

ABC

ADULT SCHOOL

Learning for Success



Your next step is as easy as ABC!



2025 - 2026 Catalog of Classes & Programs



Student financial
aid available.
Education without debt!

WELCOME to ABC Adult School!

MAIN CAMPUSES:

(See map of locations on page 55.)



MAIN CAMPUS

Cuesta Campus

(562) 229-7960

12254 Cuesta Drive, Cerritos, CA 90703

Monday - Thursday 7:30 am - 8:00 pm
Friday 7:30 am - 4:00 pm

Counseling Hours:

By appointment only. Please call
(562) 229-7960 for an appointment



EXTENSION CAMPUS

Cabrillo Lane Campus

(562) 229-7965

20122 Cabrillo Lane, Cerritos, CA 90703

Monday - Thursday 8:00 am - 8:00 pm
Friday 8:00 am - 4:00 pm



2025-2026 START DATES:

Fall Semester — August 12 - December 19, 2025

First Trimester — August 12 - October 31, 2025

First Quarter — August 12 - October 10, 2025

Second Quarter — October 14 - December 19, 2025

Second Trimester — November 3, 2025 - February 20, 2026

Spring Semester — January 5 - May 21, 2026

Third Quarter — January 5 - March 6, 2026

Third Trimester — February 23 - May 21, 2026

Fourth Quarter — March 9 - May 21, 2026

WHY ENROLL AT ABC ADULT SCHOOL?

Financial Aid Available. School Code: 042270

- Low cost compared to private schools and colleges
- Professional & friendly staff
- Convenient locations
- Free and safe parking
- Dual Accredited School
- Wide range of classes offered (career preparation, leisure classes, high school diploma program, English/Citizenship classes, parent education, program for senior citizens)

**CHECK-OUT
OUR LOW
PRICES!**

HOW TO REGISTER FOR CLASSES?

Online Registration for Fall 2025

1. Online registration is convenient, easy and no extra charge for all classes!
2. Online registration begins on Friday, June 20, 2025 at 8 am. Go to: www.abcadulthoodschool.edu
3. Enter the class(es) you want to enroll in. You must be at least 18 years old to enroll in an adult school. **All students must print and bring their confirmation receipt to the first class meeting.** If you need additional information or experience any problems, please call (562) 229-7960 for assistance.

No online registration for classes held at the Cerritos Senior Center. Sign-up must be done on site. For more information call: (562) 916-8550.

Online Registration Dates for 2025-2026

Fall 2025: Friday, June 20, 2025, 8:00 am
Second Quarter: Monday, September 22, 2025, 8:00 am
Third Quarter: Monday, December 1, 2025, 8:00 am
Fourth Quarter: Monday, February 9, 2026, 8:00 am

Walk-in Registration

Monday, August 4, 2025, 8 am

Cuesta Campus:

- Career and Technical Education – Cuesta, Main Office
- Fine Arts/Home Economics/ABC Fitness – Cuesta, Main Office
- English as a Second Language – Cuesta, Main Office
- Parent Education – Cuesta, Main Office
- Academics – Cuesta, Main Office

Cabrillo Lane Campus:

- Fine Arts/Home Economics/ABC Fitness – Cabrillo Lane Office
- Parent Education – Cabrillo Lane Office
- Career and Technical Education – Cabrillo Lane Office
- English as a Second Language – Cabrillo Lane Office

Walk-in Registration Dates for 2025-2026

Fall 2025: Monday, August 4, 2025, 8:00 am
Second Quarter: Monday, September 22, 2025, 8:00 am
Third Quarter: Monday, December 1, 2025, 8:00 am
Fourth Quarter: Tuesday, February 9, 2026, 8:00 am

WE ACCEPT VISA - MASTERCARD - ATM - CASH

***PLEASE NOTE:** Prices listed in the brochure do not include the cost of books, supplies and/or materials.

CAREER CENTER FOR STUDENTS!

Our goal is not only to prepare you for a job, but also to help you find a career! The ABC Adult School Career Center is located on the Cuesta Campus and employs a full time Job Developer to assist students in the following areas:

Career Counseling

- Guidance in career decisions and assessments available to insure the best educational path to success.
- Recommendations for Career Tech Diplomas and Industry Certifications to enhance employment skills.
- Resume building seminars and coaching focused on your particular career choice.

Search for Jobs

- Career Center computers available to students for job search, resume construction and on-line job applications.
- Job posting and announcement boards inside and outside Career Center. Job leads book is located in Career Center.
- Library and reference materials.
- Job search skills covering: resume writing and critique, interviewing, utilizing internet employment databases, etc.

