook @  
[www.facebook.com/  
SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

*Inside this Issue*

<b>Adult Literacy/High School Diploma</b>	4
<b>English as a Second Language</b> <i>Citizenship/ESL Citizenship</i>	6
<b>Edison Center Preschool</b> LAUP	9
<b>Online Courses</b> Ed2Go	10
<b>Vocational Education</b> <i>Computer and Internet Training</i> <i>Digital Photography</i>	11
<b>Career Enhancement</b> <i>Professional Development</i>	16
<b>Parent Education</b> <i>Mommy, Daddy &amp; Me/Preschool</i>	18
<b>Health &amp; Physical Education</b> <i>Exercise &amp; Fitness</i> <i>Health &amp; Well-Being</i>	26
<b>Brain Fitness</b> Brain HQ	32
<b>Joslyn Center Classes</b> <i>The Arts</i> <i>Drawing</i> <i>Painting</i>	33
<b>Your Money</b> <i>Personal Finance</i> <i>Real Estate</i>	34
<b>Express Yourself</b> <i>Fine Arts</i> <i>Performing Arts</i> <i>Dance</i> <i>Music</i> <i>Home Economics</i> <i>Cooking</i>	36
<b>Special Interests</b>	43
<b>Languages</b>	44
<b>General Information</b>	46
<b>Administration and Campuses</b>	49

*How to Register*



- **ONLINE** Preferred method. Enroll 24 hours a day at [www.southbayadult.org](http://www.southbayadult.org)
  - **WALK-IN** to Edison Center, 3401 Inglewood Ave., R.B.
  - **CALL IN** 310.937.3340 Reserve your place in class and make arrangements for payment within 24 hours.
  - **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 18.
- Preregistration is strongly recommended.**  
Classes with low enrollment are subject to cancellation.

Register Online! [www.southbayadult.org](http://www.southbayadult.org)



**Our gift to you...\$5 off!**

**EARLY BIRD SPECIAL**

Preregister by Dec. 13 and get \$5 off tuition for selected classes.

Register @ [www.southbayadult.org](http://www.southbayadult.org)  
\$5 will be automatically deducted from your tuition.

You may also register in person at our main office, Edison Center, 3401 Inglewood Ave., R.B.

Call for office hours 310.937.3340x3300.  
Offer expires December 13.

"like" us @ [www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

Look for this icon inside.





# ADULT LITERACY/HIGH SCHOOL DIPLOMA

**Non-refundable registration fee-\$50**  
(plus \$35 textbook-refundable)



Earn your...  
*High School Diploma!*

## High School Diploma Program for Adults

Learn from highly qualified credentialed teachers

- Work at home with guidance from a credentialed teacher
- Attend class one hour per week
- Learn at your own pace
- Complete course work at home

**NOTE:** New students must pass two tests in reading and writing in order to enroll in the Adult Diploma Program. After new students have passed both tests, a payment of \$50 will be required every semester.

### \*\*\*\*Two Convenient Locations\*\*\*\*

**Redondo Shores High School**  
Rm. 11  
1000 Del Amo Street  
Redondo Beach, CA 90277  
(Registration M-F,  
8:00am-3:00pm  
or by appointment.)

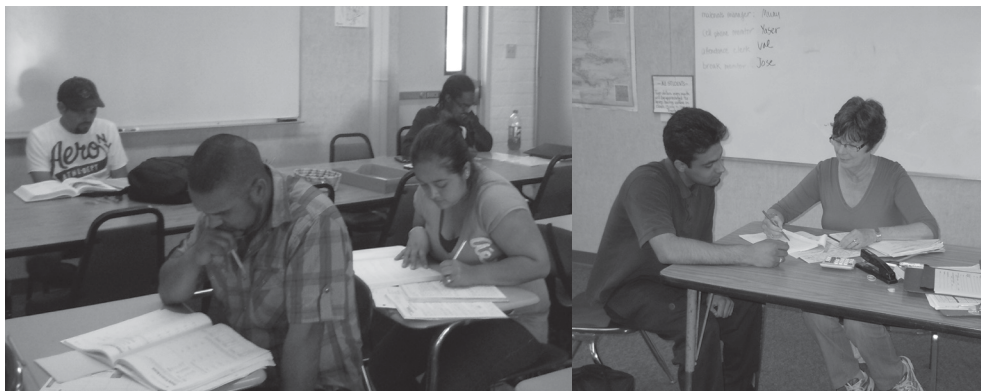
**Edison Center**  
Independent Study  
3401 Inglewood Avenue  
Redondo Beach, CA  
90278  
(at Manhattan Beach Blvd.)  
310.937.3340 x3330

Mon. and Fri. 8am-3pm  
Tues./Wed./Thurs. 8am-8pm  
Sat. 9am-1pm

Mon. and Tues. 1-5pm  
Wed. 1-6pm



For High School Diploma Program registration information call Allison Parsons at 310.798.8696 x2001 or x2202



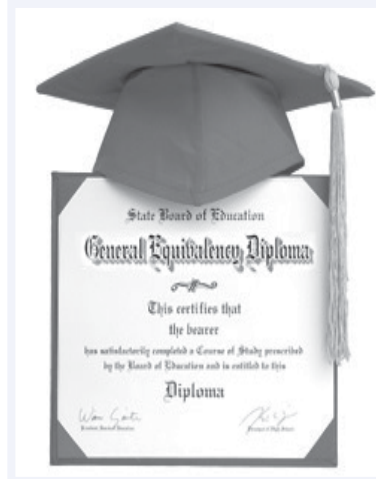
Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa



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

*GED Prep  
Online Classes*

# GED



**NOTE:**

A non-refundable registration fee of \$50 will be required.

You will study using our online interactive practice lessons and assessments in our computer lab or from the comfort of your own home.

You will receive individualized online instruction.

You will have access to all components of the GED Prep Test:

*Language Arts  
Math  
Science  
Social Studies*



The GED Prep Class focuses on skills that will help you in the workplace, higher education and life.

Call 310.937.3340 x3300

Register @ [www.southbayadult.org](http://www.southbayadult.org)

*Empower yourself!*

# ENGLISH AS A SECOND LANGUAGE/ ESL CITIZENSHIP/CITIZENSHIP

Winter term: January 6-March 27, 2014

New student registration begins Dec. 10 and is on a space available basis. Call 310.937.3340x3300 for info. **Non-refundable registration fee \$55** Non-refundable registration fee, I.D. picture and book fee payable at registration.

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

It's time to...  
learn  
English!



**-No residency requirements.  
-No documents needed.  
-Stop by anytime!**

*Learn English here!*

## Edison Center

3401 Inglewood Ave., Redondo Beach  
310.937.3340

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

*All levels include computer usage.  
(All levels - see page 7)*

M-F 8:15am-12pm

M-TH 6-9:15pm

Sat 9am-12pm

### Citizenship/ESL Citizenship

**M/W 6:30-8:30pm, Edison Center - Rm. 7**

*See page 8.*

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.



"like" us on  
facebook @

www.facebook.com/  
SouthBayAdultSchool

# Winter 2014 ESL SCHEDULE

Non-refundable registration fee - \$55 per term  
 Saturday class non-refundable registration fee-\$39 per term  
 No residency requirements. No documents needed.



## WINTER 2014 SCHEDULE-EDISON CENTER

Day	Time	Level	Room	Teacher
Daily	8:15-12pm	0	Rm. 5	Lee
Daily	8:15-12pm	1	Rm. 4	Annand
Daily	8:15-12pm	2	Rm. 6	Chrisman
Daily	8:15-12pm	3	Rm. 1	Avilas
Daily	8:15-12pm	4	Rm. 2	Ahmed
Daily	8:15-12pm	5	Rm. 3	Pollack
M-TH	6-9:15pm	0	Rm. 6	Olivas
M-TH	6-9:15pm	1	Rm. 4	Annand
M-TH	6-9:15pm	2	Rm. 5	Lee
M-TH	6-9:15pm	3	Rm. 2	Polk
M-TH	6-9:15pm	4-5	Rm. 1	Perkins
SAT	9-12pm	1-5	Rm. 1	Avilas

Learn English Here!



### ESL TEACHING STAFF

- All teachers hold valid California teaching credentials.
- Bilquis Ahmed** B.S., Microbiology
  - Benjamin Annand** B.A., Psychology
  - Patricia Avilas** M.A., Spanish and French
  - Dianne Chrisman** B.A., English
  - Gale Lee** B.A., Linguistics and Spanish
  - Jackie Memberto-Kelly** M.A., Counseling, Psychology
  - 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

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa



# ESL/ESL DISTANCE LEARNING/CITIZENSHIP

## Communicating with the American Accent

Speak American English with more clarity and confidence.

The exercises and activities focus on vowel sounds and problematic consonants. You will practice common word contractions, link words for smoother speech flow, and learn to distinguish between casual and formal speech. **Preregistration required.**

Gabriel Olivas, B.A., *Rhetoric and Composition*, has taught speciality classes and all ESL levels. He's presently studying Education at USC.

Jan. 21 (10 Mtgs.)

