

COURSE CATALOG

SBAS ADULT EDUCATION

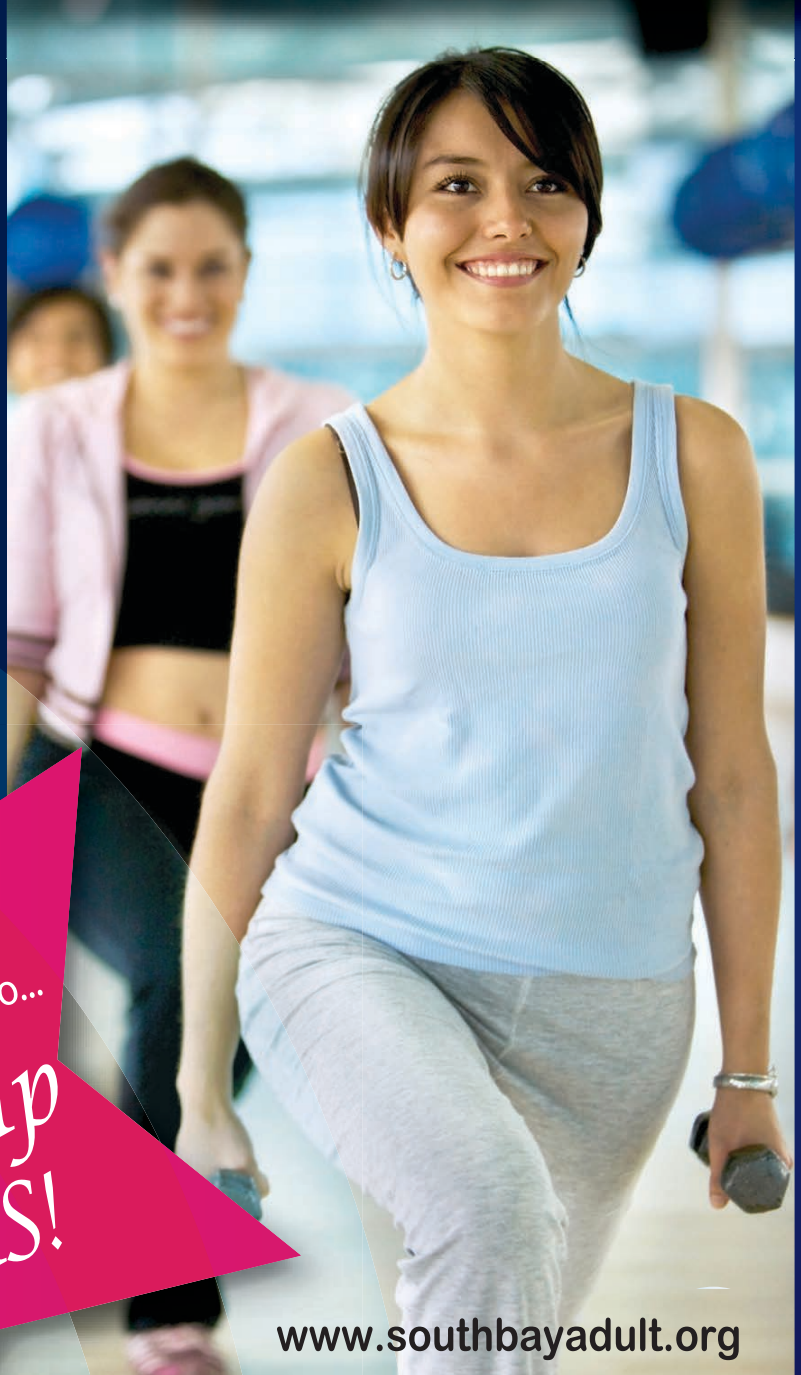
Redondo & Manhattan Beach Unified School Districts



winter 2013

southbayadultschool

Classes for lifelong learning!



This winter it's time to...

*Shape Up
at SBAS!*

www.southbayadult.org

*Winter term starts
January 7, 2013*



California Adult Schools
LEARNING FOR LIFE

Thank you for choosing the South Bay Adult School. More than 2700 adults took classes last term and we appreciate your support. This winter we have some exciting new classes such as; American Sign Language, Basic Makeup Application, Introduction to Filmmaking, and many new online classes. We invite everyone to choose to learn and take a new class.



Vivian Ibarra
Director, SBAS

Have you ever thought about teaching an adult school class? It is a great chance to share your passion and expertise with the community. Community Education teachers need only a passion and knowledge for their subject matter.

We are always looking for new and exciting classes in the arts, fitness and health, hobbies or special interests. Visit us on the web at www.southbayadult.org and click on the How To Become A SBAS Teacher tab.

We look forward to seeing you the week of January 7, 2013!

Learning for life!

*NEW for
winter term:*

Online courses-Ed2Go
Low Impact Aerobic-Muscle Toning/Stretch
American Sign Language
Basic Makeup Application 101
An Intro to Filmmaking

*Winter term starts
January 7, 2013.
Register early!*

Volleyball
Yoga
Tai Chi
Pilates
Zumba
Kettlebell Blast
Brain Fitness
Swimming
Light Weightlifting
Fitness through
Cardiovascular Exercise
Shape Up for Older Adults
and much more!



Find out more about SBAS @ 310.937.3340



www.southbayadult.org

Pick up your free brochure at your neighborhood school office!

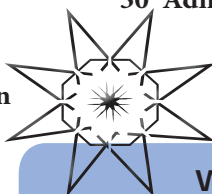
This winter it's time to...

take a new class!



Winter 2013
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Winter 2013

Community Education Classes begin
Monday, January 7, 2013

HOLIDAY CLOSURES-Winter 2013

Winter Break: December 24-January 4

Martin Luther King, Jr. Day: January 21

Presidents' Day: February 18

SPRING TERM STARTS

March 18, 2013

ADULT LITERACY/HIGH SCHOOL DIPLOMA



Non-refundable Registration Fee \$50

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



*****2 CONVENIENT LOCATIONS*****	
<p>Redondo Shores High School Rm. 11 1000 Del Amo Street Redondo Beach, CA 90277 <i>(Registration M-F, 8-3pm or by appointment.)</i></p>	<p>Edison Center Independent Study 3401 Inglewood Avenue Redondo Beach, CA 90278 <i>(at Manhattan Beach Blvd.)</i> 310-937-3340 x3330</p>
<p>Mon. and Fri. 8am-3pm Tues./Wed./Thurs. 8am-8pm Sat. 9am-1pm</p>	<p>Mon. and Tues. 1-5pm Wed. 1-6pm</p>

**For High School Diploma information,
 call Allison Parsons at 310.798.8696 x2001 or x2202**



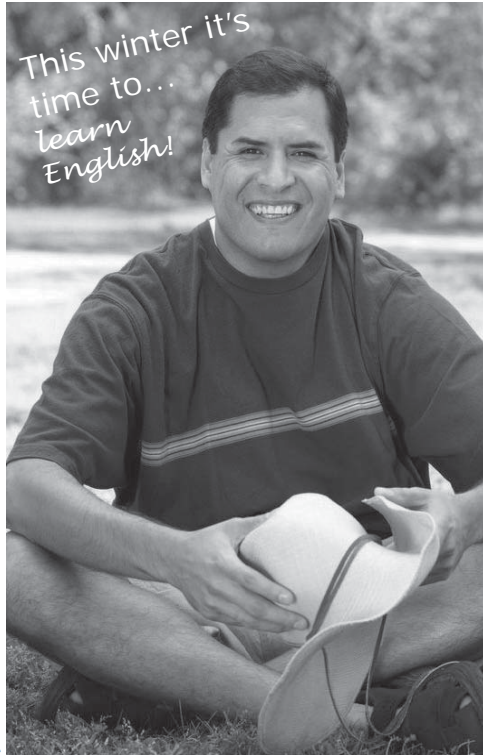
It's time to earn a
High School Diploma!



ENGLISH AS A SECOND LANGUAGE/ ESL CITIZENSHIP/CITIZENSHIP

Winter Term January 7-March 29, 2013 (no classes March 11)
Non-refundable Registration Fee \$39
I.D. pictures \$5 optional. Books and materials extra.

We offer seven 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.



-No residency requirements.
 -No documents needed.
 -New students accepted daily!

Edison Center		
3401 Inglewood Ave., Redondo Beach 310.937.3340 en español - Jonathan (dia) x3305 Rosa (noche) x3304 All levels include computer usage	M-F	8:15am-12pm
	M-Th	6-9:15pm
	Sat	9am-12pm

Citizenship/ESL Citizenship (All Levels - see page 6)
M/W 6:30-8:30pm, Edison Center - Rm. 7

See page 6 for class schedule

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.

ESL CLASS SCHEDULE

Non-refundable Registration Fee - \$39 Per Term
Saturday class Non-refundable Registration Fee-\$25 Per Term
No residency requirements. No documents needed.

EDISON CENTER

Day	Time	Level	Room	Teacher
Daily	8:15-12pm	0	Rm. 2	Ahmed
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. 5	Lee
Daily	8:15-12pm	5-6	Rm. 3	Pollack
M-TH	6:00-9:15pm	Levels 0-6 are offered to meet all individual needs. Preregistration recommended as classes fill quickly. Register at Edison Center M-Th, 8-4pm and 6-9pm		
SAT	9:00am-12pm	1-5	Conf. B	Avilas

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
- Barbara Polk, M.A., Education
- Tish Pollack, M.B.A., Business Administration
- Victoria Routson, B.A., English Literature



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.

Starts Jan. 7 M/W 6:30-8:30pm
 Edison Center-Rm. 7
 \$25 non-refundable registration fee per term.