Attend a Job Fair

- ABC Adult School hosts a Spring Job Fair with invited employers who match our student's employment targets.

J.O.B. (Join Our Business) Day

- Come hear representatives from many different careers talk about what it takes to make it in the job world. Make connections and network. The third Wednesday of every month from 2:45 - 3:45 pm at Career Center. See page 16.

New Student Orientation

- If you are new or just have some questions about ABC Adult School, Career Paths or your future in general, come to one of our orientation sessions. See page 17 for dates and times.

ABC Adult School provides job search assistance; there is no implied promise of employment.

MISSION STATEMENT

The Mission of the ABC Adult School is to provide quality education to our diverse community with meaningful opportunities for success in career, academic, and personal goals.



STUDENT FINANCIAL AID AVAILABLE!

PELL GRANT OF UP TO \$7,395 IS AVAILABLE FOR THOSE WHO QUALIFY.
 Fill out the 25-26 FAFSA at www.studentaid.gov. Our school code: 042270.

FOR A COMPLETE LIST OF OUR POLICIES AND PROCEDURES THAT RELATE TO STUDENTS, PLEASE SEE OUR STUDENT HANDBOOK AVAILABLE IN THE MAIN OFFICE OR ON OUR WEBSITE.



TABLE OF CONTENTS

GED/HiSET/HIGH SCHOOL DIPLOMA . 46-48

Academic Basic Skills.....	48
Graduation Ceremony	48
GED (Preparation, Test and Certification)	47
HiSET (Preparation, Test and Certification)	47
Class Schedule.....	48

CAREER TECHNICAL EDUCATION CENTER..... 10-29

A Smart Life with the Internet (인터넷과 함께 하는 스마트한 삶)	18-19
A+ COMPTIA Computer Hardware	19
A+ COMPTIA Computer Software	19
A+ Internship/Technician	19
Access.....	25
Accounting	20
Adobe Illustrator CC	20
Adobe InDesign CC	20
Adobe Lab.....	20
Adobe Photoshop	21
AutoCAD	21
Certified Tax Preparer	21
Chat GPT: Exploring Artificial Intelligence.....	21
Cloud Computing.....	21
Computer Essentials	22
Cosmetology	22
Data Entry	24
Dental Assistant	22-23
Digital Photography/Lightroom CC.....	23
Electronic Health Records	23
Excel	25-26
Illustrator CC, InDesign CC	20
iPad Essentials	23
iPhone Essentials	23
Job Search Workshop	17
Keyboarding/Data Entry/Office Skill Lab.....	24
Mac and iCloud Essentials NEW	24
Medical Assistant	24-25
Medical Billing and Coding.....	25
Medical Coding Basics NEW	25
Medical Terminology and Anatomy	25
Microsoft Office 365	25
Microsoft Access.....	25
Microsoft Excel	25-26
Microsoft Outlook	25
Microsoft PowerPoint.....	26
Microsoft Word	26
Network+.....	26
Network - Intro to Networking	27
Office Skill Lab.....	24
Payroll Tax Accounting.....	27
Pharmacy Technician	27
Phlebotomy	29
Python Programming for the Absolute Beginner	27
QuickBooks.....	27
Security +	28
Social Media for Business	28
Tax Preparer Essential.....	28
Videography Fundamentals + Adobe Premier Pro/Rush NEW	28
Word.....	26

PARENT EDUCATION 5-9, 49

ENGLISH AS A SECOND LANGUAGE (ESL) 42-45

Citizenship	44
ESL Distance Learning Classes.....	45
Workforce Preparation.....	45

COMMUNITY EDUCATION 30-40

Painting Classes

Folk Art and Decorative Painting-Beginner	30
Folk Art and Decorative Painting-Intermediate	30
Greeting Cards-Painting	30
Oil Painting Principles and Techniques	31
Portrait Painting in Oils NEW	31
Watercolor Painting.....	31

Arts, Crafts and More

Beading Class NEW	31
Calligraphy	32
Floral Design	32
Glass Fusing	32-33
Jewelry Making.....	33
Zentangle Doodle Art NEW	33

The Sewing Arts

Hand Bags and Purse Design.....	34
Pattern Making/Sewing.....	34
Sewing: Quilts and Decorative Creations	34
Sewing Workshops	34-35

Upholstery

Upholstery-Basic Techniques.....	35
----------------------------------	----

Music

Drums NEW	35
Guitar & Bass: Beginning and Intermediate	36
Piano/Keyboard: All Levels	36
Songwriting	36
Ukulele: Beginning and Intermediate.....	36
Voice Class: All Levels	36

Health and Fitness

Aqua Cardio Fitness.....	37
Ballroom Dancing.....	37
Cardio Kickboxing	37
Chinese Folk Dancing.....	38
Core and More NEW	38
Dynamic Balance with Master Mendivil	38
Fit Camp.....	38
Fitness Foundations (3 week class)	38
Line Dance for Health – Total Beginner	38
Morning Workout with Todd	39
Pickleball NEW	39
Pilates and Yoga with Diane	40
Silver Chi NEW	40
Step Aerobics NEW	40

ADULTS WITH DISABILITIES 41

"PARENT & ME"

PARENT PARTICIPATION PRESCHOOL / PARENT EDUCATION

"The happiest sound in the world is that of children laughing."