T/TH 4:30-5:30pm

Edison Center-Rm. 6

\$39

*Beginning & Intermediate!*



## 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. *A \$55 non-refundable registration fee (credit card, check or money order only) is required for this class.* Topics include:

*listening*

*U.S. culture*

*vocabulary*

*reading*

*workplace skills*

*writing*

*grammar*

*pronunciation*

For information call 310.937.3340 ext. 3311

*Jackie Memberto-Kelly*, Distance Learning/CASAS Testing Coordinator

**Edison Center office hours:** Monday & Wednesday 9-noon Monday evening 6-8pm



## Citizenship/ESL Citizenship

*All Levels*

This class is for those who speak English and also for students learning English. Find out the process for becoming a U.S. citizen. Study U.S. history and government and learn what you need to pass the citizenship exam. Practice the oral interview and receive help with the application.

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

Jan. 6 M/W 6:30-8:30pm Edison Center-Rm. 7

\$39 non-refundable registration fee per term.

**Holiday Closures:** 12/23-1/3, 1/20, 2/10, 2/17

EDISON  
CENTER 

3-5 years **PRESCHOOL** 3-5 años **JARDIN de NIÑOS**  
**NOW OPEN** **AHORA ABIERTO**



Edison Center Preschool is located at 3401 Inglewood Avenue, R.B.

For information about requirements and availability for our program,  
 please call 310.937.3340 x3307

*Fee  
 based  
 on  
 income.*

Monday through Friday  
 LAUP Mornings: 8:30am to 12pm  
 (3.5 hours)

*Must be 4 years old before Oct. 2, 2013  
 or*

Afternoons: 12:30pm to 3:30pm (3 hours)  
*Must be 3 or 4 years old before Oct. 2, 2013*



## How to Register

- **ONLINE** Preferred method. Enroll 24 hours a day at [www.southbayadult.org](http://www.southbayadult.org)
- **WALK-IN** to EDISON CENTER, 3401 Inglewood Ave., R.B.
- **CALL IN** 310.937.3340. Reserve your place in class and make arrangements for payment within 24 hours.
- **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 18.

**Preregistration is strongly recommended.**  
 Classes with low enrollment subject to cancellation.

*Look for this  
 logo for  
 Blue Zones  
 Approved  
 classes!*



**BLUE ZONES PROJECT™**  
 by HEALTHWAYS

Presented by  
 Beach Cities Health District

Help **create**  
 a **healthier**  
 beach community  
 through  
**volunteering**

### Opportunities include:

- Gardening
- Working with Seniors
- Working with Youth
- Emergency Preparedness
- Administrative Support
- and more

See the back page for  
 more information or visit  
[bchd.org/volunteer](http://bchd.org/volunteer), or call  
 310-374-3426, x128.

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.

[www.ed2go.com/sbas](http://www.ed2go.com/sbas)

Courses start as low as:

**\$95**

**ENROLL NOW!**

Give us a call  
310-937-3340

or

follow the easy steps below

## How to Get Started:

1. Visit our online instruction center

[www.ed2go.com/sbas](http://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.southbayadult.org](http://www.southbayadult.org)

### Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

### Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### Keys to Effective Communication

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation.

### Introduction to Interior Design

Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

### Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

### Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

### How to Get Started in Game Development

Take steps toward a new career in game development by building a foundation to design games in a wide variety of genres for different audiences and platforms.

### Publish and Sell Your E-Books

Learn how to use free tools to publish an e-book, and then list and sell your e-books in the world's largest online bookstores.

### Mac, iPhone and iPad

### Programming

Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler.

More courses available at our  
Online Instruction Center  
[www.ed2go.com/sbas](http://www.ed2go.com/sbas)

**ed2go**



# VOCATIONAL EDUCATION

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

*Classes begin Monday, January 13, 2014*

### 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](http://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, come to Edison Center, 3401 Inglewood Ave., Redondo Beach, from 8am-4pm (M-F) or 6-9pm (M-TH) evenings through Dec.12 with your Mastercard or Visa. Feel free to call us at 310.937.3340 x3300 to check for space availability. *Office is closed December 23, 2013-January 3, 2014.*



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

## At your own speed...



### 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-F between 9-noon, starting Jan. 13 and completing by March 21. 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-F 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. Optional competency testing license is available for \$29. Entry levels from beginning to advanced. Start Jan. 13 and complete by March 21. 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).

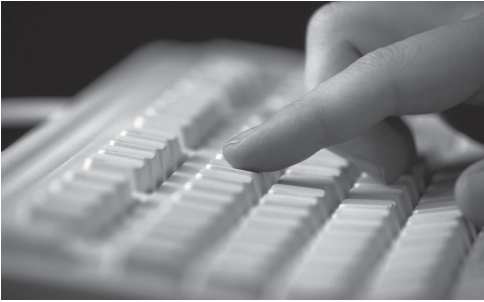
**Testing by appointment only starting January 13.**

**Mon.-Fri. 9-noon Thurs. 6:30-8:30pm**

**Edison Technology Center**

Call 310.937.3340 x3300 for more information

## Computer & Internet Training



### Microsoft Excel® 2010\*

Throughout this course students will get an overview of how to use Excel® 2010, a



part of the Office® 2010 package. Topics will range from beginning through advanced, depending upon your knowledge and skill level. Topics include: terminology, navigation, data review and input, and more. Special emphasis will also be placed on formulas, understanding references, tracking trends, absolute cells, multiple worksheets, and pivot tables. For new and continuing students.

Mike Golden

Jan. 14 (10 Mtgs.) T/TH 2-4pm  
Edison Technology Center \$99  
(Book optional)

### 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.



Mike Golden

Jan. 15 (10 Mtgs.) W/TH 4:15-6:15pm  
Edison Technology Center \$114



*"like" us*  
@ [www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

It's time to...*Sharpen your office skills!*



### Microsoft Word® 2010\*

Throughout this course students will get an overview of how to use Word®



2010, a part of the Office® 2010 package. Topics range from beginning through advanced. Some topics that will be covered include: Word terminology, navigating, selecting and formatting text, inserting pictures and clip art, inserting and customizing bulleted lists, inserting and editing tables, using Smart Art to create organizational charts, using templates, and creating form letters using mail merge. For new and continuing students.

Mike Golden

Jan. 15 (10 Mtgs.) W/TH 6:30-8:30pm  
Edison Technology Center \$99  
(Book optional)



*Register early to ensure your space in class!*

## ATTENTION TEACHERS

The South Bay Adult School continually seeks exciting and interesting classes and instructors. If you have an expertise that you would like to share with others in the classroom, please submit a new course proposal by December 1 for spring/summer term consideration. Go to [www.southbayadult.org](http://www.southbayadult.org), read the information letter, download a new course proposal form and submit an online application.

\*Preregistration required - See page 11.

My goal this year is to...

*design my own website!*



### Wordpress Websites

101\*

Wordpress is a Content Management System (CMS)



### QuickBooks 2012-Introduction\*

Learn to accurately and easily manage personal or business finances using QuickBooks 2012, 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. For new and continuing students.

Mike Golden

Jan. 13 (6 Mtgs.) M/W 2-4pm  
Edison Technology Center \$114  
(Tuition \$84, Book \$30)

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.

*Adam Silver owns and operates Silver Lining Productions & Photography based in Redondo Beach. He works as a Photographer, Video Producer, Editor, Website Developer and Certified Trainer for Apple, Inc.*

**Bring your laptop.  
Maximum 14 students.**

Jan. 8 (5 Mtgs.) Wed. 7-9pm  
Redondo HS-Rm. 804 \$74

#### Hardware System Requirements

PC Windows running Operating Windows 7; WIFI, Ideally with "N"

Macintosh-10.5.6 or newer, WIFI



*Get  
LinkedIn!*  
See page 16.



## STUDENTS...

*Don't see the class  
you want to take?*

Submit your ideas and suggestions to  
Marla at [mnagel@southbayadult.org](mailto:mnagel@southbayadult.org)





# Digital Photography

## Organizing Your Digital Photos Using Photoshop Elements\*



Adobe® Photoshop Elements 11 has a brand new look, and associated workflow.



This is a must course to begin with if you are just getting started with

digital photography, thinking about it, or just want to see how Photoshop Elements 11 has changed from previous versions. It is also the one course that will help you keep track of all those digital images that you have been collecting on your computer. You will learn how to use the Organizer of Photoshop Elements 11 beginning with importing images to your PC, managing them, and then protecting them. For users of previous versions, you will learn how to transition into using the latest version of Elements. The class will also introduce you to creative ways to share your photos with others.

Don Stouder

Jan. 14 (10 Mtgs.) Tues. 5-7pm  
Edison Technology Center \$129

## Getting Started With Adobe Photoshop Elements\*

Are you totally new to Photoshop Elements and would like to quickly learn how to begin using the program effectively? Are you currently using an older version and are a bit mystified by its new look and feel? If so, this short class is for you. You will learn what you need to know to get started with both the photo Organizer and the photo Editor module. This class provides an excellent foundation for you to further explore this feature rich program on your own or by taking more focused and advanced classes if desired. Basic computer skills needed.

Don Stouder



Jan. 13 (5 Mtgs.) Mon. 5-7pm  
Edison Technology Center \$89

## Using Your Advanced Digital Camera (For Digital SLRs and More Advanced Compact Digital Cameras)\*

Learn how to use your digital SLR camera or a compact model that allows you to manually set the shutter speed and aperture.