ESL DISTANCE LEARNING



Learn English at Home

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

with answer key and tests to check your progress. A \$39 non-refundable registration fee (credit card, check or money order only) is required for this class. Topics include:

- *listening*
- *reading*
- *pronunciation*
- *U.S. culture*
- *workplace skills*
- *grammar*
- *vocabulary*
- *writing*
- *citizenship*

For information call 310.937.3340 ext. 3311

Jackie Memberto-Kelly-Distance Learning/CASAS Testing Coordinator

Edison Center Office Hours: Monday-Thursday 9-noon Monday evening 6-8pm

ESL

Beginning Conversation for ESL Students

Students will focus on building conversational abilities by discussing real-life situations presented in short video and reading selections. After material is presented, students form pairs or groups and discuss questions given by the teacher which are designed to stimulate conversation.

Preregistration Required.

Benjamin Annand, B.A., Psychology, has taught Level 0 and 1 for the past 7 years at SBAS. Over that time, he has also taught several speciality classes in English Conversation, American Culture Cinema, and Conversation at SBAS.

Gabriel Olivas, B.A., Rhetoric and Composition, has taught Levels 0 through 3 and courses in English Conversation at South Bay Adult School for the past four years.

(10 Mtgs.) Starts Jan. 18 Fri. 6-8pm
Edison Center-Rm. 6
\$39 non-refundable registration fee
Gabriel Olivas

(14 Mtgs.) Starts Jan. 28 M/W 12:15-1:45pm
Edison Center-Rm. 4
\$39 non-refundable registration fee
Benjamin Annand

Idioms and Conversation

Intermediate-Advanced Levels

Be a more confident communicator!
Improve your English and conversational skills through group and partner interaction. Unravel those confusing and misleading phrasal idioms and verbs. Expand your vocabulary and improve pronunciation by participating in games, mock-interviews, discussions, and exercises.

Preregistration Required

Barbara Polk, M.A., Education, has over 30 years teaching experience. She has taught all ESL levels including specialty classes of Conversation, Writing and Citizenship.

(10 Mtgs.) Starts Jan. 18 Fri. 6-8pm
Edison Center-Rm. 5
\$39 non-refundable registration fee





SBAS is pleased that our State Preschool has been awarded a Los Angeles Universal Preschool grant for four-year-olds. For information about requirements and availability for our program, please call (310) 937-3340 x3310.



PRESCHOOL JARDIN de NIÑOS

NOW OPEN AHORA ABIERTO

*Fee based
on income.*

Edison Center Preschool

Where: EDISON CENTER
South Bay Adult School
3401 Inglewood Ave.
Redondo Beach

MONDAY THROUGH FRIDAY

When: LAUP Mornings: 8:30am to 12pm (3.5 hours)
Must be 4 years old before November 1, 2012
or
Afternoons: 12:30pm to 3:30pm (3 hours)
Must be 3 or 4 years old before November 1, 2012

For information, please stop by our preschool room
and talk to the teaching staff
or call 310.937.3340 x3310.

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

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

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

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Keyboarding

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries.

Writing Effective Grant Proposals

Learn to prepare grant proposals that get solid results for your favorite organization or charity.

Intro to InDesign CS5

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

Intro to Illustrator CS5

Learn to create vector graphics and amazing effects.

Travel Photo

Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home.

Intro to Stock Options

Learn how stock options can protect your portfolio and help you profit in any type of market.

Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office—from appointment scheduling and chart creation to medical billing and coding.

Marketing Your Business on the Internet

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media, and more.

Grammar for ESL

If English is your second language and you're headed to college, this course will teach you the principles of grammar and structure you'll need to succeed.

Intro to Photoshop

Learn how to use Photoshop, the world's best graphics program for photographers, to edit photos and create original images.

Become A Veterinary Assistant

Practicing veterinarian prepares you to work in a veterinary office or hospital.

Start Your Own Small Business

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

ed2go

More courses available at our
Online Instruction Center

www.ed2go.com/sbas

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 14, 2013)

***Register NOW:**

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



Preregister online 24 hours a day

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

Preregister in person

- For walk-in registration, come to Edison Center, 3401 Inglewood Ave., Redondo Beach, from 8-4pm (M-F) or 6-9pm (M-Th) with your Mastercard or Visa. A separate payment is required for each class. Feel free to call us at 310.937.3340 x3300 to check for space availability. To register for classes at Redondo, please call 310.937.3340 x3308 for office hours. Offices are closed December 24 to January 4.

TYPING

\$35

KEYBOARDING PROFICIENCY TEST

BY APPOINTMENT ONLY
STARTING JANUARY 14, 2013

MONDAY-FRIDAY 9:00AM TO 12:00 NOON
THURSDAY 6:30-8:30 PM
EDISON TECHNOLOGY CENTER

CALL 310.937.3340 x3300
FOR INFO

southbayadultschool
Classes for Lifelong Learning!



At your own speed...

Typist/Keyboarding \$69

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 January 14 and completing by March 15. 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 QuickBooks®, Word®, Outlook®, Excel®, Access® or PowerPoint®. Step-by-step projects, instructional videos, reference cards, software are available. Optional competency testing license is available for \$29. Entry levels from beginning to advanced. Start January 14 and complete by March 15. 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 14

Mon.-Fri. 9-noon

Thurs. evening 6:30-8:30pm

Edison Technology Center

Call 310.937.3340 x3300 for more information



Learn from home! www.ed2go.com/sbas

Try the Administrative Assistant Fundamentals-
Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. See page 9 for details.

Computer & Internet Training

This winter it's time for me to... *Sharpen my office skills!*



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.

(10 Mtgs.) Starts Jan. 15
 T/Th 2-4pm
 Edison Technology Center
 \$99 (Book optional)
 Mike Golden

Register early to ensure your space in class!

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.

(6 Mtgs.) Starts Jan. 17
 Thurs. 5-7pm
 Edison Technology Center
 \$112 (Tuition \$84, Bk. \$28)
 Tish Pollack

The South Bay Adult School continually seeks exciting and interesting classes and instructors. See page 14 for details.

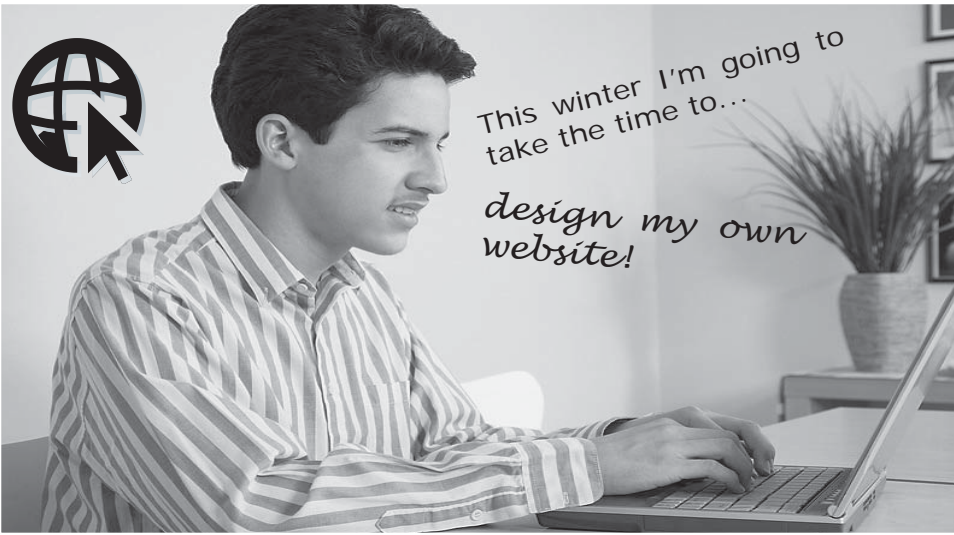
Microsoft Word 2010*



Throughout this course students will get an overview of how to use Word 2010, a part of the Office 2010 package. Topics will 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, creating form letters using mail merge.

(10 Mtgs.) Starts Jan. 16
 Wed. 6-8pm
 Edison Technology Center
 \$99 (Book optional)
 Clifford Seymour





Wordpress Websites 101*



Wordpress is a Content Management System (CMS) open source and FREE.

We will use Headway (a WP Framework) for the design aspects of layout, which is a great tool for designers vs. coders. A simple and easy way to get a professional website up and running and in your control.

Bring your laptop.

Class limited to 14 students.

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.

(5 Mtgs.) Starts Jan. 9 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



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 for you to get to know yourself better as it relates to work.

Instructor: Victoria Westerskov

4 Wednesday meetings start
JANUARY 16, 2013
7-9 pm

\$69 register today!



Interested in building a website? Take Wordpress 101 above. Interested in genealogy? Take the Family History class and use your Wordpress skills to build a website for your family! See page 44.



PREPARE FOR A CAREER IN THE MEDICAL FIELD
register @

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 smart investment choices and find answers to your financial retirement questions in the Investing in Stocks and Bonds for Retirement Income class. See page 37

**HOW TO BECOME A
SBAS INSTRUCTOR**

Instructors Wanted!

You don't need a teaching credential to teach for SBAS.

The South Bay Adult School continually seeks exciting and interesting classes and instructors for our Adult Community Education Program.

If you have a special talent you would like to share with others in the classroom, please download and complete a new course proposal form on our website www.southbayadult.org. You will find the form along with an information sheet on our homepage, click on Teaching Opportunities.

Proposals for classes in the following subject areas are particularly welcome: Jazzercise, Ipad Basics, Voice Classes, Hoop Dancing Environmental/Green Issues.

If you're interested, go to www.southbayadult.org and look for Teaching Opportunities.





Digital Photography

Organizing Your Digital Photos Using Photoshop Elements 11*



Adobe® has just released Photoshop Elements 11, which sports a brand new look and associated workflow. This is a must course to start 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.