*Online registration begins June 20 at 8:00 am for all Parent Education classes.

Register online at www.abcadultschool.edu Click on the online Parent Education registration link.



Learn, Understand and Grow with Your Child!

The Parent Education Program is based on the premise that learning is a natural ongoing process. Classes are designed to train parents to create supportive and positive learning environments for their children that will stimulate their physical, intellectual, social and emotional growth. This is done through participation, observation and discussion. The curriculum is a readiness program that includes pre-reading, math concepts, science, music and motor skill development, in addition to various parenting topics. Children and parents learn together.

Registration for Fall 2025*

The Fall semester is August 12, 2025 through December 19, 2025.

Due to limited enrollment, registration is on a first come, first served basis. Online Fall registration begins June 20 at 8:00 am. Onsite Fall registration will start on August 4 at 8:00 am at the Cuesta site, 12254 Cuesta Drive, Cerritos. (See map toward the back of the brochure.)

Registration for Spring 2026*

The Spring semester is January 5, 2026 through May 21, 2026.

Due to limited enrollment, registration is on a first-come, first-served basis. Spring registration begins December 1 at 8:00 am. at the Cuesta site, 12254 Cuesta Drive, Cerritos. (See map toward the back of the brochure.)

***Choose your classes carefully!** There will be a charge of \$5 to transfer or \$10 processing fee to drop a class before the first day of class. **No refunds will be given after the first class meeting.**

The adult is the student so the person that will be bringing the child is the one that should be enrolled.

Requirements for Registration

It is **NOT** necessary for children to be potty trained. Children **must** meet the age requirement of the class. **Second adult from the same family must register in the Cuesta office in order to get the 2nd adult discount. FEE FOR THE SECOND ADULT WILL BE \$40 PER SEMESTER.**

Immunization

Proof of current immunizations is required before a child may attend a Parent Education class. The immunizations required for school enrollment are: DPT or DT, MMR, Hepatitis B, Hib and Varicella. Adult must have proof of Pertussis, Measles and Influenza Immunity and a current Tuberculosis clearance.

Registration Fee

2 hour per week online classes = \$72 per Semester

2 hour per week classes \$90 + \$10 material fee = \$100 per Semester

2.25 hour per week class \$101 + \$10 material fee = \$111 per Semester

2.5 hour per week classes \$113 + \$10 material fee = \$123 per Semester

3 hour per week classes \$135 + \$10 material fee = \$145 per Semester

3.5 hour per week classes \$210 + \$5 material fee = \$215 per Semester

4 hour per week classes \$240 + \$20 material fee = \$260 per Semester

3.5 and 4 hour classes are limited to 15 students.

5 hour per week classes \$225 + \$20 material fee = \$245 per Semester

6 hour per week classes \$270 + \$20 material fee = \$290 per Semester

7 hour per week classes \$315 + \$20 material fee = \$335 per Semester

10.5 hour per week classes \$473 + \$25 material fee = \$498 per Semester

NOTE: \$10 - \$25 material fee is per child. An additional fee will be charged for an extra child and this fee will be collected in class on the first day.

Important Policies

- All adults attending class must be registered. This is not negotiable.
- All children must be accompanied by a registered adult.
- A second adult may register at a reduced fee. This registration must be done at the Cuesta office.
- A visitor must fill out the required forms and may stay to observe only for up to 30 minutes.
- An adult that would like to participate in an entire class may do so by filling out the appropriate forms and paying a \$5 fee. This quest must be accompanied by a registered adult.
- All students must sign waiver forms that apply to scheduled classroom time and field trip activities.

PARENT WORKSHOPS 2025 – 2026

See page 49 for workshops schedule.