This class will teach you how to use your camera in manual mode and take advantage of advanced features. This is a hands-on course working with your camera. Each class session consists of taking a series of photos and then reviewing the results on the computer. The class proceeds from using your camera in the automatic mode to manually setting the individual controls of your camera.

Don Stouder

Jan. 15 (5 Mtgs.) Wed. 9-11am  
Edison Technology Center \$89



*Preregistration required for computer courses/digital photo classes*

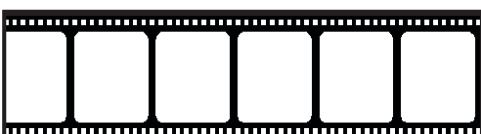
### Career Technical Teaching Staff

*All teachers hold valid California Teaching Credentials*

*Mike Golden, B.S.,* has worked in corporate finance and public relations for 25 years before retiring in 2010. He began teaching business and computer classes for the LAUSD and enjoys teaching others how to succeed in business, as well as learning and mastering Microsoft Office programs.

*Raiko Hartman, M.S.,* a longtime professional advertising photographer, loves teaching photography classes to aspiring photographers.

*Don Stouder, M.S.,* is a lifelong amateur photographer with experience in a variety of photography formats.



### Digital Photographer Intermediate\*

Strengthen your technical and creative skills in both fine art and commercial photography. You will develop your own personal style and create a portfolio. Ongoing lectures, discussions and demonstrations will cover technical aspects with an emphasis on lighting, composition, creative expression and problem solving skills. We will also discuss basic copyright laws protecting intellectual property.



Raiko Hartman

Jan. 13 (6 Mtgs.) Mon. 6:30-9:30pm  
Redondo HS-Rm. 161 \$129

**A 35mm digital camera with manual capability is required.**

### Digital Photographer Beginning\*

Students will gain an understanding of how to use a digital camera in a 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.



Raiko Hartman

Jan. 15 (8 Mtgs.) Wed. 6:30-9:30pm  
Redondo HS-Rm. 161 \$139

**A 35mm digital camera with manual capability is required.**

*Lights! Camera! Snap!*



### PREPARE FOR A MEDICAL CAREER

**register @ [www.ed2go.com/sbas](http://www.ed2go.com/sbas)**

#### Medical Terminology: A Word Association

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

#### Become an Optical Assistant

Learn what it takes to become an optical assistant and discover why it's one of today's most popular and fascinating career opportunities.

#### Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

*Learn from home!*

#### Intro to InDesign CS5

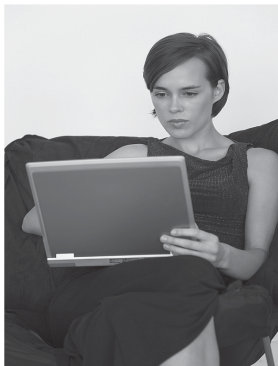
Learn how to design and produce professional quality brochures, letterhead, business cards and more.

[www.ed2go.com/sbas](http://www.ed2go.com/sbas)



\*Preregistration required - See page 11.

# Professional Development



## Career Exploration

Uncover your interests to make better career choices. Learn how your existing skills transfer to other professions. A variety of assessments will be provided to get to know yourself better as it relates to work.



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

*“Teacher was very informative and I love all of the exercises we could take at our own pace.”*



Jan. 15 (4 Mtgs.) Wed. 7-9pm Redondo HS-Rm. 807 \$74

## Connect!

### LinkedIn, 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 and LinkedIn. Bring pen and paper for activities.

Victoria Westerskov



Feb. 12 & 19 (2 Mtgs.) Wed. 7-9pm Redondo HS-Rm. 807 \$44



### The Clarity Formula: How to Achieve Brilliant Results



Uncertain what to do next? Does your head swarm with ideas, but you're not implementing them?

Do you start a project and lose confidence in the middle? Success

may be eluding you if you're not focused and clear. This class offers a simple formula to get clear about what you want, how to take effective steps, and achieve brilliant results in 2014!

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



## Results!

Jan. 16 (1 Mtg.) Thurs. 7-9:30pm Mira Costa HS-Rm. 205 \$34

*Experience the beat of African drumming in our Magical Drums class!!*  
See page 41





*Fun Exercise!*



# Country Western Line Dancing

Let's Dance!



★ **Beginning**

Two left feet? Want to learn how to line dance?  
This is your class! Come have fun!  
Great exercise! Starts Jan. 7.

★ **Intermediate**

Once you have the basic moves down, you  
can learn skills to set yourself apart from  
the crowd and get yourself  
ready for the clubs! Starts Jan. 7.

★ See page 38 for details!



**REGISTER @ [www.southbayadult.org](http://www.southbayadult.org)**

*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 for your class.



*"like" us on  
facebook @*

[www.facebook.com/  
SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

# Come for your Child, Stay for Yourself! Registration Information



Where families nurture & grow together!

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

## REGISTER

### NEW STUDENTS

1. Enrollment is ongoing in this year long program. Space is limited.
2. ONLINE: Register @
3. [www.southbayadult.org](http://www.southbayadult.org) click on Parent Education Registration.
4. WALK-IN from 8am to 2:30pm to Pacific Center, 1600 Pacific, M.B., Rm. 50.
5. CALL-IN to the Parent Education Office 310.376.6211 x11 or x12 to be placed on a wait list if your preferred class is full or for more information.
6. Please view the fee schedule on page 19.
7. A non-refundable registration fee is collected at registration.
8. Payment by credit card, check or money order only.
9. There are NO refunds after the third week of the term.

Use this chart to determine the appropriate class for your child.

Class	Age Requirements
One-Day Parenting the Preschooler	Child's age as of Sept. 2013
Two-Day Parenting the Preschooler 2½-3 yrs.	Children born between Sept. 2010 and Mar. 2011
Two-Day Parenting the Preschooler 3-4 yrs.	Children born between Nov. 1, 2009 and Dec. 31, 2010
Three-Day Parenting the Preschooler 3-4 yrs.	Children born between Sept. 1, 2009 and Sept. 1, 2010
Pre-Kindergarten Parenting the Preschooler 4-5 yrs.	Child's age as of Dec. 1, 2013
Transitional Kindergarten	5 yrs. as of Jan. 1 to Dec. 31, 2013

We encourage parents of children born between Sept. 1 and Nov. 1, 2009 to register their child for a three day class.

### PARENT EDUCATION TEACHING STAFF

All teachers hold valid California Teaching Credentials

Franci Agajanian, M.A.	Felice Greene, B.A.	Natalie Owens, M.Ed.
Cheryl Allsbrook, M.A.	Lynn Harris, M.A.	Gabriele Palmer, A.A.
Jan Andersen, B.A.	Turid King, B.A.	Susan Robinson, B.A.
Katie Brodtkin, B.A.	Cindy Kringen, B.A.	RosaLee Saikley, M.A.
Kathy Cataldo, B.A.	Carmel Madonna, A.A.	Caryn Steese, A.A.
Jenifer Duffy, B.A.	Valerie Marquez, M.A.	Stella Varey, B.A.
Amy Glasman, M.Ed.	Kathie Nichols, B.A.	

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.

# Come for your Child, Stay for Yourself!

## FEE SCHEDULE Jan.-June 2014

*Parent Education...a quality program with highly credentialed teachers.*

Class Sections	Number of Meetings per week	Age of Child	Non Refundable Registration Fee Per Enrolled Child	Tuition Due Before 11/15 & 2/15
Parenting The Infant, Toddler & Two Year Old	1	0-2 years	\$35	\$87 per term
Parenting The Preschooler	1	2½ - 5 years	\$35	\$87 per term
Parenting The Preschooler	2	2½ - 3 years	\$65	\$205 per term
Parenting The Preschooler	2	3-4 years	\$65	\$205 per term
Parenting The Preschooler	3	3-4 years	\$65	\$310 per term
Parenting The Preschooler (Pre-K)	5	4-5 years as of Dec. 1, 2013	\$100	\$640 per term
Transition to Kindergarten	5	5 years between Jan. 1- Dec. 31, 2013	\$100	\$673 per term

### Evening and Sibling Classes

*(Smaller classes to include siblings and two adults at one family fee)*

Class Sections	Number of Meetings per week	Age of Child	Non-refundable Registration Fee Per Enrolled Family	Tuition Due Before: 11/15 & 2/15
Parenting The Infant, Toddler, & Two Year Old	1 (Evening Class)	0-2 years	\$35	\$120 per term
Parenting Toddlers, Two's and Preschoolers Plus Siblings	1 (Afternoon Class)	18 mos. - 5 years	\$35	\$120 per term
Parenting The Preschooler Plus Siblings	1 (Morning or Evening Class)	2½ - 5 years	\$35	\$120 per term

- New enrollment is for the Jan.-June program. Enrolled students have priority for the 2014-2015 school year.
- Registration fee is per child and will hold your space in the class and is non-refundable.
- Tuition is paid per term and due before the start of each term.
- There are no refunds after the third week of classes.
- Multiple birth families - please call Parent Ed. office for fees (310) 376.6211 ext. 11 & 12.

**Holiday Closures:** 12/23-1/3, 1/20, 2/10, 2/17

# Come for your Child, Stay for Yourself! Infant & Toddler

Join our award winning Parent Education program, where parents actively experience learning in a partnership with their child and teacher.