(8 Mtgs.) Starts Jan. 15 Tues. 5-7pm
Edison Technology Center \$99
Don Stouder

This winter it's time to learn...

how to use your digital camera!



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

This class is for those who want to learn how to use their digital SLR camera or a compact model that allows the user to manually set the shutter speed and aperture. The class will teach you how to use your camera in its manual mode and take advantage of its 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.

(5 Mtgs.) Starts Jan. 16 Wed. 9-11am
Edison Technology Center \$79
Don Stouder



Register early to ensure your space in class!

CAREER TECHNICAL EDUCATION TEACHING STAFF

All teachers hold valid California Teaching Credentials

Mike Golden, 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 advanced photography classes to aspiring photographers.

Clifford Seymour, M.A., Education, B.S., Marketing, worked as a Technical Project Manager in the financial industry prior to getting his teaching credential in Computer Applications and Business Management. He currently teaches High School Diploma and Career Development classes for LAUSD.

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

**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.

A 35mm digital camera with manual capability is required.



(10 Mtgs.) Starts Jan. 16
Wed. 6:30-9:30pm
Redondo HS-Bungalow B2
(PCH & Vincent)
Raiko Hartman

\$139



**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 emphasis on lighting, composition, creative expression and problem solving skills. We will also discuss basic copyright laws protecting intellectual property.

(8 Mtgs.) Starts Jan. 14
Mon. 6:30-9:30pm
Redondo HS-Bungalow B2
(PCH & Vincent)
Raiko Hartman

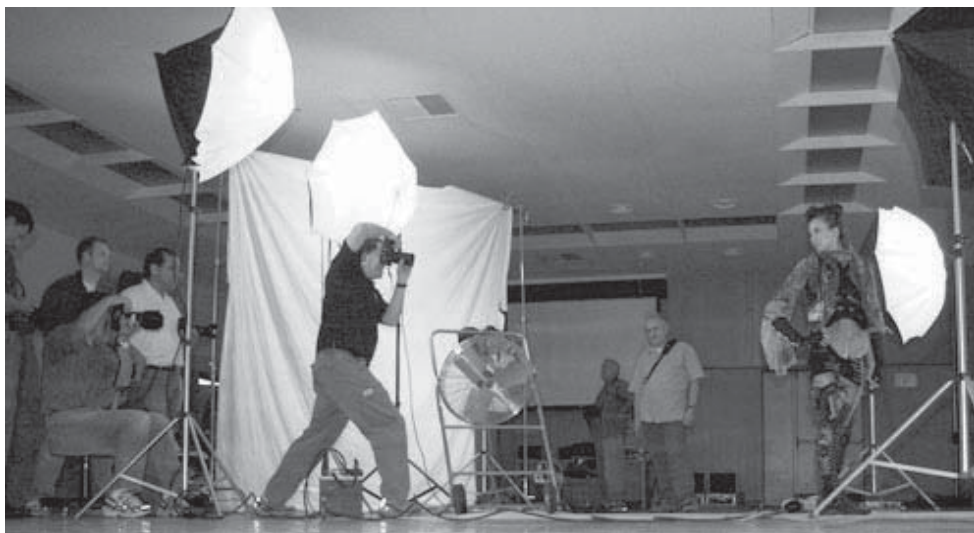
\$119

**Digital Photographer
Advanced***

This advanced class is for photographers who have basic knowledge as well as some knowledge of Adobe® Photoshop®. In this studio photography class, learn how to use studio equipment; how to photograph people and objects and proper lighting techniques. Live models will pose for assignments that you will turn in weekly.

(10 Mtgs.) Starts Jan. 17
Thurs. 6:15-9:15pm
Edison Center Conf. Hall A
Raiko Hartman

\$139





Learn from home with
www.ed2go.com/sbas

Here are a few classes to try....

- Grow Your Own Edible Garden**-Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you'll learn how to give your garden a healthy start and keep it growing strong all season.
- Assisting Aging Parents**-Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.



Winter 2013 BRAIN FITNESS PROGRAM @ South Bay Adult School

THE IMPROVEMENTS ARE LASTING!

Ten weeks (80 hours total time) to complete.
 No computer expertise needed.
 A trained teacher is available to help participants get the most from the program.

Class facilitated by Barbara Polk

The benefits of the class are retained long after the class is completed. Benefits include:
 10+ years improvement in memory
 30+ percent faster auditory processing.



MEMORY ENHANCEMENT I

(Your Brain on Your Terms)
 Prevent, delay, reduce and reverse memory decline. Join a fun, engaging class of discussions and brain fitness activities based on the latest research! Ten weeks in our program, designed by neuroscientists, leads to an average 10 year reduction in brain age. Program continually adjusts to each individual. Daily progress reports.

NEWEST UPDATED SOFTWARE!

Starts Monday, January 14, 2013
 (40 meetings)
 10:30 am to 12:30 pm
 M, T, W (Instructor led)
 Thurs. or Fri. (continue on your own)
 Edison Center, 3401 Inglewood Ave., R.B.
 \$99

FREE 30 Minute Demo OPEN HOUSE @
 Edison Technology Center
 Drop by between 10:00am-noon
 Thursday, January 10, 2013
 Registration preference to Demo Day attendees!

MEMORY ENHANCEMENT II

(VISUAL) Featuring INSIGHT
Feel sharper, more confident, at the top of your game. Enhance visual working memory, speed up visual processing, sharpen visual precision, and deal with visual distractions. Exercises adapt to each person's ability level.

Recommended: Memory Enhancement I

NEWEST UPDATED SOFTWARE!

Starts Monday, January 14, 2013
 (40 meetings)
 10:30 am to 12:30 pm
 M, T, W (Instructor led)
 Thurs. or Fri. (continue on your own)
 Edison Center, 3401 Inglewood Ave., R.B.



\$99

Created by a team of neuroscientists, this program has been evaluated by the Mayo Clinic to reduce brain age by an average of ten years.



GET BRAIN FIT.

Join today!

www.southbayadult.org

Professional Development

This winter it's time to...
set career goals!



Winter time is a great time to set career goals. Try sharpening your career/computer skills by taking one of our MS Office classes.
See page 12.

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 21 years.

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

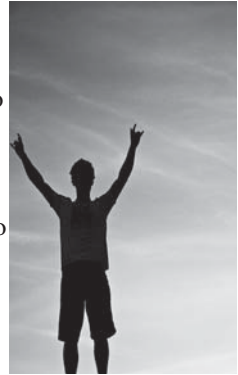
(4 Mtgs.) Starts Jan. 16 Wed. 7-9pm
Redondo HS, Rm. 807 \$69

Purpose, Passion, Performance!

Research indicates that a clear sense of purpose and passion are key ingredients to outstanding success. This class will help you define yours and show you a process to the performance you dream about!

Mary Lyn Miller is a life/career coach with 22 years of experience helping clients worldwide innovate effective marketing strategies.

(1 Mtg.) Jan. 17 Thurs. 7-9:30pm
Mira Costa, Rm. 37 \$34



**LEARN TO PLAY THE
UKULELE**
with Mitch Chang!



In Mitch's class you will learn from the pro how to figure out songs and strums by ear in seconds on your own ukulele!

LEARN TO PLAY THE UKULELE class starts January 7, 2013

See page 41 for details!



Improve your world and try something new. This winter we're offering Intro to Filmmaking.
Try it!
See page 38.



Register early to ensure your space in class!

Come for your Child, Stay for Yourself!

Parent & Me Preschool

Judy Spragg, Coordinator

CLASSES BEGIN WEEK OF January 7, 2013

Stay

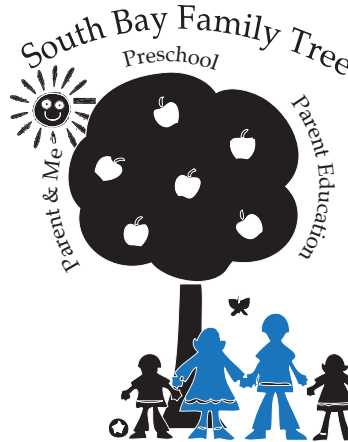
We help enlighten parents in raising self-reliant, well balanced children.

We utilize child development techniques to help parents build a solid parenting foundation.

Our program provides a wealth of opportunities for friendship and family connections.

We empower parents to become advocates for children by being their child's "first" teacher!

Join us in our supportive parent community where you will learn right along with your child.



Where families nurture & grow together!

REGISTRATION

NEW STUDENTS

Register online at www.southbayadult.org click on

REGISTER HERE then go to PARENT EDUCATION

LOCATIONS

HERMOSA BEACH

North School
417 25th Street
(park at Morningside Drive)

MANHATTAN BEACH

Manhattan East
(located above & west of Polliwog Park on Peck Ave., north of Manhattan Beach Blvd.)

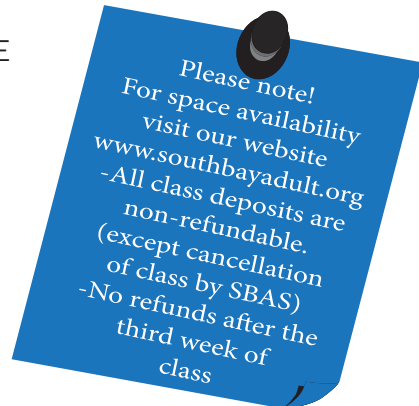
Pacific Center-1600 Pacific Ave.

REDONDO BEACH

Dominguez Park
200 Flagler Lane
Knob Hill
320 Knob Hill

ABOUT

Since 1952 South Bay Adult School has provided parenting classes to thousands of families in the South Bay area. We offer classes for infants, toddlers, two's, preschoolers, transitional kindergarten, as well as evening, sibling, sign language, food fun, after naptime and outdoors as a classroom.