PARENT & ME FALL SEMESTER:

August 12, 2025 - December 19, 2025



MORNING AND AFTERNOON SCHEDULE OF CLASSES

GROWING TOGETHER: PARENT AND CHILD

These classes meet two or three times a week to give parents and children a consistent preschool experience, where friendships are made and academic concepts are learned! Each year there is a focus on healthy routines, growing independence, and positive self-esteem. It is amazing to see the progress as the months and years go by!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 1.0 - 2.0 year old	7011011	T/Th	8:30 am – 10:30 am	Damron Parent Ed Center	2	Cohen-Doron	\$260
<i>This class will be limited to 15 students.</i>							
Parenting the 1.0 - 2.0 year old	7011011D	T/Th	10:30 am – 12:30 pm	Damron Parent Ed Center	2	Cohen-Doron	\$260
<i>This class will be limited to 15 students.</i>							
Parenting the 2.0 - 3.0 year old	7020011	T/Th	9:00 am – 12:00 pm	Damron Parent Ed Center	1	Hom	\$290
Parenting the 2.0 - 3.0 year old	7020061	T/Th	9:00 am – 12:30 pm	Gonsalves Parent Ed Center		Cham	\$335
Parenting the 2.0 - 3.5 year old	7021062	M/W/F	9:00 am – 12:30 pm	Gonsalves Parent Ed Center		Cham	\$498
Parenting the 3.0 - 4.0 year old	7036012	M/W/F	8:30 am – 12:00 pm	Damron Parent Ed Center	2	Cohen-Doron	\$498

KINDERGARTEN READY! PREPPY K CLASS

Give your child the precious gift of time and prepare them for success in Kindergarten. The curriculum focuses on Kindergarten State Standards including Math and Reading readiness, as well as social/emotional readiness to build confidence and independence.

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 4.0 - 5.5 year old	7041012	M/W/F	9:00 am – 12:30 pm	Damron Parent Ed Center	1	Hom	\$498

PARENT EDUCATION EXTRA-CURRICULAR CLASS - LITTLE CHEFS - ONLINE

Come join us as we create delicious recipes that the whole family will enjoy! Our little chefs will mix, chop and roll while they learn valuable skills like math, measuring, and sharing. We will be making a cookbook with all of the recipes included as well! Can't make it to the live session? No worries! All classes will be recorded so you can watch and cook at your convenience, anytime.

Age	Section	Day	Time	Place	Room	Teacher	Fee
Little Chefs 3.0 - 7.0 year old	7062031	T	12:30 pm – 2:30 pm	ONLINE		Cohen-Doron	\$72

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - KIDS AND CANVAS - ONLINE

Unleash your inner artist at home! Learn about and explore different artists and artwork of various mediums through teacher made presentations, videos, and art activities. Each week will focus on a different artist and create a unique piece of art based on that artist. Both of you will learn to construct these pieces of art while building self-confidence and new skills!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Kids and Canvas 3.0 - 7.0 year old	7063062	Th	3:30 pm – 5:30 pm	ONLINE		Cottrell	\$72

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - SENSORY IN BLOOM: FOR SPROUTING TODDLERS

Come join an exciting class offering unique ways that parents and children can grow together to develop cognitive, social, emotional, and physical skills. Hands-on, sensory experiences and imaginative play encourage a curious and creative environment where story time, experiments, games, art, music, and dance will help both parent and child continue to develop their love for learning and develop skills that will last them a lifetime.

Age	Section	Day	Time	Place	Room	Teacher	Fee
2.0 - 5.0 year old	7051011	M	8:45 am – 11:00 am	Burbank Bungalow		Hoover	\$111
2.0 - 5.0 year old	7051012	M	11:00 am – 1:15 pm	Burbank Bungalow		Hoover	\$111

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - SCIENCE EXPLORATIONS

Ignite your child's curiosity for science and the world around them! Join us as we explore Earth, animals, chemical reactions, physics, and more through hands-on experimentation and observation. Each week's experiment will inspire extended exploration at home, reinforcing learning in a fun and interactive way. Watch as your child's knowledge and excitement for science grow in a safe and engaging environment. We can't wait to explore the wonders of science with you!

Age	Section	Day	Time	Place	Room	Teacher	Fee
3.0 - 7.0 year old	7051703	Th	1:00 pm – 3:00 pm	Damron Parent Ed Center	1	Cottrell	\$100

HOMESCHOOL ACADEMY

ADVENTURES IN HOMESCHOOL - SUPPORT FOR PARENTS

Are you a new or returning homeschooler looking to connect with other homeschooled children while exploring history and writing in a group setting? Join our homeschool support class for an engaging and interactive learning experience! This 18-week course will cover important topics such as the 50 states, famous historical figures, and key events that shaped our nation. Students will also develop their writing skills through a historical lens, using creative projects and hands-on activities to strengthen their understanding of both history and composition. Don't miss this exciting opportunity to enrich your child's homeschooling journey!