## Learn

Parent and child share learning experiences through play, music and movement. There are sensory materials to touch, water to pour, toys to manipulate, crayons to try, vehicles to ride and art to create. Older toddlers and two's enjoy dress up, glitter, colored shaving cream, playdough, easel painting as they transition from parallel play to playing with peers. Through discussion and observation your parent education instructor will guide you through the many exciting changes in your infant, toddler and two's growth and development.



## REGISTRATION INFORMATION see page 18

**Classes begin January 6, 2014**

*Below are the classes that have space for winter term.*

Registration is on a space available basis. If you don't see the class you need, please view our entire list of classes @ [www.southbayadult.org](http://www.southbayadult.org)

**INFANT (0-6)** class size 20  
\$87 tuition/\$35 non-refundable registration fee per child. Total \$122 per term

T	12:00 noon-2:30pm	Man. East	20	Allsbrook
W	9:30am-12:00 noon	Man. East	20	King
W	12:00 noon-2:30pm	Man. East	20	King

**INFANT (0-6) NEW!** **EVENING NEW!** class size 15  
\$120 tuition/\$35 non-refundable registration fee per child. Total \$155 per term

W	6:00-8:30pm	Man. East	20	Saikley
---	-------------	-----------	----	---------

**CRAWLERS (7-12)** class size 20  
\$87 tuition/\$35 non-refundable registration fee per child. Total \$122 per term

W	12:00 noon-2:30pm	Man. East	18	Andersen
TH	9:30am-12:00 noon	Man. East	18	King

**CRAWLERS (7-15) EVENING** class size 15  
\$120 tuition/\$35 non-refundable registration fee per child. Total \$155 per term

W	6:00pm-8:30pm	Man. East	18	Nichols
---	---------------	-----------	----	---------

**TWO TO THREE'S** class size 22  
\$87 tuition/\$35 non-refundable registration fee per child. Total \$122 per term

W	8:30am-11:30am	North	4	Allsbrook
TH	9:00am-12:00 noon	North	4	Allsbrook
F	9:30am-12:30pm	North	5	Duffy

**FOOD FUN!** Healthy Food Tasting & Prep for 3-5 year olds. See page 24.

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.



# Come for your Child, Stay for Yourself!

## Parenting the Preschooler

### ABOUT

Parents work one day a week assisting in a variety of activities. In the two day classes parents attend one night meeting per term.



Play is essential to early learning. Young children learn more by touching, seeing, smelling and tasting than by listening. At the sand/water table the toys help teach science concepts like cause and effect. At the puzzle/Lego/beading table children improve their fine motor skills, concentration, and practice problem solving. Art activities promote fine motor skills, hand-eye coordination, and self-expression. Outdoor play helps children master balance, improve coordination and develop muscles. Children learn cooperation and other social skills to enhance their school experience.



### REGISTRATION INFORMATION see page 18

Classes begin January 6, 2014

*Below are the classes that have space for winter term.*

Registration is on a space available basis. If you don't see the class you need, please view our entire list of classes @ [www.southbayadult.org](http://www.southbayadult.org)

2 1/2 to 3 YEARS Age as of September 2013 class size 25  
\$205 tuition/\$65 non-refundable registration fee per child. Total \$270 per term

T/TH 8:45am-12:15pm North 5 Staff

3 to 4 YEARS Age as of December 2013 class size 25  
\$205 tuition/\$65 non-refundable registration fee per child. Total \$270 per term

T/TH 8:30am-12:00 noon Pacific 53 Palmer  
T/TH 8:30am-12:00 noon Pacific 54 Steese

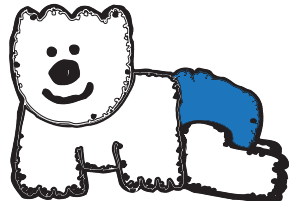
*Parents! If you can't find the class you need, please call the Parent Education office @ 310.376.6211 x11 or x12. Classes not listed may have space available.*

**Siblings Class!** Preschoolers attend once a week with their parent and sibling. Learning activities are developmentally appropriate to fit the different needs of mixed age children. Your children will enjoy art, music, movement, dress-up, sand play, block-building, water play, climbing, swinging, riding outside toys, making friends, snack and story time.

2 1/2 to 5 YEARS Plus Younger Sibling class size 15  
\$120 tuition/\$35 non-refundable registration fee per child. Total \$155 per term

TH 9:30am-12:30pm North 6 Robinson

Bring proof of child's age and immunizations, and TB clearance for participating parent. Parents may not bring older or younger children (except babies 0-5 months) to class. This applies to most classes.



[www.southbayadult.org](http://www.southbayadult.org)

Holiday Closures: 12/23-1/3, 1/20, 2/10, 2/17

# Come for your Child, Stay for Yourself!

## Pre-K

### ABOUT



PRE-K classes are offered 5 mornings a week. Parents work one day per week in the classroom assisting in a variety of activities and attend one night meeting per month. Parents of multiples work two mornings.

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, outdoor play, snack and story time. Your child will be guided in developing good relationships with peers and adults and in their ability to listen and solve social problems. These skills will support a successful transition into elementary school.



### REGISTRATION INFORMATION see page 18

**Classes begin January 6, 2014**

*Below are the classes that have space for winter term.*

Registration is on a space available basis. If you don't see the class you need, please view our entire list of classes @ [www.southbayadult.org](http://www.southbayadult.org)

4 to 5 YEARS Age as of December 1, 2013 class size 25  
\$640 tuition/\$100 non-refundable registration fee per child. Total \$740 per term

M-F 8:30am-12:30pm Pacific 52 Kringen

4 to 5 YEARS PRESCHOOLER PLUS YOUNGER SIBLING EVENING class size 15  
Age as of September \$120 tuition/\$35 non-refundable registration fee per child. Total \$155 per term

W 6:00pm-8:30pm North 3B Greene



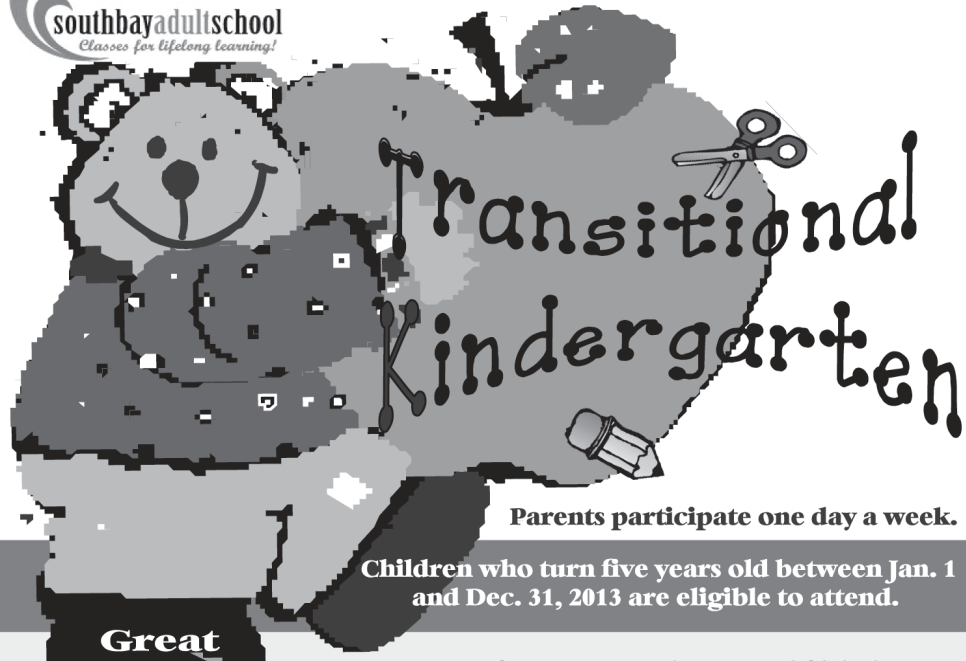
*Parents!* Give you and your child an additional readiness year before kindergarten in the TK class below!

TRANSITIONAL KINDERGARTEN  
\$673 tuition/\$100 non-refundable registration fee per child. Total \$773 per term

This class uses the Houghton Mifflin transitional kindergarten curriculum and the Handwriting Without Tears curriculum. Children who turn five years old between January 1 and December 31, 2013 are eligible to attend. Parents participate one day a week.

M-F 8:30am-12:30pm Knob Hill TK Cataldo

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.



**Parents participate one day a week.**

**Children who turn five years old between Jan. 1 and Dec. 31, 2013 are eligible to attend.**

**Great location!**

**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.**

**320 Knob Hill  
Redondo Beach, CA**

**Space is limited. \$673 per term  
(+\$100 non refundable registration fee)**



**REGISTER TODAY @ [www.southbayadult.org](http://www.southbayadult.org)**

**More info call 310.376.6211 x12**



*"like" us on facebook @*  
[www.facebook.com/SouthBayAdultSchool-ParentEducation](http://www.facebook.com/SouthBayAdultSchool-ParentEducation)

# Come for your Child, Stay for Yourself!

## PARENT EDUCATION

### Food Fun!

#### Healthy Food Tasting & Prep

for 3-5 year olds

*Fun class for little foodies and picky eaters!* Through hands-on experiences in food preparation and tasting, art, music and play, your child will learn to make mindful and healthy choices in a delightful setting. Parents participate in one class during the four week session.