Register today!

Come for your Child, Stay for Yourself!

Infant & Toddler

Winter 2013

ABOUT



Parents establish positive parenting attitudes through participation, discussion & observation. In class children learn through discovery and play in a safe environment.

\$67 tuition per term due before 12/1 and 3/1.

\$35 per child non-refundable registration fee.

\$102

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 & development.

INFANT (0-6) current age class size 20

TH **NEW!** 12:00-2:30 pm Man. East 20 Andersen

INFANT (0-6) birthdate Mar-Sept 2012 class size 20

T 12:00-2:30 pm Man. East 20 Allsbrook

W 9:30-12:00 noon Man. East 20 King

TH 12:00-2:30 pm Man. East 18 King

INFANT (0-6) EVE birthdate Mar-Sept 2012 class size 16

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

\$100 tuition per term due before 12/1 and 3/1.
\$35 per child non-refundable registration fee.

\$135

TODDLERS (12-18) birthdate Mar-Sept 2011 class size 20

TH 9:30-12:00 noon Man. East 17 Andersen

F 9:30-12:00 noon Man. East 18 Owens

Parents may not bring older or younger children (except babies 0-5 months) to class.

TODDLERS (16-24) EVE age as of Sept 2012 class size 16

W 6:00-8:30 pm Man. East 17 Andersen

\$100 tuition per term due before 12/1 and 3/1.
\$35 per child non-refundable registration fee.

\$135

TODDLER (18-24) birthdate Sept 2010-Mar 2011 class size 20

T 11:00-2:00 pm Pacific 51 Harris

TWO TO THREE'S birthdate Sept 2009-Sept 2010 class size 22

M or F 9:00-12:00 noon North 4 Allsbrook

W 8:30-11:30 am North 4 Allsbrook

F 9:30-12:30 pm North 5 Duffy



www.southbayadult.org

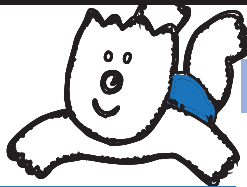
Come for your Child, Stay for Yourself! Parenting the Preschooler

Play

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 their muscles. Children learn cooperation and other social skills that help them succeed in school.

Please note:
Teacher's assignments subject to change.



\$165 tuition per term due before 12/1 and 3/1.
\$65 per child non-refundable registration fee.
\$230

Winter 2013

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. Class size 25.

Visit our website to view our complete list of classes.
www.southbayadult.org

2 1/2 to 3 YEARS birthdate Sept 2009-Mar 2010

M/W	8:45-12:15 pm	North	5	Kilcollins
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3 to 4 YEARS birthdate Dec 3, 2008-Dec 3, 2009

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

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.



Register today!

www.southbayadult.org

Come for your Child, Stay for Yourself!

Pre-K

Winter 2013

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. Class size 25.



Pre-K

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 concentrate, focus, listen and solve social problems. These skills will support a successful transition into elementary school.

4 to 5 YEARS

birthdate October 1, 2012

M-F	8:30-12:30 pm	Pacific	52	Kringen
M-F	8:30-12:30 pm	North	3B	Greene

\$540 tuition per term due before 12/1 and 3/1.
\$100 per child non-refundable registration fee.

\$640

Visit our website to view our complete list of classes.
www.southbayadult.org



TRANSITIONAL KINDERGARTEN

Parents! Give you and your child an additional readiness year before kindergarten. This class follows the Houghton Mifflin transitional kindergarten curriculum in language arts, math and science. Space is limited. Children who turn five years old between January 1 and December 31, 2012 are eligible to attend. For birthdate exceptions please call 310.376.6211 x12. Parents participate one day a week.

M-F	8:30-12:30 PM	Knob Hill	TK	Cataldo
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\$573 tuition per term due before 12/1 and 3/1.
\$100 per child non-refundable registration fee.

\$673

www.southbayadult.org

Come for your Child, Stay for Yourself! More!

Winter 2013

AFTER NAP TIME PLUS SIBLING (18 mos. to 5 years)

Child's age as of Sept 2012 class size 15

Find out how late afternoon does not have to be the meltdown hour for you and your children. Join us after naptime and school pickup for fun, art, play, music, storytime, parenting and dinner.

T	3:00-6:00 pm	Pacific	51	Harris	
\$100 tuition per term due before 12/1 and 3/1 \$35 per child non-refundable registration fee.					\$135

FOOD FUN Healthy Food Tasting & Prep for 3-5 year olds

Child's age as of Sept 2012 class size 22

Art, music and field trips will enhance lessons in food tasting, simple preparation, kitchen and food safety and healthy eating tips. Your child will engage in fun, hands-on activities and will be encouraged to try new, healthy food in a non-threatening environment. Children will learn to make mindful and healthy choices that will affect their life-long well-being.

T	12:30-3:00 pm	Pacific	54	Steese	
\$67 tuition per term due before 12/1 and 3/1. \$35 per child non-refundable registration fee. \$15 material fee.					\$117

EVENING CLASSES Child's age as of Sept 2012

Parenting Infants, Toddlers and Two's class size 16

Parents enroll in the evening classes according to their children's ages. The classes have a smaller capacity because often both parents attend. The infant class is set up to accommodate only infants and their parents, but siblings are welcome at all other evening classes. The Parent Education discussions as well as the children's activities are similar to those offered in the morning classes. These classes are ideal for working parents who want to be involved in their child's early school experience.

W	0-6 mo.	6:00-8:30 pm	Man. East	20	Saikley
W	16-24 mo.	6:00-8:30 pm	Man. East	17	Andersen
\$100 tuition per term due before 12/1 and 3/1. \$35 per child non-refundable registration fee.					\$135

Parenting the Preschooler Plus Younger Sibling-Evening class size 16

Evening classes have a lower class size to accommodate the possibility that both parents may attend with their children. The children's activities are similar to those offered in the morning classes. Outside play takes place in a well-lit playground when the evenings get dark. Evening classes provide positive opportunities for families to share early school experiences.

W	4-5 yrs.	6:00-8:30 pm	North	3B	Greene
TH	3-4 yrs.	6:00-8:30 pm	Pacific	53	Palmer
\$100 tuition per term due before 12/1 and 3/1. \$35 per child non-refundable registration fee.					\$135

Visit our website to view our complete list of classes. www.southbayadult.org

Come for your Child, Stay for Yourself! & More!

Balanced Parenting: Restoring Harmony to Your Home

Through a healthy balanced perspective, parents will learn to develop strong family bonds, maintain a sense of harmony in the home, and prevent children's negative behaviors. Parents will learn about setting healthy limits, reconnecting through play, parental self-care, and preventing perfectionism.

Kelly Collins, OTR/L, a Pediatric Occupational Therapist, has 12 years experience working with children and their families. She has experience addressing difficult behaviors in a variety of settings, through family education and support.

(6 Mtgs.) Starts Monday, Jan. 7, 7-8:30pm

Mira Costa-Rm. 36

\$69 per person

\$20 discount to second parent, same family.

Call Irma for more information 310.372.5456



PARENT EDUCATION TEACHING STAFF All teachers hold valid California Teaching Credentials

Franci Agajanian, M.A.
Cheryl Allsbrook, M.A.
Jan Andersen, B.A.
Katie Brodtkin, B.A.
Kathy Cataldo, B.A.
Jenifer Duffy, B.A.
Amy Glasman, M.Ed.

Felice Greene, B.A.
Lynn Harris, M.A.
Laura Kilcollins, B.A.
Turid King, B.A.
Cindy Kringen, B.A.
Carmel Madonna, A.A.
Kathie Nichols, B.A.

Natalie Owens, M.Ed.
Gabriele Palmer, A.A.
Nancy Pekarek, B.A.
Susan Robinson, B.A.
RosaLee Saikley, M.A.
Caryn Steese, A.A.
Stella Varey, B.A.



liveWell tots

A Beach Cities Health District Program

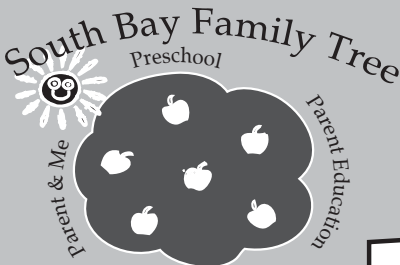
Nutrition and well-being education for preschoolers.

Like us on  at facebook.com/beachcitieshealthdistrict

Come for your Child, Stay for Yourself!

PARENT EDUCATION

Parent Education



OPEN HOUSE

Adults only, please.

Where families nurture & grow together!

Consider a bright future for your child when he/she attends one of our preschool classes!

Come and visit our award winning preschool classes where parents participate one day a week.

We offer preschool classes for children 2-1/2, 3, 3-4, 4-5, and 5-6.



February 4-8, 2013

9:00-11:30 am

Knob Hill
320 Knob Hill
Redondo Beach

Manhattan East
on Peck Ave north of
Manhattan Beach 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

Come for your Child, Stay for Yourself!

WINTER TERM PREREGISTRATION



Where families nurture & grow together!

- For our entire class schedule, refer to www.southbayadult.org. In the Parent & Me Preschool Registration box, click on Register Here.
- Non-refundable deposit collected at registration.
- For space availability, visit our Web site at www.southbayadult.org

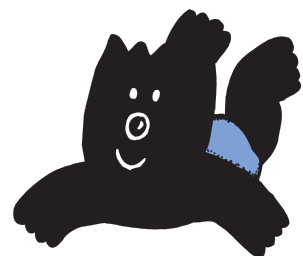
Use this chart to determine the appropriate class for your child.