Age	Section	Day	Time	Place	Room	Teacher	Fee
6.0 - 10.0 year old	7050811	Th	9:00 am – 12:30 pm	Burbank Bungalow		Cottrell	\$215

This class will be limited to 15 students.

EVENING SCHEDULE OF CLASSES

This evening class gives working parents an opportunity to interact with their children in a classroom setting while they learn about the ABC's, math readiness, holidays, and more!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 2.0 - 5.0 year old	7022026	T/Th	5:30 pm – 8:00 pm	Gonzalves Parent Ed Center		Cham	\$245



PARENT & ME SPRING SEMESTER:

January 5, 2026 - May 21, 2026



MORNING AND AFTERNOON SCHEDULE OF CLASSES

GROWING TOGETHER, PARENT AND CHILD

These classes meet two or three times a week to give parents and children a consistent preschool experience, where friendships are made and academic concepts are learned! Each year there is a focus on healthy routines, growing independence, and positive self-esteem. It is amazing to see the progress as the months and years go by!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 1.0 -2.5 year old	7011531	T/Th	8:30 am – 10:30 am	Damron Parent Ed Center	2	Cohen-Doron	\$260
<i>This class will be limited to 15 students.</i>							
Parenting the 1.0 - 2.5 year old	7011532	T/Th	10:30 am – 12:30 pm	Damron Parent Ed Center	2	Cohen-Doron	\$260
<i>This class will be limited to 15 students.</i>							
Parenting the 2.5 - 3.5 year old	7023031	T/Th	9:00 am – 12:00 pm	Damron Parent Ed Center	1	Hom	\$290
Parenting the 2.0 - 3.0 year old	7020062	T/Th	9:00 am – 12:30 pm	Gonsalves Parent Ed Center		Cham	\$335
Parenting the 2.0 - 3.5 year old	7021062	M/W/F	9:00 am – 12:30 pm	Gonsalves Parent Ed Center		Cham	\$498
Parenting the 3.5 - 4.5 year old	7033032	M/W/F	8:30 am – 12:00 pm	Damron Parent Ed Center	2	Cohen-Doron	\$498

KINDERGARTEN READY! PREPPY K CLASS

Give your child the precious gift of time and prepare them for success in kindergarten. The curriculum focuses on Kindergarten State Standards including Math and Reading readiness, as well as social/emotional readiness to build confidence and independence.

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 4.5 - 5.5 year old	7042032	M/W/F	9:00 am – 12:30 pm	Damron Parent Ed Center	1	Hom	\$498

PARENT EDUCATION EXTRA-CURRICULAR CLASS - LITTLE CHEFS - ONLINE

Come join us as we create delicious recipes that the whole family will enjoy! Our little chefs will mix, chop and roll while they learn valuable skills like math, measuring, and sharing. We will be making a cookbook with all of the recipes included as well!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Little Chefs 3.0 - 7.0 year old	7062032	T	12:30 pm – 2:30 pm	ONLINE		Cohen-Doron	\$72

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - KIDS AND CANVAS - ONLINE

Unleash your inner artist at home! Learn about and explore different artists and artwork of various mediums through teacher made presentations, videos, and art activities. Each week will focus on a different artist and create a unique piece of art based on that artist. Both of you will learn to construct these pieces of art while building self-confidence and new skills!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Kids and Canvas 3.0 - 7.0 year old	7063082	Th	3:30 pm – 5:30 pm	Online		Cottrell	\$72

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - SENSORY IN BLOOM: FOR SPROUTING TODDLERS

Come join an exciting class offering unique ways that parents and children can grow together to develop cognitive, social, emotional, and physical skills. Hands-on, sensory experiences and imaginative play encourage a curious and creative environment where story time, experiments, games, art, music, and dance will help both parent and child continue to develop their love for learning and develop skills that will last them a lifetime.

Age	Section	Day	Time	Place	Room	Teacher	Fee
2.0 - 5.0 year old	7051013	M	8:45 am – 11:00 am	Burbank Bungalow		Hoover	\$111
2.0 - 5.0 year old	7051014	M	11:00 am – 1:15 pm	Burbank Bungalow		Hoover	\$111

PARENT EDUCATION EXTRA-CURRICULAR CLASSES - SCIENCE EXPLORATIONS

Ignite your child's curiosity with nature-inspired exploration! Dive into hands-on experiments exploring insects & animals, natural phenomena, and the wonders of the world. Each week's lessons inspire continued discovery at home, fostering a deep connection to the natural world. Watch their understanding blossom in a secure, enjoyable environment. Join us for an enriching journey of nature discovery and learning!