*Caryn Steese* has been a parent educator for 17 years. She currently teaches 3-4 year olds in her preschool class.



*Yum!*

Jan. 21 (4 Mtgs.)

Tuesday 12:15pm-2:15pm

Pacific Center-Rm. 54

\$60 (includes \$8 material fee)

## PARENTS...JUST A REMINDER!

Parent Education FALL 2014 Registration starts March 10.

See page 25 for Open House information.

## Teenagers!

### Who Abducted My Child? The Teenage Years!

Parenting a teenager does not have to be a daily battle. I can assist you in understanding your current family relationships; determine what works and what can be changed to promote a less stressful household. Raising a teenager should be a welcome challenge, not overwhelming and stressful on the family environment.

*Linda Maul* has her Masters in Clinical Psychology and is currently enrolled in a Doctor of Psychology program at the Graduate Center for Child Development and Psychotherapy. As a clinician and parent, she has been frequently asked the question "How do I survive these years?" This time with your teenager does not need to be so stressful.

Jan. 15 (3 Mtgs.) Wed. 7-9pm

Redondo HS-Rm. 803 \$54



## livewell tots

*A Beach Cities Health District Program*

Nutrition and well-being education for preschoolers.

Like us on  at [facebook.com/beachcitieshealthdistrict](https://facebook.com/beachcitieshealthdistrict)

Holiday Closures: 12/23-1/3, 1/20, 2/10, 2/17





Where families nurture & grow together!

# OPEN HOUSE

**Adults only, please.**

Plan now for Fall 2014.

Come and visit our award winning classes.

Great program for you and your child to learn together.

Parent participation.

Parents work with a credentialed teacher in the classroom once a week.

*Fun for everyone!*



## February 3-7, 2014

### 9:00-11:30 am

**Plan Now!** Fall registration begins the week of March 10, 2014

**TRANSITIONAL KINDERGARTEN**

**INFANTS-TODDLER**

**TWO'S-PREK SIBLINGS**

**TWO'S-PREK SIBLINGS**

**Knob Hill**  
320 Knob Hill  
Redondo Beach

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

**North School**  
417 25th Street  
Hermosa Beach

**Pacific School**  
1600 Pacific Ave.  
Manhattan Beach

**More info? Call 310.376.6211 x11 or x12**



*"like" us on facebook @*

[www.facebook.com/SouthBayAdultSchool/ParentEducation](http://www.facebook.com/SouthBayAdultSchool/ParentEducation)

# HEALTH & PHYSICAL EDUCATION

## Exercise & Fitness



### 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.*

3 Classes (11 Wks.)

Jan. 6 M/W 5:30-6:30pm

Mira Costa HS-Track/Weight Rm. \$69

Jan. 6 M/W 5:30-6:30pm and Sat. 9-10am

Mira Costa HS-Track/Weight Rm. \$74

Jan. 11 Sat. only 9-10am

Mira Costa HS-Track/Weight Rm. \$44

### How to Register

- ONLINE preferred method. Enroll 24 hours a day at [www.southbayadult.org](http://www.southbayadult.org)
- WALK-IN to EDISON CENTER, 3401 Inglewood Ave., R.B.
- CALL IN 310.937.3340. Reserve your place in class and make arrangements for payment within 24 hours.
- 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 18.

**Preregistration is strongly recommended.**

Classes with low enrollment subject to cancellation.

# facebook

Like us @ [www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

*“like”  
us  
for a  
chance to  
win  
a \$50  
gift card  
to the  
Redondo  
Beach  
Galleria!*



Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.

## Exercise & Fitness

### 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

Jan. 8 (20 Mtgs.) W/F 9-10am  
Edison Conference Hall A \$64

### Arthritis Foundation Exercise Program



This program is designed for individuals with arthritis and related diseases. It promotes physical fitness with exercises that minimize pain and stiffness, improves

flexibility, strengthens muscles; maintains and enhances balance, coordination, endurance and builds self-esteem.

*Victoria Johnson, group exercise instructor, works with individuals who have arthritis and related diseases.*

Jan. 13 (8 Mtgs.) M/F 1-2pm  
Edison Conference Hall A \$49



### 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.*

Jan. 6 (10 Wks.) M/W 6:30-8pm  
Redondo HS Weight Rm. \$109

*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.



## BrainHQ

*NEW updated Brain Fitness software program!*

### Free! 30-Minute BrainHQ Demo Open House

Wednesday, January 8

*Improve your performance!*

Drop in between 10-noon  
Edison Technology Center  
3401 Inglewood Avenue, R.B.

*More exercises!*

Registration preference given to those who attend a Demo session.

*See page 32 for details!*





**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 to this class: You must be able to float unassisted and stand up on your own in the pool. Class size limited. Register at [www.southbayadult.org](http://www.southbayadult.org) or call 310.937.3340 x3308. *Preregistration required.* *Kathi Wilson is a Red Cross Water Safety Instructor who has been teaching swimming at SBAS for over 30 years.*

*Swim for your health and for fun!*

Jan. 6 (17 Mtgs.)      M/W 7:30-8:30pm      Redondo HS Pool      \$89



**Swimming: Lap Swimming**

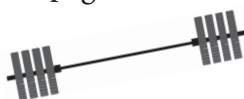
Come and enjoy swimming laps at your own pace in our outdoor heated 25 yard pool. Stroke improvement tips will be given upon swimmer request. Class size limited. Register at [www.southbayadult.org](http://www.southbayadult.org) *Preregistration required.* Kathi Wilson

Jan. 6 (17 Mtgs.)      M/W 7:30-8:30pm      Redondo HS Pool      \$89

*Light Weightlifting & Stretching.*



See page 27



*Gluten free...learn all about it. See page 31*

**Going  
Gluten  
Free?**



*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.





### Shape Up with Classical Yoga

Learn traditional yoga postures and breathing techniques.

Increase energy, flexibility and concentration. Reduce

the effects of stress and tension. Bring a mat and wear comfortable clothing.

*Lisa Tovar, Certified Therapeutic Recreation Specialist, has been teaching yoga in the South Bay area for over 20 years.*



Jan. 6 (17 Mtgs.) M/W 6-7:30pm  
Redondo HS Dance Rm. \$94



### Tai Chi-Wu Style

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

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

Jan. 15 (5 Mtgs.) Wed. 7-8:30pm  
Redondo HS-Rm. 111 \$64

### Vinyasa Yoga

Take a journey through each of the Chakras (energy centers) of your body with yoga and music. Each week we will explore one of the 7 energy centers found along the central nervous system, gradually working towards an integrated Chakra flow activating and balancing all 7 centers. Find more energy and peace of mind with this subtle body activation. Class is for most levels. Limber beginners welcome. Please bring a mat and wear comfortable clothing; layers are best.

*Jessica Annand is a graduate of Yoga Works 300 hour professional program. She has been working with yoga and the Chakras to find greater balance and wholeness in all areas of life.*

Jan. 7 (14 Mtgs.) T/TH 4:45-5:45pm  
Edison Center-Conf. A \$74



### How to Register

- ONLINE preferred method. Enroll 24 hours a day at

[www.southbayadult.org](http://www.southbayadult.org)

- WALK-IN to EDISON CENTER 3401 Inglewood Ave., R.B.
- CALL IN 310.937.3340. Reserve your place in class and make arrangements for payment within 24 hours.
- 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 18.

Preregistration is strongly recommended. Classes with low enrollment subject to cancellation.

*I'm going to move it,  
move it!*



"like" us on facebook @

[www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)



## Zumba with Carol!



### 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, 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.*

Jan. 15 (8 Mtgs.)

Wed. 6-7pm

Mira Costa HS Cafeteria

\$64



New  
Updated  
Software!

# FREE!

## 30-Minute Demo BrainHQ Open House

**Wednesday, Jan. 8** *Drop in between 10-noon*

Edison Technology Center 3401 Inglewood Avenue, R.B.

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



"like" us on facebook @

[www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)



**Is Gluten Secretly Destroying Your Health?**



Have you been suffering with a chronic health problem such as pain, fatigue, weight gain, hormonal imbalance or GI complaints? In this class, you will learn the latest medical research on why gluten can be detrimental to your health. You will also learn how to determine if you are gluten intolerant and how you can improve your health and prevent disease by going gluten-free the “right way”.



*Dr. Derek Taylor, D.C., has lectured nationally since 1993 on the subject of Nutrition and has had 20 years of experience helping people achieve optimal health. He has a passion to help people experience gluten-free living and prevent the conditions that he treats.*

Jan. 8 & 15 (2 Mtgs.)      Wed. 7-9pm      Redondo HS-Rm 808      \$44

*Take control of your health!*

**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.*



Jan. 22 (1 Mtg.)      Wed. 6:30-9:30pm      Mira Costa HS-Rm 204      \$39

*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.

New *updated* Brain Fitness software program

**FREE!**



## 30-Minute BrainHQ Demo Open House

Wednesday, Jan. 8  
*Drop in between 10-noon*

Edison Technology Center 3401 Inglewood Avenue, R.B.