Class	Age Requirements
One-Day Parenting the Preschooler	Child's age as of Sept. 2012
Two-Day Parenting the Preschooler 2½-3 yrs.	Children born between Sept. 2009 and Mar. 2010
Two-Day Parenting the Preschooler 3-4 yrs.	Children born between Nov. 1, 2008 and Dec. 31, 2009
Three-Day Parenting the Preschooler 3-4 yrs.	Children born between Sept. 1, 2008 and Sept. 1, 2009
Pre-Kindergarten Parenting the Preschooler 4-5 yrs.	Child's age as of Nov. 1, 2012
Transitional Kindergarten	5 yrs. as of Jan. 1 to Dec. 31, 2012

We encourage parents of children born between Sept. 1, 2008 and Nov. 1, 2008 to register their child for a three day class.

Parent Education Office
Judy Spragg, Coordinator

Pacific Center
1600 Pacific Avenue,
Manhattan Beach, CA 90266
310.376.6211 x12



FIRST TIME STUDENTS

As a new student, you may register 2 ways:

1. Online with credit card at www.southbayadult.org
OR
2. Walk-in, 8am-2:30pm at Parent Education Pacific Center, Rm. 50, 1600 Pacific Ave., M.B., with credit card, check or money order only.

If a class is full, please add your name to the online waiting list.

PARENT EDUCATION FEE SCHEDULE Jan-June 2013

Class Sections	Number of Meetings per week	Age of Child	Non Refundable Registration Fee Per Enrolled Child	Tuition Due: Before Dec. 1 Before Mar. 1
Parenting The Infant, Toddler & Two Year Old	1	0-2 years	\$35	\$67 per term
Parenting The Preschooler	1	2½ - 5 years	\$35	\$67 per term
Parenting The Preschooler	2	2½ - 3 years	\$65	\$165 per term
Parenting The Preschooler	2	3-4 years	\$65	\$165 per term
Parenting The Preschooler	3	3-4 years	\$65	\$250 per term
Parenting The Preschooler (Pre-K)	5	4-5 years as of Nov. 1, 2012	\$100	\$540 per term
Transition to Kindergarten	5	5 years between Jan. 1 - Dec. 31, 2012	\$100	\$573 per term

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

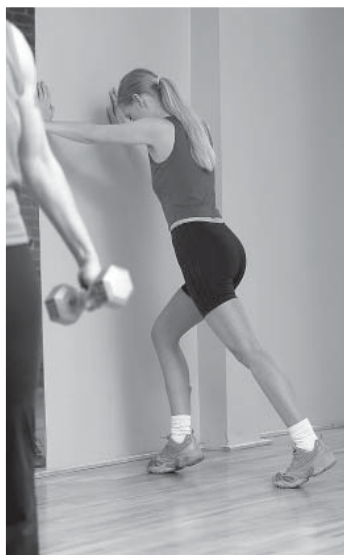
Class Sections	Number of Meetings per week	Age of Child	Non Refundable Registration Fee Per Enrolled Family	Tuition Due: Before Dec. 1 Before Mar. 1
Parenting The Infant, Toddler, & Two Year Old	1 (Evening Class)	0-2 years	\$35	\$100 per term
Parenting The Preschooler Plus Siblings	1 (Evening Class)	2½ - 5 years	\$35	\$100 per term
Parenting Toddlers, Two's and Preschoolers Plus Siblings After Nap Time	1 (Afternoon Class)	18 mos. - 5 years	\$35	\$100 per term
Parenting The Preschooler Plus Siblings	2 (Morning Class)	2½ - 5 years	\$65	\$195 per term

Come for your Child, Stay for Yourself!

- New enrollment is for the January-June program. Enrolled students have priority for the 2013-2014 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.

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

All classes, MCHS Track/Weight Rm.

Starts Jan. 7

M/W 5:30-6:30pm \$69

Starts Jan. 7

M/W 5:30-6:30pm and Sat. 9-10am \$74

Starts Jan. 12

Sat. only 9-10am \$44

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 3 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.

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

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.

(16 Mtgs.) Starts Jan. 7 M/W 6:30-8pm
 Redondo HS Weight Rm. \$99





Swimming: Non-Swimmers and Beginners

If you are afraid or hesitant in water, this enjoyable class is just what you need. Non-swimmers will learn to relax and beginners will receive basic stroke instruction. Get in the swim and come have fun in our heated pool! Class size limited. Call 310.937.3340 x3308 or register at www.southbayadult.org. First day of class walk-in registration is on a space available basis.

Kathi Wilson is a Red Cross Water Safety Instructor who has been teaching swimming at SBAS for over 30 years.

(16 Mtgs.) Starts Jan. 7 M/W 7:30-8:30pm, Redondo HS Pool \$79

Swimming: Advanced Beginners and Intermediate

Improve your swim strokes and endurance under the guidance of an experienced teacher. Our outdoor pool is heated. Class size limited. Register at www.southbayadult.org or call 310.937.3340 x3308.

(16 Mtgs.) Starts Jan. 7 M/W 8:30-9:30pm, Redondo HS Pool \$79

Kathi Wilson

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 or call 310.937.3340 x3308 for Redondo or 310.372.5456 for Mira Costa. First day of class walk-in registration is on a space available basis.

(16 Mtgs. ea.)

Starts Jan. 7 M/W 7:30-8:30pm, Redondo HS Pool \$79

Starts Jan. 7 M/W 8:30-9:30pm, Redondo HS Pool \$79

Starts Jan. 8 T/Th 7:30-8:30pm, Mira Costa Pool \$79

Kathi Wilson

Swimming: Masters Program

This class is for tri-athletes, pier-to-pier swimmers and swimmers seeking a structured swim workout. Train to improve your time, endurance and strokes with varied workouts for your level. Call 310.372.5456 or register at www.southbayadult.org. Class size may be limited. First day of class walk-in registration is on a space available basis.

(16 Mtgs.) Starts Jan. 8 T/Th 7:30-8:30pm, Mira Costa Pool \$79

Kathi Wilson

Preregistration is required for all swim classes

Register at www.southbayadult.org



This winter it's time to... Swim for your health and for fun!





Pilates for Everyone

Pilates is for everyone, from the most advanced athlete to the beginner. There is a modification or challenge waiting for everyone! This class combines classical Pilates with a dash of flare to balance and awaken the mind and body. Pilates will help improve your overall wellness and enhance your day-to-day activities. Bring a mat, towel, and a bottle of water and get ready to join the passion for Pilates.

Shannon Stephen, PMA certified in Mat Pilates through Equinox, has practiced Pilates for 8 years.

(16 Mtgs.) Starts Jan. 8
T/Th 5:30-6:30pm \$89
Mira Costa Cafeteria



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.

(16 Mtgs.) Starts Jan. 7 M/W 6-7:30pm
Redondo HS Dance Rm. \$89

Plus Size Yoga

Plus size men and women practice, benefit from and enjoy yoga. Treat yourself with compassion and avoid unnecessary self-consciousness. Friendly and welcoming environment. Wear comfortable clothing. Bring a mat, large towel and water.

Efrat Pomeranitz, Certified Yoga Instructor, has taught and practiced yoga for more than a decade.

(6 Mtgs.) Starts Jan. 9 Wed. 6-7pm
Redondo HS-Rm. 3 \$49



Sun Style Tai Chi

Sun Style Tai Chi is quickly becoming popular. Tai Chi has been proven to benefit people with balance problems, various forms of arthritis, high blood pressure and depression. This Sun Style Tai Chi, which is terrific for beginners or first timers, is easy to learn with six basic and six advanced steps. Your instructor is committed to having fun while practicing this healthy form of callisthenic exercise. Please come join us!

Marc Saldana began teaching Tai Chi Chuan in San Diego May 1999. He enjoys his work and intends to teach you Tai Chi with great patience, dedication, understanding, joy! He has led fitness classes such as fitness, aerobic and resistance trainings for older adults.

(5 Mtgs.) Starts Jan. 10 Thurs. 8:30-9:30am
Edison Center Conference Hall A \$49



Wu Style Tai Chi Chuan

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 Style Tai Chi masters. She has over 25 years experience teaching at colleges and adult schools.

(5 Mtgs.) Starts Jan. 23 Wed. 7-8:30pm
Redondo HS-710 Diamond St. \$64



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! No dance background is necessary to enjoy a Zumba Fitness class. Beginners are welcome any time. There are no complicated dance routines to learn. Please wear tennis shoes and bring water and towel.

Carol Acosta is a Zumba® Fitness certified instructor #2174 from 2006 to present.

“Wonderful class - I always have tons of fun and a great workout”

(8 Mtgs.) Starts Jan. 16 Wed. 6-7pm
Mira Costa Cafeteria \$64

Zumba® Gold Fitness



The Zumba® Gold Fitness program is an innovative, fun and exciting program. Designed for the active older adult, Zumba® Gold is done at a lower intensity, not as fast, but certainly as fun!

The same great Latin styles of music and dance are used. Please wear athletic shoes; bring towel and water. *Grace Maxwell, M.A., has been teaching dance in the South Bay for 14 years.*

(8 Mtgs.) Starts Jan. 10 Thurs. 4-5pm
Edison Conference Hall A \$64

Volleyball

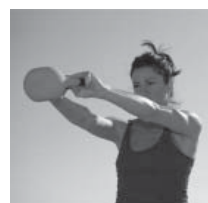
Come learn to play or develop your skills in volleyball. The class is divided into skill levels. White-soled tennis shoes a must. Register at www.southbayadult.org or call 310.372.5456. Class size limited. Walk-in registration is on a space available basis. *Greg Au has played and coached volleyball for over 30 years.*



(16 Mtgs.) Starts Jan. 7 M/W 7-9:30pm
MCHS Large Gym \$79

Kettlebell Blast!