Age	Section	Day	Time	Place	Room	Teacher	Fee
3.0 - 7.0 year old	7051704	Th	1:00 pm – 3:00 pm	Damron Parent Ed Center	1	Cottrell	\$100

HOMESCHOOL ACADEMY

ADVENTURES IN HOMESCHOOL - SUPPORT FOR PARENTS

Are you a new or returning homeschooler looking to connect with other homeschooled children while exploring history and writing in a group setting? Join our homeschool support class for an engaging and interactive learning experience! This 18-week course will cover important topics such as the 50 states, famous historical figures, and key events that shaped our nation. Students will also develop their writing skills through a historical lens, using creative projects and hands-on activities to strengthen their understanding of both history and composition. Don't miss this exciting opportunity to enrich your child's homeschooling journey!

Age	Section	Day	Time	Place	Room	Teacher	Fee
6.0 - 10.0 year old	7050811	Th	9:00 am – 12:30 pm	Burbank Bungalow		Cottrell	\$215

This class will be limited to 15 students.

EVENING SCHEDULE OF CLASSES

This evening class gives working parents an opportunity to interact with their children in a classroom setting while they learn about the ABC's, math readiness, holidays, and more!

Age	Section	Day	Time	Place	Room	Teacher	Fee
Parenting the 2.0 - 5.0 year old	7022036	T/Th	5:30 pm – 8:00 pm	Gonzales Parent Ed Center		Cham	\$245

ABC Adult School's Parent Ed Department: OUTSTANDING INSTRUCTORS - OUTSTANDING PROGRAM

Nancy Cham received a M.A. in Library Science from SUNY in Albany. She has been a Parent Education Instructor at ABC Adult School since 1979. Languages spoken: English, Mandarin, Tagalog.

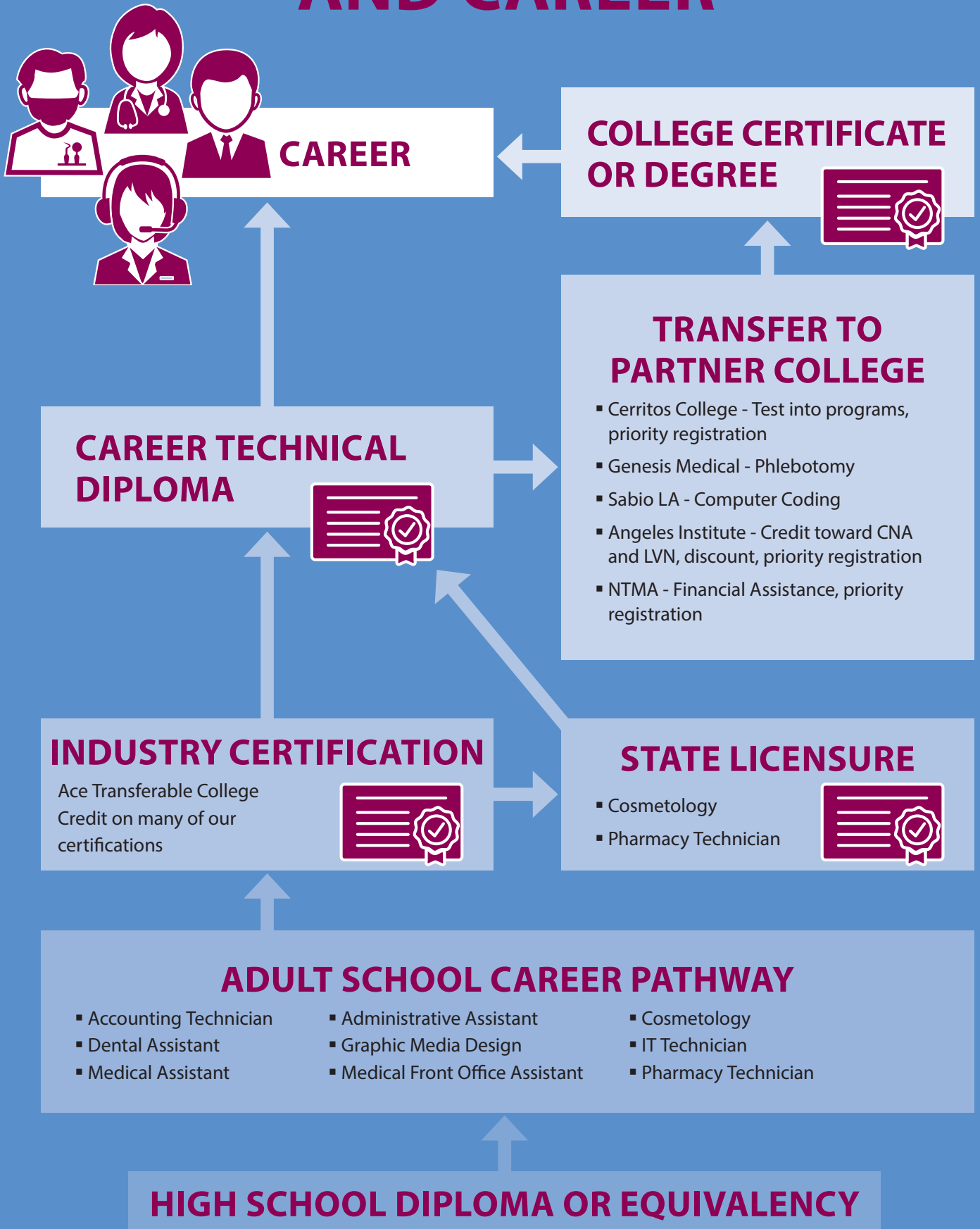
Jill Cohen-Doron participated as a parent in the program with her 2 children over a span of 8 years. She enjoyed it so much that she went back and earned her Parent Education Teaching Credential from Cal State Long Beach, where she had also earned her Liberal Arts Degree. She feels strongly that the Parent Education program provides a positive experience for both parent and child.