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

# BrainHQ

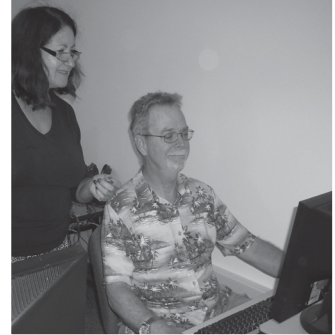
*Sharpen  
Your Skills!*

*Exercise Your Memory!*

### BrainHQ Memory Enhancement

Prevent, delay, reduce and reverse memory decline in this engaging class of discussion with exercises designed by neuroscientists. Participants average a 10-year reduction in brain age after ten weeks. Adjusts to each individual. Benefits endure for many years.  
Barbara Polk

Jan. 13 (10 Wks.) 10:30am-12:30pm  
M,T,W (*Instructor led*)  
Th or Fri. (*optional continue on your own*)  
Edison Technology Center  
\$99 Preregistration required.



*"Like going to the gym for the brain!" Rick Haynes*



## Student Progress

*"I always thought I was a Creative Chef because I did not follow recipes. I did not follow recipes because my sequencing abilities were nearly non-existent! I'm still a Creative Chef--and I also follow recipes--when I want to! Brain Fitness has helped in so many ways: I drive better, I find my keys because I pay attention better. My house is better organized because I remember to finish things I started much more often. My son noticed enough of a change that he too decided to take the class. We both have ADD and this has helped so much. Thank you!"*

*Rose Marie Browning, M.A., M.F.T.*

*Improve your life!*

## Get Brain Fit with BrainHQ

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.



# 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.

## The Arts

### 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.*

*Cynthia Svezia is a professional graphic designer, muralist and fine artist who was educated at Fullerton College, CSUDH and UCLA and has taught adults and children for many years.*

Jan. 7 (8 Mtgs.) Tues. 10-noon  
Joslyn Center-Sunrise Rm., M.B. \$59

*Create!*

### 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 lb. 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. Prerequisite: Beginning drawing class. **Maximum 15 students.**

*Cynthia Svezia has been teaching for SBAS for 7 years. Cindy is a graphic artist, muralist, fine artist and also designs for a needlepoint company.*

Jan. 16 (4 Mtgs.) Thurs. 4-6pm Joslyn Center-Sunrise Rm., M.B. \$59

### Basic Techniques in Painting



Explore the process of painting with acrylics. Learn different techniques to improve your artistic abilities.

Review simple drawing skills to develop and enhance your painting images and compositions. Printmaking without a press will be introduced. Advanced artists are welcome. Supplies extra.

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

Jan. 9 (8 Mtgs.) Thurs. 10-noon  
Joslyn Center-Sunrise Rm., M.B. \$59



*Brain Fitness!* See page 32.

Demo **Open House**  
Wednesday, Jan. 8

*Free!*

*New Updated Software!*

**Retirement/Long-Term Care/Social Security Planning** See page 34.

*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.



## Personal Finance

*Invest!*



### 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™**

*“Very informative and well-organized. Good use of real life examples!”*

Jan. 8 (6 Mtgs.)                      Wed. 7-9pm  
Mira Costa HS-Rm. 200                      \$84



### Living with a Living Trust

If you have a living trust or are thinking about setting one up, learn about tax returns, funding the trust, allocation of assets at death, control of assets, and trust termination.

Rob Palmer is an estate planning attorney who has taught for SBAS for 27 years.

*“Great instructor - clearly presented tough material.”*

Jan. 16 & 23 (2 Mtgs.)                      Thurs. 7-9pm  
Mira Costa HS-Rm. 204                      \$44



### Get fit! Fitness for Mature Adults class with Ralph Ford.

See page 27.



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

### Retirement/Long-Term Care/Social Security Planning

Will you have enough to retire comfortably? Understand how much you'll need during your retirement years, plan for long-term care and learn social security strategies. Maximize the possibility of a financially secure retirement. Workbooks included.

Kim Bright, CPA, has 21 years of financial services experience and a passion to empower you to make better informed decisions through financial knowledge.

Jan. 15 (3 Mtgs.)                      Wed. 7-9pm                      Redondo HS-Rm. 805                      \$54



*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.



# YOUR MONEY

## Real Estate



### Home Sweet Home!

#### 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.*

Jan. 13 (1 Mtg.) Mon. 6:30-9:30pm  
Redondo HS-Rm. 803 \$39



#### Evaluating Income Property

Avoid common pitfalls. Learn the basics of evaluating potential income property. Understanding the numerous evaluation tools will help you make informed and realistic decisions about selecting investment property.

*Kris Kumamoto, M.B.A., former business appraiser and local realtor, owns and manages income property.*

*"Nice class - good information."*

Feb. 24 & Mar. 3 (2 Mtgs.) Mon. 7-9:30pm  
Mira Costa HS-Rm. 112 \$44



**CHILD DEVELOPMENT CENTERS**  
**REDONDO BEACH UNIFIED SCHOOL DISTRICT**  
**Located on site at all eight elementary schools.**

**After school care at both middle schools.**

**Both school year & extended year contracts available.**

**We have a variety of fee programs for qualifying families.**

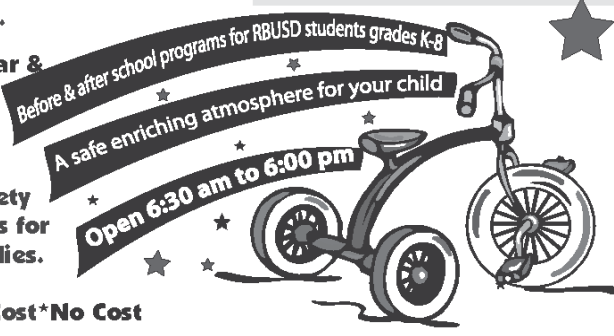
**Full Cost \*Low Cost \*No Cost**

1401 Inglewood Avenue, R.B. 90278

**310.798.8683**  
**ext. 1321, 1312**

★ *Caring teachers licensed by the State of California.*

*A 14:1 school age and 8:1 preschool child to adult ratio.*



# EXPRESS YOURSELF

## Fine Arts



*"Painting makes you forget about your problems...at least for a little while."*

*Learn how to oil paint in the realistic European style!*



### Oil Painting

This course is taught in the realistic European style, 4-color method and composition. No acrylics please. Supply list will be provided at 1st class meeting. **Maximum 16 students.**

*Michael Brennan has painted for over 60 years. He especially enjoys doing reproductions of the 19th century great artists including Bouguereau, Waterhouse and Knight. Even though Michael is retired, he finds it important to continue to teach and paint because of the enjoyment and friendships he has made.*

Jan. 7 (8 Mtgs.)                      Tues. 10-12:30pm  
Edison Conference Hall A                      \$110

*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.



### Pencil Sketching, Colored Pencils & Charcoal

If you can connect the dots, you can learn how to draw. It's that simple! My easy step-by-step instructions will get you started. Turn a simple object into a work of art by learning to shade, blend and erase. Learn how to add brilliance to your sketches through the spectrum of colors. All levels welcome. Bring a 9x12 drawing pad, #2 pencil, 8-pack of colored pencils and pink or white eraser to first class.

*Cynthia Svezia is a professional graphic designer, muralist and fine artist who was educated at Fullerton College, CSUDH and UCLA and has taught adults and children for many years.*

*"Really enjoyed the instructor and class. I'm going to enroll again."*

Feb. 5 (6 Mtgs.)                      Wed. 6:30-8:30pm  
Redondo HS-Rm. 116                      \$89



### An Introduction to Film Making

Focusing on the nuts and bolts of filmmaking from the ground up, this program, also featuring guest speakers, will take you through the process from the inside. From crafting your short or feature-length script, to story notes, through casting and ultimately on to shooting the project and into Post-Production, you will be introduced to the basic principles and processes of filmmaking.

*Shaun O'Banion, is a Gotham award-winner and member of the Producers Guild of America. In the last five years, he has produced two successful indie features, several national commercials (Pepsi, EA Sports, Chevy) and a live event for the White House, Office of the First Lady.*

Jan. 13 (4 Mtgs.)                      Mon. 6:30-9pm  
Redondo HS-Rm. 805                      \$74

**Holiday Closures:** 12/23-1/3, 1/20, 2/10, 2/17



## Performing Arts



*Play, laugh  
and have fun!*

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

Jan. 6 (8 Mtgs.) Mon. 6:45-9:15pm  
Mira Costa HS-Rm. 111 \$139

### The Secrets of Magic

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.*

Jan. 8 (5 Mtgs.) Wed. 7-8:30pm  
Redondo HS-Rm. 806 \$74



*Shape Up. It's  
time. See page 29.*



*"like" us on  
facebook @*

[www.facebook.com/  
SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

*SouthBayAdultSchool*

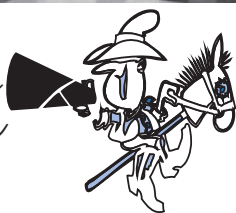


*Shade, blend, erase, create...*  
it's simple in Cynthia Svezia's class. See page 36.





*Kick up  
your heels  
and learn  
to dance!*



## Country Western Line Dancing Beginning

A class for folks who think they have two left feet, but want to learn to dance. Tempos and dance patterns will be slower, and geared to the group's abilities. Come have fun - it's great exercise.