Kettlebell workouts are a fun way to strengthen every muscle in the body while improving back and core strength, cardio endurance, and overall balance and flexibility. This class will focus on using full-body and functional movements and is for all fitness abilities.



Maximum 20 students.

Veronique Franciskovich received personal training and instruction from Russian Kettlebell Challenge (RKC) Certified Trainers and is certified as a Hardstyle Kettlebell Certified (HKC) Trainer through Dragon Door, and as a personal trainer through the National Academy of Sports Medicine.

(16 Mtgs.) Starts Jan. 8 T/Th 6:45-7:45pm
Mira Costa Cafeteria \$89

Low Impact Aerobic/Muscle Toning/Stretch Class

NEW!

Release anxiety, stress, and gain mental, emotional and physical well-being in



this low impact class set to music. Cardiovascular exercise will help improve the overall conditioning of the heart, increase metabolic rate, and promote fat loss through safe, fun, and energetic movement. The muscle toning portion will

target different areas, shape and strengthen muscles. Stretching will help to increase overall flexibility which is key in maintaining a healthy back, body and mind. This class promises to be a great but safe effective workout. Please bring a mat, energy and a smile. *Carrie Kerster majored and graduated with a degree in Physical Education/Ergonomics-Nutrition. Carrie has taught a variety of high and low impact aerobics to ALL ages, as well as classes to seniors, prenatal classes, and she has set-up exercise plans for people with a variety of injuries.*

(7 Mtgs.) Starts Jan. 7 Mon. 9-10am
Edison Conference Hall A \$59

Health & Well-Being

This winter it's time to... *take control of my health!*



Mind Over Platter

Engage your subconscious mind to reduce your craving for specific unhealthy foods that you eat too much and increase your preference for healthful foods that you now avoid. Learn to extend the process to adjust emotions, skills, habits and body functions.

Duncan Tooley, B.S., taught physics and mathematics for 7 years. When he discovered the powerful mind-body connection that cured his disabling neuropathy, he became a hypnotherapist to help others discover the power of their mind.

(2 Mtgs.) Jan. 30 & Feb. 6 Wed. 7-9pm
 Redondo HS-Rm. 803 \$49

Check out our Older Adult Fitness class on page 33.

Developing Your Intuition Through the Chakras

The chakras are energy centers connecting mind, body and spirit, and are central to many spiritual and energy healing traditions. In this course we will explore the chakras as doorways for developing your natural intuition through meditation, visualization, and other contemplative practices.



Lisa Erickson, teacher, writer, specializes in the chakras, energy anatomy, meditation, metaphysics and women's spirituality.

(5 Mtgs.) Starts Jan. 15 Tues. 7-8:30pm
 Mira Costa-Rm. 35 \$64

Remake and Reshape Your Body with Nutrition



Tired of all the dieting confusion? Discover five guaranteed, 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.

(2 Mtgs.) Jan. 16 & 23 Wed. 7-9:30pm
 Mira Costa-Rm. 35 \$44



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. All levels welcome, especially beginners. Bring a 9x12 drawing pad, #2 pencil and pink or white eraser to first class.

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

(8 Mtgs.) Starts Jan. 8
Joslyn Center
Northeast Rm., M.B.

Tues. 10-noon
\$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.

(8 Mtgs.) Starts Jan. 10
Joslyn Center
Northeast Rm., M.B.

Thurs. 10-noon
\$59

Fitness



Shape Up for Older Adults

Stretch, breathe and strengthen your heart, lungs and body. Improve your posture and coordination. Flexibility, toning and conditioning emphasized. **Bring a mat to class.**

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

(20 Mtgs.) Starts Jan. 8
Manhattan Heights Community Ctr. Aud.

T/Th 9:30-11:00am
\$64



**FREE 30-minute
DEMO Day Open House at Edison
Technology Center
Memory Enhancement I
Your Brain on Your Terms**

**Drop in between 10-noon
Thursday, January 10
Registration preference given
to those who attend
a Demo session.**

MEMORY ENHANCEMENT I



(Your Brain on Your Terms) \$99

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 with a daily progress report. Benefits endure for many years.

Starts Mon. Jan. 14 (40 Mtgs); 10:30am-12:30pm
M,T,W (Instructor led);
Thurs. or Fri. (continue on your own)

Preregistration required.

MEMORY ENHANCEMENT II (VISUAL)



Featuring INSIGHT \$99

Feel sharper, more confident, at the top of your game. Widen your field of view, speed up visual processing, sharpen visual precision, and deal with visual distractions. Exercises adapt to each person's ability level.

Recommended: Memory Enhancement I

Preregistration required.

Starts Mon. Jan. 14 (40 Mtgs); 10:30am-12:30pm
M,T,W (Instructor led); Thurs. or Fri. (continue on your own)

Classes facilitated by Barbara Polk





YOUR MONEY

Personal Finance

Financial Technology 101

We will review investment basics and how to consume online information smartly. We will also review the latest technologies being used to analyze and track portfolios and investments.



Scott Bell has more than a decade of experience within the banking and wealth management industry. Scott's specialties are in economics, asset allocation, portfolio management and technology.

Bring your laptop.

(4 Mtgs.) Starts Jan. 14 Mon. 7-9pm
Redondo HS-Rm. 804 \$69

How to Make Your Own Personal Budget

This course will provide you with the opportunity to develop skills for solving real-world financial situations. We will address personal financial planning, budgeting, credit management and consumer purchases. You will learn how to use your decision-making skills to become a responsible consumer. After taking this course, students will understand important budgeting concepts, be able to create a 12-month personal budget and be able to implement strategies to develop long-term savings. Please bring 12" ruler, paper and flash drive (optional).

Laptop optional.

Robert Rapoza has over 12 years experience developing and managing multi-million dollar budgets for both public and private agencies. His financial background along with his auditing experience, creates a strong basis of understanding budget development and financial management.

(2 Mtgs.) Jan. 16 & 23 Wed. 6:30-8:30pm
Redondo HS-Rm. 803 \$49

Register early to ensure your space in class!

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!"

(6 Mtgs.) Starts Jan. 16 Wed. 7-9pm
Mira Costa-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."

(2 Mtgs.) Jan. 24 & 31 Thurs. 7-9pm
Mira Costa-Rm. 37 \$44

5 Steps to Turn Your Hidden Talents into a Business

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

Mary Lyn Miller is a career consultant who has helped many people make successful and financial rewarding transitions.

(1 Mtg.) Jan. 24 Thurs. 7-9:30pm
Mira Costa-Rm. 204 \$34



Real Estate



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.

(1 Mtg.) Jan. 14 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."
(2 Mtgs.) Jan. 17 & 24 Thurs. 7-9:30pm
Mira Costa-Rm. 38 \$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.

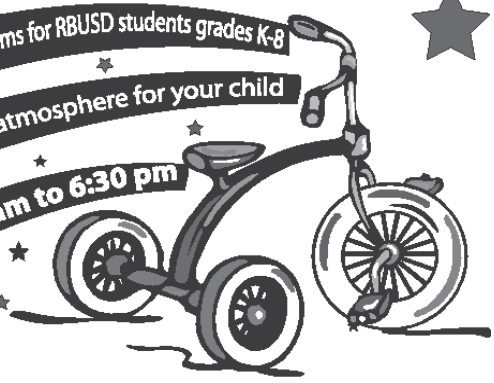
Full Cost*Low Cost*No Cost

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310.798.8683
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★ *Caring teachers licensed by the State of California.*
A 14:1 school age and 8:1 preschool child to adult ratio.

★ *Before & after school programs for RBUSD students grades K-8*
★ *A safe enriching atmosphere for your child*
★ *Open 6:30 am to 6:30 pm*



EXPRESS YOURSELF

Fine Arts

Acrylic Painting One Step



at a Time

Learn everything you need to know about acrylic painting; how to mix colors, select materials

and create still life, landscapes, animal life and amazing portraits. Bring a set of paint brushes, black and white paint, and a 9x14 canvas. Supplies extra.

Carlos Angulo is a professional artist who specializes in graphic design and pattern making, and has a passion for art.

“Carlos is an amazing instructor. He has such a good eye for detail and color.”

(6 Mtgs.) Starts Jan. 8 Tues. 6:30-9pm
Mira Costa-Rm. 102 \$89

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 15 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.

(8 Mtgs.) Starts Jan. 8 Tues. 10-12:30pm
Edison Conference Hall A \$109



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 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.”

(6 Mtgs.) Starts Jan. 16 Wed. 6:30-8:30pm
Redondo HS-Rm. 216 \$84

Watercolor Painting

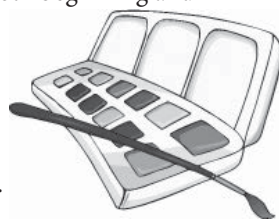
Explore the dynamics of color. Learn to structure paintings with simple compositional elements. Exercises are designed for both beginning and intermediate students.

Returning students can bring supplies and start painting.

Beginners will watch a demo and instructor will go over supply list.

Olia Smile, professional artist, educated in eastern Europe, has been a working and teaching artist for over 20 years.

(6 Mtgs.) Starts Jan. 10 Thurs. 6:30-9pm
Mira Costa-Rm. 102 \$89



Register early to ensure your space in class!



Drawing and Painting of Flowers and Plants

Learn how to draw and paint flowers and plants. Easy step-by-step instructions will get you started. Learn about basic structure and beauty of flowers and plants and how to sketch, shade, and color. Special effects can be added if desired. All levels welcome.

For drawing please bring a 9x12 drawing pad, #2 pencils and erasers. For painting or coloring, choose your medium and tools or get advice from instructor during class.

Hannah Swillum studied Fine Arts, Visual & Industrial Design and has worked over 15 years designing and painting floral as a textile designer.