Genna Cottrell has enjoyed the Parent Education Program with her two young sons. In this program, she most enjoys learning from each other, sharing ideas, and just having fun with our children. She believes the highest reward that this program has to offer is discovering how our children learn and to help foster that love of learning in and out of the classroom, while strengthening the relationship with our children. Genna holds a BA and Credential from CSU Long Beach and a Masters in English Literature.

Nancy Hom has been involved in the Parent Education Program at ABC Adult School since 1986. She attended the program for nine years as a parent. Believing strongly that parents, as well as children, gain so much from the program, she has been a Parent Education teacher since 1994. She teaches classes for two-year-olds and parents, as well as a class for pre-kindergarten children and parents. She received her Bachelor's degree from UCLA and her Teaching Credential from CSU Northridge.

Marcela Hoover received her Bachelors of Fine Arts degree and her Multiple Subject Teaching Credential from Chapman University as well as her Masters in Fine Art degree from Otis College of Art and Design. She currently participates in the Parent Education program with her two young daughters. Marcela's artistic background lends to creating unique, collaborative lessons where adults and children can feel safe to be creative and develop skills to become life-long learners.

PATHWAYS TO COLLEGE AND CAREER

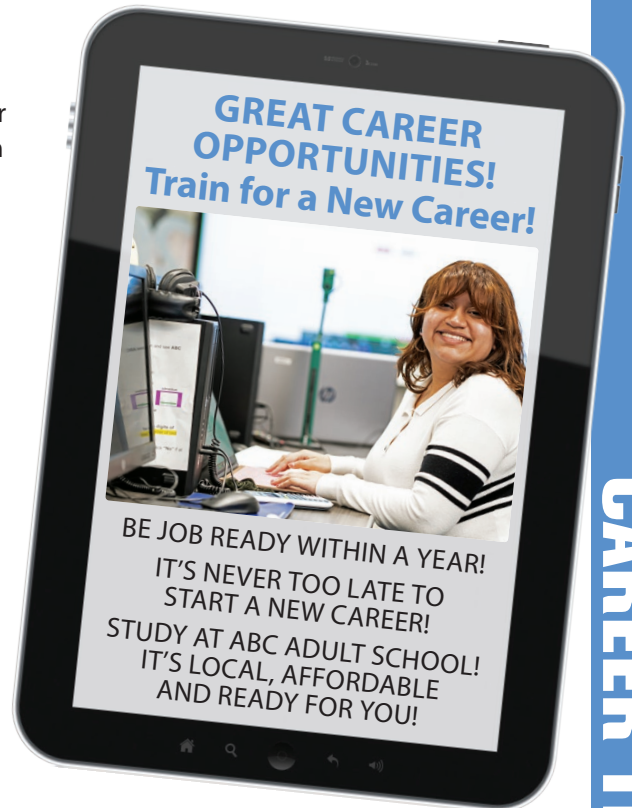


CAREER PATH TECHNICAL DIPLOMA PROGRAMS

Earn a Career Path Vocational Diploma!