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

Jan. 7 (8 Mtgs.)      Tues. 6:15-7:10pm  
Edison Conference Hall A      \$64

## Country Western Line Dancing Intermediate

Once you have the basic moves down, you can learn skills to set yourself apart from the crowd. Be ready for the clubs.  
Karen Racle

Jan. 7 (6 Mtgs.)      Tues. 7:15-8:15pm  
Edison Conference Hall A      \$59

*Register  
early to  
ensure  
your space  
in class!*

## Energy Dance Melange

Discover the best of various dance forms like Jazz, African, Samba and more. Get flexible with yoga poses for dancers. Relax with body awareness exercises and gain a new freedom of expression. Dance, dance, dance!

*Pashyo Sarkin has been a dance and music performer all her life. She studied classical and jazz dance at the "Wiener Volksoper", ran a dance school in Berlin and performs with her band SangomaBeat.*

Jan. 8 (6 Mtgs.)      Wed. 7:15-8:15pm      Mira Costa HS-Cafeteria      \$49



*Jazz History: Sights &  
Sounds of an Era.*

See page 41.



**Intro to Tap**

Learn one of the truly American art forms- *tap dance*. Basic tap steps and rhythms are taught with an emphasis on correct technique and individual expression. Steps will be combined into dance routines. Tap shoes required. Please wear comfortable exercise clothing.

Jan. 30 (5 Mtgs.)    Thurs. 5-6pm    \$49

**Zumba® Toning**

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Zumba® Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. For adults only.



Feb. 1 (5 Mtgs.)    Sat. 10-10:55am    \$49  
 (No class February 15, 2014)

*Fun!*

**Cardio Tap**

Tap dancing strengthens and tones muscles, and provides a healthy workout for the heart. Reduce stress with tapping set to an eclectic range from swing to disco. Tap dance experience preferred. Tap shoes are needed. For adults only.

Jan. 29 (5 Mtgs.)    Wed. 5-6pm    \$49





## Music

### Guitar - Beginning

Learn basic classical guitar techniques and several simple pieces. After a few sessions, you will be able to read guitar music and use both hands in playing pieces with chords, scales and arpeggios.

*Paul Ellis is a professional musician with a Masters degree in Music Composition.*

Jan. 9 (8 Mtgs.) Thurs. 7-8:15pm  
Mira Costa HS-Rm. 111 \$64



### Guitar - Electric (All levels)

Learn the basics of playing electric guitar used in popular styles like pop, rock, blues and country. You will become comfortable with chords, reading notes, tabs, rhythms and scales. You'll learn to play some popular songs. Continuing students will work on more advanced chords and scales. The techniques you learn will be applied to popular songs.

*Ed Krzyzaniak is a professional musician and songwriter who has taught guitar, piano and bass.*

Jan. 14 (6 Mtgs.) Tues. 7:30-8:30pm  
Mira Costa HS-Rm. 112 \$54

### Guitar - Intermediate

Work on your favorite classical guitar pieces while developing your technique. Learn intermediate pieces that utilize more positions on the guitar neck. Students should know how to read basic guitar music. Paul Ellis

Jan. 9 (8 Mtgs.) Thurs. 8:15-9:15pm  
Mira Costa HS-Rm. 111 \$64

### Recorders Plus Workshop

A class for those interested in performing with recorders, other early instruments and singers. Participant level is intermediate/advanced but beginners are accommodated. *Brenda Bittner, M.A., has been an early music performer, conductor and teacher in the South Bay for many years.*

Jan. 8 (10 Mtgs.) Wed. 7-9pm  
Mira Costa HS-Rm. 111 \$110



### 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? Want to learn how to figure out songs and strums in seconds instead of hours/days/years? Then this class is for you! Students must provide their own ukulele (concert-tenor size). Please bring a pen and notebook. Paul Ellis

Jan. 9 (8 Mtgs.) Thurs. 5:30-7pm Mira Costa HS-Rm. 111 \$84

Holiday Closures: 12/23-1/3, 1/20, 2/10, 2/17



## Magical Drums

Experience the magic of African drumming. Create rhythms with your voice, hands and feet. Learn basic drumming techniques and improvisational skills. Play rhythms from Ghana, Senegal and Guinea. Bring your own hand drum, if you have one. Congas, Djembe drums, bells and shakers will be available. All levels. Beginners welcome.

*Pashyo Sarkin, B.S., is an internationally experienced drum performer and workshop leader.*



*Fun!*

Jan. 6 (6 Mtgs.)      Mon. 6:30-8pm      Edison Conference Hall A      \$59

## Jazz History: Sights and Sounds of an Era

Uniquely American Jazz has become the world's first modern universal music. Experience the key elements of jazz, learn why it emerged, and trace how it developed throughout the Twentieth Century. See historic photos and hear many representative samples of the most significant performances.

*J. Robert Bragonier, M.D. has been a musician and a jazz fan all his life, and a jazz educator and reviewer since retirement.*

Jan. 28 (6 Mtgs.)      Tues. 6:30-9pm      Mira Costa HS-Rm. 111      \$89

## 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](http://beachcitiessymphony.org). *Barry Brisk, Director and Conductor*

Jan. 8      Wed. 7:15-9:30pm      Redondo HS-Rm. 2

## Home Economics

*"Fun, creative, lots of new techniques and projects!" Jan Bower*



## Quilting - The Basics and Beyond

Learn the traditional and modern methods of patchwork (piecing) and appliqué. The instructor will suggest projects as well as help you conquer those U.F.O.'s (UnFinished Objects.)

*Sylvia Davis has been a quilter for 20 years and has taught Adult Ed quilting classes for the past 4 years. She provides lectures/trunk shows and workshops for quilt guilds all over California.*

Jan. 15 (8 Mtgs.)      Wed. 1-3:30pm      Edison Conference Hall A      \$89  
 Jan. 15 (8 Mtgs.)      Wed. 6:30-9pm      Redondo HS 710 Diamond St.      \$89  
 (no class Feb. 5)

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa



## Healthy Indian Cooking

If you want to learn how to transform power packed nutrient rich super foods into a delicious satisfying meal, this is the class for you! 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 to prepare but also good for you. *Sharmila Khanolkar has been teaching Indian cooking classes privately as well as in public libraries and Whole Foods markets.*

Feb. 12 (1 Mtg.) Wed. 6:30-9pm  
 Redondo HS-Rm. 162  
 \$47 (Tuit. \$39, Matl. \$8)

Preregistration required by Feb. 10 @  
[www.southbayadult.org](http://www.southbayadult.org)  
 or call 310.937.3340 x3308

## La Cucina Italiana

*Everybody loves...delicious Italian food!* Learn how to prepare step-by-step popular Italian dishes that you can make at home and impress your friends and family. This is a fun, casual class taught by native Italian Chef Giuseppe Mannara. In this class you will learn the dishes of Giuseppe's Southern Italian hometown, informative travel tips and interesting cultural stories will be shared during the cooking and demonstration and tasting.

*Giuseppe Mannara has taught students how to cook healthy and authentic Italian dishes for the past 10 years.*

Feb. 24 (3 Mtgs.) Mon. 6-8:30pm  
 Redondo HS-Rm. 162  
 \$99 (Tuit. \$84, Matl. \$15)

Preregistration required by Feb. 19 @  
[www.southbayadult.org](http://www.southbayadult.org)  
 or call 310.937.3340 x3308

*Yum!*



# CAREER TECHNICAL EDUCATION

We offer a variety of career classes for **all** skill levels.



Typing, Keyboarding Proficiency Test, MS Office Essentials Your Way, Excel, Word, QuickBooks, Computing Essentials, Wordpress Websites, Digital Photography, Career Exploration, LinkedIn-Resumes and Cover Letters and The Clarity Formula: How to Achieve Brilliant Results

**See pages 11-16.**

# SPECIAL INTERESTS



## Basic Makeup Application 101

Learn how to apply a full face of makeup, from a natural to a dramatic look. You will learn the basics of color theory and how to choose appropriate colors for your complexion along with tips and techniques. Please arrive with a clean face or minimal makeup. Bring a hand mirror, your makeup and brushes to class.

*Vanessa Broin has been a freelance makeup artist for the past 8 years. Her work ranges from weddings to photo shoots and she has been featured in several local magazines.*

Jan. 22 & 29 (2 Mtgs.)      Wed. 7-9pm  
Mira Costa HS-Rm. 112      \$44



## Redesign Your Kitchen

Thinking about redoing your current kitchen? Learn about cabinets, counters, trends, designs, contracting, and, of course, cost. Material samples will be shown.

*Dawn Kurtz has been designing kitchens for 15 years.*

Jan. 7 (3 Mtgs.)      Tues. 6:30-8:30pm  
Mira Costa HS-Rm. 111      \$49



## Jump Start Your Construction Project

Thinking about updating but have no idea where to start? If you would like to start a construction project but are confused about where to begin, let us show you the way. Advanced planning will lessen the stress and help you achieve your goal. You will learn how to select a team, establish a budget and understand contracts, as well as deal with your city building codes. This will eliminate much of the guesswork and put you on the path to your new space, no matter how big or small.

*Gerardo Somers is a licensed architect and contractor.*

Jan. 23 (1 Mtg.)      Thurs. 6:30-9pm      Mira Costa HS-Rm. 200      \$34



## Remodeling Your Home? Do it the Energy and Water Efficiency Way!

Are you planning to remodel your home? Before doing anything, be sure to attend this class to learn about ways to make your home more energy and water efficient. The result will be a healthier and more comfortable home, lower energy bills, energy and water reliability, and environmental sustainability. Ideas on financing your remodel will also be covered.