(5 Mtgs.) Starts Jan. 7 Mon. 7-9pm
Redondo HS-Rm. 216 \$74

Creative Writing: Novels

Is your story idea collecting dust in the back of your head? Get your ideas on the page in this introductory writing course that will guide you through the fundamentals of character and plot development for novels.

Susanna DeSimone is a writer/producer and university instructor.

(5 Mtgs.) Starts Jan. 16 Wed. 7-9:30pm
Redondo HS-Rm. 805 \$89



An Introduction to Filmmaking



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.

NEW!

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 a 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.

(4 Mtgs) Starts Jan. 7 Mon. 6:30-9pm
Redondo HS-Rm. 805 \$74

Performing Arts

Comedy Improv - Beginning

Let your spontaneity flow! Play and laugh while learning the arts of improvisation, communication, presentation and comedy. Class coaching in creative instinct allows you to surprise yourself and say things you never planned! Experience a supportive, interactive team comedy game class where there are no wrong answers. Learn improvisational comedy acting. No special skills required and newcomers are welcome. *Julie Martin is active in the improv community directing, teaching and performing. She is founder of a comedy troupe and has been an adult educator and trainer for over 20 years.*

(6 Mtgs.) Starts Jan. 7 Mon. 7-9:30pm
Redondo HS-Rm. 3 \$104



Comedy Improv - Intermediate

Play, laugh and increase your performing and presentation confidence! Explore the next level of improvisation with character work, heightening and fun theatre games. Open up to your unique sense of humor during this exciting class team building experience! Prerequisite: Completion of beginning class and/or permission of instructor.

(8 Mtgs.) Starts Jan. 8 Tues. 6:45-9:15pm
Mira Costa-Rm. 1 \$139
Julie Martin



Learn the universal language of American Sign Language (ASL).
See page 45.

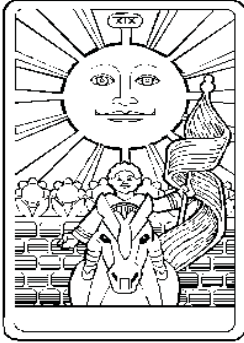
The Magic of Magic

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.

(5 Mtgs.) Starts Jan. 7
Redondo HS-Rm. 806

Mon. 7-9pm
\$74



Tarot Reading for Fun and Profit

Learn the major arcana of the Tarot pack to amaze and entertain friends and family. The history and background of the Tarot will be explained in a scholarly manner without reference to any supernatural context.

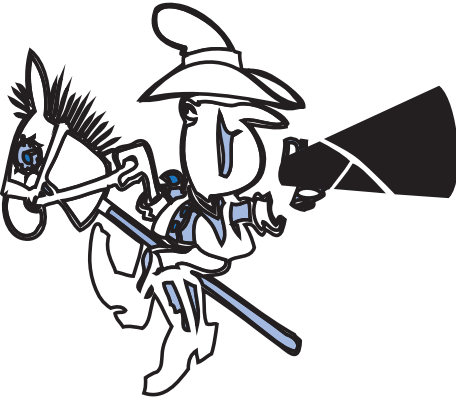
Mark Edward Wilson has extensive experience doing Tarot readings for both corporate and entertainment venues.

(5 Mtgs.) Starts Jan. 9
Redondo HS-Rm. 806

Wed. 7-9pm
\$74

Dance

This winter it's time to...kick up your heels and learn to line 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, geared to the group's abilities. Come have fun - and it's great exercise.

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

(8 Mtgs.) Starts Jan. 8 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.

(8 Mtgs.) Starts Jan. 8 Tues. 7:15-8:15pm
Edison Conference Hall \$64
Karen Racle



Register early to ensure your space in class!



Athletic Grace Dance Studio

113 West Grand Avenue, El Segundo, CA 90245
310.414.9630

Dance instructor: Grace Maxwell

Ballet Fit

(6 Mtgs.) Fee \$59, Starts Mon., Jan. 7, 7-8pm

Ballet-inspired movements help to improve flexibility, balance, and can strengthen, lengthen and tone muscles. Classic ballet movements along with exercises such as crunches and push-ups will promote overall toning, help reduce weight, increase muscle strength and improve coordination. Class is for dancers and non-dancers alike. No previous ballet experience is required. For adults only. No class Jan. 21.

Cardio Tap

(6 Mtgs.) Fee \$59, Starts Wed., Jan. 9, 5-6pm

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. No tap dance experience necessary. Tap shoes are needed. For adults only.

Zumba® Sentao™

(7 Mtgs.) Fee \$69, Starts Thurs., Jan. 10, 6-7pm

The Zumba® Sentao™ workout takes the thrill of the fitness-party and partners it with explosive, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Strut, shake and shimmy as you work your core (and work the chair) in a high energy fitness party that will keep you on the edge of your seat! For adults only.

Zumba® Toning

(7 Mtgs.) Fee \$69, Starts Sat., Jan. 12, 10-10:55am

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.

Zumba® Gold Toning

(7 Mtgs.) Fee \$69, Starts Thurs., Jan. 10, 10-10:55am

The Zumba® Gold Toning program offers the best of both worlds - the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. For adults only.

Preregistration required for these classes.

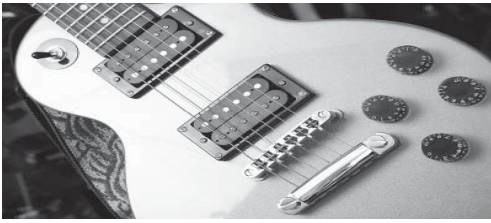
Register at www.southbayadult.org or call 310.937.3340 x3300

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 beachcitysymphony.org for information.

Barry Brisk, Director and Conductor

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



Guitar - Classical 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 concert guitarist who has performed around the U.S. and Europe.

(8 Mtgs.) Starts Jan. 10 Thurs. 7-8:15pm
Mira Costa-Rm. 112 \$64

*“Learning guitar is fun.
Making progress is rewarding.”*

Guitar - Classical 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.

(8 Mtgs.) Starts Jan. 10 Thurs. 8:15-9:15pm
Mira Costa-Rm. 112 \$64
Paul Ellis

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.*

“A very fun, lively, interesting class!”

(10 Mtgs.) Starts Jan. 9 Wed. 7-9pm
Mira Costa-Rm. 2 \$105



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 and tab, rhythms and scales, and some popular songs.

Continuing students will work on more advanced chords, scales and techniques will be applied to popular songs.

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

(8 Mtgs.) Starts Jan. 8 Tues. 7:30-8:30pm
Mira Costa-Rm. 112 \$64

Learn to Play the Ukulele!

Always wanted to learn to play 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 by ear in seconds instead of hours/days/years? Then this class is for you! Students must provide own ukulele (concert/tenor size). Please bring a pen and notebook.

Mitchell Chang, U of Hawaii music program graduate, has been teaching guitar and ukulele since 1994.

(6 Mtgs.) Starts Jan. 7 Mon. 6:30-8pm
Mira Costa-Rm. 111 \$69

Jazz Video Potpourri I

So well received, we're starting the entire series over! Join us for exciting videos and discussions, with the original selection of jazz-related DVDs (first presented Spring 2008).

Each session will again include both educational (topic-related) and entertaining (performance-related) video presentations.

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

(6 Mtgs.) Starts Jan. 8 Tues. 7-9:30pm
Mira Costa-Rm. 41 \$89

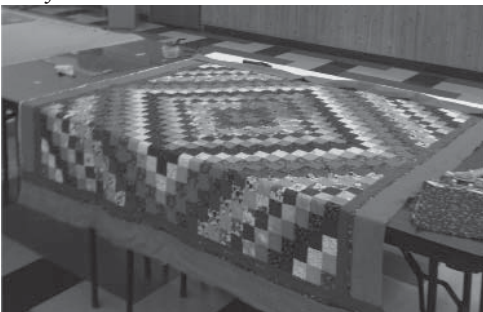


Home Economics

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 18 years and has taught Adult Ed quilting classes for the past 2 years. She provides lectures/trunk shows and workshops for quilt guilds all over California.



"I love this class. What a phenomenal instructor. Great experience all around."

(8 Mtgs.) Starts Jan. 9 Wed. 1-4pm
Edison Conference Hall A \$89



Home Décor Sewing

Create your own home décor items. Learn how to calculate fabric amount and sew pillows, cushions, bedding, slipcovers and beginner level window treatments. Discussion of drapes and roman shades for advanced seamstresses. Students need basic sewing skills. Supply list provided.

June Vantrimpont, B.S., owner of Junie Moon Creations in M.B., has been sewing since age 9.

(8 Mtgs.) Starts Jan. 10 Thurs. 6-8:30pm
Mira Costa-Rm. 111 \$89



Cooking

Everyday Desserts



Have you ever looked at a picture in a magazine, or gotten a dessert from a restaurant and wanted to make it at home? Come and learn some simple and beginner friendly options that will bring the restaurant to your home.

Erin Gomez, working wife and mother of 5, loves baking and teaching others. Erin will show you how to make those special restaurant desserts at home.



Preregistration Required by Jan. 25
Register at www.southbayadult.org
or call 310.937.3340 x3308

(1 Mtg.) Jan. 30
Wed. 6:30-8:30pm
Redondo HS-710 Diamond St.
\$47 (Tuit. \$39, Matl. \$8)



Work off those everyday desserts with the Kettlebell Blast workout class!

It's fun and strengthens every muscle in your body while improving your back and core strength.

Enroll today. See page 31.





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.

(1 Mtg.) Jan. 23

Wed. 6:30-9pm

Redondo HS-710 Diamond St.