Feb. 3 (1 Mtg.)      Mon. 7-9pm      Mira Costa HS-Rm. 200      **FREE**

*This class is hosted by South Bay Adult School and presented by South Bay Environmental Services Center, a California Public Utilities Commission grant program in partnership with South Bay Cities Council of Governments, So. California Edison and the Gas Company. Visit us at sbesc.com.*

Register at [www.southbayadult.org](http://www.southbayadult.org) with your Mastercard or Visa.



# LANGUAGES

## French - Beginning



*Mais oui!* It is possible to converse effectively in French from Day One! Using my interactive approach, you will be able to confidently speak

and understand practical vocabulary and key grammatical structures. Experience and enjoy this dynamic learning opportunity! Remember, your passport to fluency begins with feeling at home in basic French.

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

Jan. 7 (8 Mtgs.)                      Tues. 6:45-9:15pm  
Mira Costa HS-Rm. 200                      \$115

## Italian Conversation – Beginning



*Viva l'Italia!* This class is for beginners and for those who would like to refresh their knowledge. Focus is on speaking, listening, and understanding Italian. We also learn

about Italian culture and everyday life.

**Maximum 25 students.**

*Maria Haase, M.S., utilizes her multiple language skills in business, travel and daily life.*

*"I enjoyed the class because Maria shared multiple ways for us to learn: books, articles, links and songs!"*

Jan. 8 (7 Mtgs.)                      Wed. 12:30-2:30pm  
Edison Center-Rm. 6                      \$109



## Spanish Conversation-Beginning

*¡Hola!* Learn elementary Spanish that you can use in Southern California or in travel. Emphasis is on correct pronunciation and building a practical vocabulary. This is a good class for those meeting with Spanish speakers day-to-day. No previous language experience required.

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

Jan. 7 (10 Mtgs.)                      T/TH 7-9pm  
Mira Costa HS-Rm. 201                      \$99

*¡Aprende!*

## Spanish

### Conversation-Intermediate

*¡Bienvenidos!* This is a continuation of the Spanish Conversation-Beginning class. New students with comparable experience are welcome.

Jana Chavez-Morris

Jan. 6 (10 Mtgs.)                      M/W 7-9pm  
Mira Costa HS-Rm. 201                      \$99



facebook®

Watch for breaking news on our classes.  
[www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool)

Holiday Closures: 12/23-1/3, 1/20, 2/10, 2/17

*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.



## South Bay Adult School Parent Education...

voted best  
Parent Education  
Program

by the  
Moms Club of El Segundo.

Thank you!

*Educating South Bay parents since 1952!*



**PREPARE FOR A MEDICAL CAREER**

**register @ [www.ed2go.com/sbas](http://www.ed2go.com/sbas)**

### **Medical Terminology: A Word Association**

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

### **Become an Optical Assistant**

Learn what it takes to become an optical assistant and discover why it's one of today's most popular and fascinating career opportunities.

### **Explore a Career in Medical Coding**

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

*Learn from  
home!*

**Become A  
Veterinary  
Assistant**  
Practicing  
veterinarian  
prepares you to  
work in a veterinary  
office or hospital.

[www.ed2go.com/  
sbas](http://www.ed2go.com/sbas)

**ed2go**

# 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](http://www.southbayadult.org)
- **WALK-IN** to Edison Center, 3401 Inglewood Ave., R.B.
- **CALL IN** 310.937.3340. Reserve your place in class and make arrangements for payment within 24 hours.
- **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 18.

**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 Vivian Ibarra, 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 on school grounds. Furthermore, any adult student who is clearly under the influence of alcohol or other controlled substance may 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 and Redondo Center. Make checks payable to "South Bay Adult School". There is a \$25 charge for all returned checks. 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 \$10 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 ESL classes, Adult Basic Education or High School preparation classes.

## 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 and for other publicity and public relation purposes. Submission of the registration form indicates your agreement for these purposes. 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)



***Our gift to you...\$5 off!* EARLY BIRD SPECIAL**

Preregister by Dec. 13 and get \$5 off tuition for selected classes. Register @ [www.southbayadult.org](http://www.southbayadult.org)

\$5 will be automatically deducted from your tuition.

You may also register in person at our main office, Edison Center, 3401 Inglewood Ave., R.B. Call for office hours 310.937.3340x3300.

Offer expires December 13.

## How to Register

- **ONLINE** Preferred method. Enroll 24 hours a day at [www.southbayadult.org](http://www.southbayadult.org)
- **WALK-IN** to Edison Center  
3401 Inglewood Ave., R.B.
- **CALL IN** 310.937.3340. Reserve your place in class and make arrangements for payment within 24 hours.
- **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 18.

**Preregistration is strongly recommended.**  
Classes with low enrollment subject to cancellation.

*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.

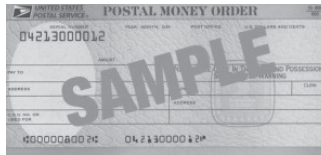
### NO SMOKING:

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

For payment we accept:



Personal Checks



Money Orders



**SAVE ON GAS!**

Most Courses Are Only **\$95**

**LEARN ONLINE!**  
Enroll in an online course today!

[www.ed2go.com/sbas](http://www.ed2go.com/sbas)



# COMMUNITY EDUCATION ADULT SCHOOL ADMINISTRATION AND CAMPUSES



**Vivian Ibarra**  
Director  
310.937.3340

Judy Spragg  
Parent Education Coordinator  
310.376.6211 x12

Marla Nagel  
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 8-4pm and M-Th 6-9pm

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: 310.798.4685  
*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](http://www.southbayadult.org) under locations.**

## OFF SITE CAMPUSES

Athletic Grace Dance Studio  
113 W. Grand Ave., El Segundo

Dominguez Park  
200 Flagler Ln., R.B.

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

Knob Hill  
320 Knob Hill, R.B.

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

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

Brochure production coordinated by Marla Nagel.  
Brochure format and graphics by Debbie Jolls.



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



**BLUE ZONES PROJECT™**  
by HEALTHWAYS

Presented by  
Beach Cities Health District



Blue Zones Project is a community well-being initiative that partners with service and faith-based organizations, city government, local schools, worksites and grocery stores with the goal of implementing policy and environmental changes that positively affect well-being. Ultimately, the healthy choice should become the easy choice in all the places we live, work and play. Blue Zones Approved classes align with the 9 principles they encourage in the community: *Move Naturally, Know your Purpose, Downshift, 80% Rule, Plant Slant, Wine @ Five, Family First, Belong, Right Tribe.*

When you register for the classes listed below you are connecting with fellow community members and accomplishing **Right Tribe**. Surround yourself with positive social connections to improve your well-being. Visit [bluezonesproject.com](http://bluezonesproject.com) for more details.

## Right Tribe!

### Career Exploration

Uncover your interests to make better career choices. Learn how your existing skills transfer to other professions. A variety of assessments will be provided to get to know yourself better as it relates to work. *Victoria Westerskov*

Jan. 15 (4 Mtgs.) Wed. 7-9pm Redondo HS Rm. 807 \$74

### Shape Up with Classical Yoga

Learn traditional yoga postures and breathing techniques. Increase energy, flexibility and concentration. Reduce the effects of stress and tension.

Bring a mat and wear comfortable clothing. *Lisa Tovar*

Jan. 6 (17 Mtgs.) M/W 6-7:30pm Redondo HS Dance Rm. \$94

### Vinyasa Yoga

Take a journey through each of the Chakras (energy centers) of your body with yoga and music. Each week we will explore one of the 7 energy centers found along the central nervous system, gradually working towards an integrated Chakra flow activating and balancing all 7 centers. Find more energy and peace of mind with this subtle body activation. Class is for most levels. Limber beginners welcome. Please bring a mat and wear comfortable clothing; layers are best. *Jessica Annand*

Jan. 7 (14 Mtgs.) T/TH 4:45-5:45pm Edison Conf. A \$74



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

# EXPERIENCE Blue Zones Project™

You only live once. Choose to live longer, better—starting today!



- Find out your body's age with the Vitality Compass®
- Get kids moving naturally with Walking School Buses
- Take the Daily Challenge™ and make small, meaningful changes for well-being rewards
- Join a Walking Group to connect with friends and neighbors



bluezonesprojectbeachcities



BLUE ZONES PROJECT™  
by HEALTHWAYS

Presented by  
Beach Cities Health District

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

ECRWSS  
POSTAL CUSTOMER

**southbayadultschool**  
*Classes for lifelong learning!*

[www.southbayadult.org](http://www.southbayadult.org)

3401 Inglewood Avenue, Redondo Beach, CA 90278  
310.937.3340

*It's time!*



*E.S.L., pg. 6*



*Vocational Ed., pg. 11*



*Health & Fitness, pg. 26*



*Parent & Me, Preschool, pg. 18*

**REGISTER NOW for  
Lifelong Learning @ SBAS!**  
Call 310.937.3340

[www.southbayadult.org](http://www.southbayadult.org)



**ed2go**

 **BLUE ZONES PROJECT™**  
by HEALTHWAYS

Presented by  
Beach Cities Health District

**CLASSES WORKSHOPS LECTURES**