\$47 (Tuit. \$39, Matl. \$8)



Preregistration Required by Jan. 17
Register at www.southbayadult.org
or call 310.937.3340 x3308

Indian Cooking Made Easy

If you love Indian food but think it is a mystery to cook, this demonstration class is for you. Come explore the unique and delicious flavors of India and learn how easy it is to cook some healthy and tasty classics! Students will be introduced to the Indian pantry and provided printed recipes and get to sample the dishes. All skill levels welcome.

(1 Mtg.) Feb. 20

Wed. 6:30-9pm

Redondo HS-710 Diamond St.

\$47 (Tuit. \$39, Matl. \$8)

Sharmila Khanolkar



Preregistration Required by Feb. 15
Register at www.southbayadult.org
or call 310.937.3340 x3308

La Cucina Italiana

Introductory course demonstrating traditional Italian dishes that can be easily prepared



at home. Step-by-step presentation includes homemade pasta day and pizza day where you will listen, watch and learn from a native Italian chef how to accomplish these dishes and then enjoy tasting them in a friendly and casual environment. Italian culture and food products will be highlighted.

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

(3 Mtgs.) Starts Jan. 28

Mon. 6-8:30pm

Redondo HS-710 Diamond St.

\$99 (Tuit. \$84, Matl. \$15)



Preregistration Required by Jan. 24
Register at www.southbayadult.org
or call 310.937.3340 x3308

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

SPECIAL INTERESTS

Jump Start Your Construction Project



Thinking about updating but have no idea where to start? If you'd 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.

(1 Mtg.) Jan. 31 Thurs. 6:30-9pm
Mira Costa-Rm. 35 \$34

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.

(3 Mtgs.) Starts Jan. 15 Tues. 6:30-8:30pm
Mira Costa-Rm. 111 \$49

Solving the Ultimate Puzzle: Family History



Do you like puzzles? Discover the fun of uncovering your past. Learn easy ways to get quick results using free and inexpensive online and local resources. Acquire the detective skills to avoid dead ends and false trails.

Eric Siess, Ph.D., has over 25 years of personal and professional genealogical experience.

(4 Mtgs.) Starts Jan. 14 Mon. 7-9pm
Mira Costa-Rm. 38 \$64

Energy Upgrades for Remodeling Your Entire House

This is an exciting time to be planning a remodel. This class explores the whole house approach in finding ways to build in energy efficiency. Many new financial rebate and incentive programs



on the federal, state and local levels are available to homeowners that will help maximize the remodeling investment, including Energy Upgrade California! The result will be a healthier home that is not only energy and water efficient but will cost less to operate.

(1 Mtg.) Feb. 7 Thurs. 7-9pm
Mira Costa-Rm. 36

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, Southern California Edison and the Gas Company. Visit us at sbesc.com.



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 7 years. Her work ranges from weddings to photo shoots and she has been featured in several local magazines.

(2 Mtgs.) Jan. 9 & 16 Wed. 7-9pm
Mira Costa-Rm. 102 \$44

LANGUAGES

American Sign Language I

This course will provide students with a strong foundation in American Sign Language (ASL). Students study the American Manual Alphabet, numbers, and a variety of vocabulary and grammar structures are explored within the context of the history of ASL and deafness and Deaf Culture.

NEW!



Class limited to 15 students.

John Baranello III, earned his B.S. in Interpreting for the Deaf from Bloomsburg University of Pennsylvania and continued on to Teacher's College, Columbia University for his M.A. in Teaching American Sign Language as a Foreign Language. John has a variety of work experience in the Deaf community and foreign language education.

(8 Mtgs.) Starts Jan. 10 Thurs. 7-9pm
Mira Costa-Rm. 200 \$94

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.

(8 Mtgs.) Starts Jan. 8 Tues. 6:45-9:15pm
Mira Costa-Rm. 205 \$115

German - Intermediate

Take your language skills to the next level and feel more confident speaking and understanding German. Practice every day situations and enjoy a fun class environment.

Christine Woods, a professional German translator, taught English at a German adult school for many years.

(9 Mtgs.) Starts Jan. 8 Tues. 6:30-8pm
Mira Costa-Rm. 200 \$89



English as a Second Language classes are offered on page 6.
Learning English can help you in your everyday life!



*Register early to
ensure your space
in class!*

LANGUAGES

Languages

Italian Conversation – Beginning



Divertente! This course is for beginners and for those who would like to start all over again. Speaking, listening, and understanding skills are emphasized. Also learn about Italian culture and everyday life. Limit 25.

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

(8 Mtgs.) Starts Jan. 8 Tues. 12:30-2:30pm
Edison Center-Rm. 6 \$114

Japanese – Beginning

If you are planning your first leisure trip to Japan, participating in a Japanese business venture or ordering food at a local restaurant, this is your opportunity to start a basic conversational class. Learn about Japanese business and personal etiquette.

Eri Itabashi utilizes her language skills in her daily work and in a monthly Japanese magazine as a contributing editor.

(6 Mtgs.) Starts Jan. 8 Tues. 7-8:30pm
Mira Costa-Rm. 204 \$69

Spanish Conversation -Beginning

Learn elementary conversational 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.

(10 Mtgs.) Starts Jan. 22 T/Th 7-9pm
Mira Costa-Rm. 201 \$94



Spanish

Conversation-Intermediate

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

(10 Mtgs.) Starts Jan. 23 M/W 7-9pm
Mira Costa-Rm. 37 \$94
Jana Chavez-Morris

VOLUNTEERS NEEDED



Volunteers needed to support classroom instructors by providing one-on-one tutoring for reading challenged students, primarily in kindergarten through third grades in Torrance, Redondo Beach, Hermosa Beach and Manhattan Beach. Orientation and training will be conducted and a minimum commitment is requested.

Call today! 310-320-3322

SENIORS

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.
- Online registration is possible for many but not all of our classes. Online registration allows you to enroll from any computer. Additionally, online registration has priority over walk-in registration. Go to www.southbayadult.org and click on "Register Here". Online space may be limited. Online registration requires the use of a credit card (Mastercard or Visa only). There is no transaction fee for online registration.
- Our traditional first day of class walk-in registration is still available for most Community Education classes. However, walk-in space may be limited. Please refer to each brochure section and/or class description for complete registration information.
- 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.

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 be in the classroom by the stated start time of the class (no priority for early arrivals or returning students) to be included in the lottery.

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, Pacific and Redondo Center. Make checks payable to "South Bay Adult School". Be prepared to write checks at the first meeting, rather than in advance. Separate payment is necessary for each class. 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 on classes canceled by South Bay Adult School.
- No refunds for one meeting classes after the class has met.
- No refunds after second class meeting. Remainder of classes will be prorated and a \$10 processing fee will be charged.
- ESL and High School Diploma - all registration fees are non-refundable and non-transferable.
- For Parent Education refund policy see page 28.
- No cash refunds
 1. A credit will be issued back to your credit card.
 2. If original credit card is no longer valid, a check will be issued within 4-6 weeks.

Refunds do not include books/material fees, Parent Education registration fees, Online class fees, and typing tests. Memory Enhancement classes, Typist/ Keyboarding class and Microsoft® Office Essentials Your Way will not be refunded after first class meeting.

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

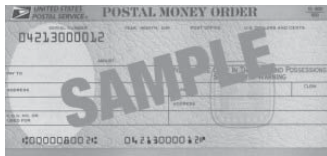
The Redondo Beach Unified School District has primary responsibility for ensuring compliance with state and federal laws, and regulations governing education programs. The District has adopted uniform complaint procedures for complaints alleging unlawful discrimination and failure to comply with laws 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 Assistant Superintendent, Educational Services, at 310.379.5449, x1221.

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.

WE ACCEPT



CHECKS



MONEY ORDER



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

- | | |
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| 1. 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 | 2. MIRA COSTA HS CENTER
701 South Peck Avenue
Manhattan Beach, CA 90266
310.372.5456
Fax: 310.318.5192
<i>Please call for office hours.</i> |
| 3. REDONDO HS CENTER
710 Diamond Street
Redondo Beach, CA 90277
310.937.3340 x3308
Fax: 310.798.4685
<i>Please call for office hours.</i> | 4. PACIFIC CENTER
1600 Pacific Avenue
Manhattan Beach, CA 90266
310.376.6211
Fax: 310.376.5374
M-F 8-4pm |

Campus maps are online @ www.southbayadult.org

OFF SITE CAMPUSES

- | | |
|--|---|
| 5. Athletic Grace Dance Studio
113 W. Grand Ave., El Segundo | 6. Dominguez Park
200 Flagler Ln., R.B. |
| 7. Joslyn Center
1601 N.Valley Dr., M.B | 8. Manhattan East
on Peck Ave. north of
Manhattan Beach Blvd., M.B. |
| 9. Manhattan Heights Comm. Ctr.
1600 Manhattan Bch. Blvd., M.B. | 10. North School Center
417 25th St., H.B. |
| 11. Knob Hill
320 Knob Hill, Redondo Beach | |

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Live Longer, Better.

With the support of city officials and people like you, Blue Zones Project™ is taking steps toward building an environment where the healthy choice is easier. We work with schools, worksites, restaurants, grocery stores, city policy and individuals in Hermosa, Manhattan and Redondo Beach. Join the more than 9,000+ people who have visited our website and tell us what steps you're taking to improve your health and well-being. Visit bluezonesproject.com today!

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- 2** Take the Citizen Pledge to improve your well-being
- 3** Complete one action item

1107 Vincent Street | Redondo Beach, CA 90277 | 310-683-6801 | bzpbeachcities@healthways.com

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310.937.3340/FAX:310.937.3345

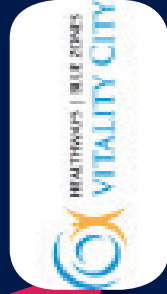
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www.southbayadult.org



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CLASSES WORKSHOPS LECTURES

Winter 2013

Starts January 7, 2013