Earn a Career Path Technical Diploma by taking a prescribed number of professional courses directed to specific careers. The Career Path Technical Diploma is designed to verify to business and industry that you have the skills required for entry-level positions. *The ABC Adult Education Program is accredited by the Western Association of Schools and Colleges (WASC), and the Council on Occupational Education (COE), and exclusively employs State of California certificated teachers and qualified consultants.*

- The order of the classes is the suggested sequence. Some classes may be taken concurrently.
- When the Career Program core classes are completed, additional classes may be added if time permits.
- To qualify for a course certificate, students must get a passing grade of 70% or better and attend class according to the course syllabus (at least 90% of the scheduled time).
- To qualify for a diploma all attendance must add up to the total number of hours required for the program.
- Not all classes are offered each nine-week session.
- Most Career Programs can be completed in 12 months or less by most full-time students.
- Certain certificates over 6 months old may require a basic test to ensure skills are current prior to issuance of Career Technical Diploma (Keyboarding and Data Entry).
- Students without a high school diploma or a GED will receive a Certificate of Proficiency in lieu of the Career Technical Diploma.
- Students must meet all the general admission requirements for ABC Adult School as stated on our website.
- Students must meet the requirement of keyboarding at 35-40 words per minute (depending on the program), less than 5 errors before graduation.
- Students must meet certain individual requirements set forth for each program. These requirements may be found on our website in the Program of Study Data Sheet.



CTEC students qualify to sit for National Certification in:

- A+ Certification
- Microsoft Specialist
- Medical Assistant National Certification Exam (CMAA)
- Pharmacy Technician Certification Board (PTCB) and State Certified License
- Adobe Certification (Photoshop, InDesign, Lightroom)
- Cosmetology (State Certified License)
- Dental State Board License

Graduation Ceremony

Wednesday, May 20, 2026

In May, ABC Adult School celebrates commencement. Adult students who have completed the district requirements for a high school diploma, passed the GED or HiSET examination, or completed a Career Technical Education Diploma are encouraged to participate wearing the traditional cap and gown in the presence of family and friends.



STUDENT FINANCIAL AID AVAILABLE!

PELL GRANT OF UP TO \$7,395 IS AVAILABLE FOR THOSE WHO QUALIFY.
Fill out the 25-26 FAFSA at www.studentaid.gov. Our school code: 042270.

OFFICE OCCUPATIONS

ADMINISTRATIVE ASSISTANT

An Administrative Assistant graduate will be able to work in a business office as a manager, executive secretary, or as the right hand of the administrator. He/she will be able to use all components of the Office Suite to create all business correspondence, including spreadsheets, presentations, and to perform basic accounting tasks. He/she can assist the administrator with planning his/her calendar, check and answer emails and keep the office organized. This program will also prepare students to pass the Microsoft Industry Certification Core and Expert Level Certification exam.



- Are you organized?
- Are you a take charge kind of person?
- Do you enjoy talking on the telephone?
- Do you enjoy working with the public?
- Do you like working with computers?
- Do you use social media?

**Get
Certified!**

THIS CAREER MAY BE FOR YOU!

The median wage is \$38.42 an hour State wide. (Secretary)

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Certain classes may be offered at night.

CLASSES INCLUDE:

- Keyboarding/Data Entry 84 hours
- Computer Essentials 84 hours
- Social Media for Business 84 hours
- Word Essentials 84 hours
- Word Advanced 84 hours
- Excel Essentials 84 hours
- Excel Advanced 84 hours
- Accounting 1: Financial 84 hours
- Access 84 hours
- PowerPoint 84 hours
- Job Prep. 20 hours

TOTAL HOURS 860

POSSIBLE JOB OPPORTUNITIES:

- Office Manager
- Administrative Assistant
- Secretary
- Personal Assistant

CERTIFICATIONS AVAILABLE:

Microsoft Word, Microsoft Excel, Microsoft Access, Microsoft PowerPoint, QuickBooks

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The average cost per course in this program is only \$40. We recommend you take a minimum of 3 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.

ACCOUNTING TECHNICIAN

A graduate of the Accounting Program will be able to work in accounting firms, banks, and small businesses. They will be able to perform duties such as accounts payable and receivable, payroll for small companies, use QuickBooks software program efficiently, track inventory, audit accounts, balance sheets, and create spreadsheets. Also this program will prepare students to pass the industry certification for QuickBooks.

- Do you enjoy working with numbers?
- Are you a puzzle/problem solver?
- Do you like working with computers?
- Are you organized?

**Get
Certified!**

THIS CAREER MAY BE FOR YOU!

The median wage is \$26.21 an hour State wide.

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Certain classes may be offered at night.

CLASSES INCLUDE:

- Keyboarding/Data Entry 84 hours
- Computer Essentials 84 hours
- Social Media for Business 84 hours
- Excel Essentials 84 hours
- Excel Advanced 84 hours
- Accounting 1: Financial 84 hours
- Accounting 2: Managerial 84 hours
- QuickBooks. 84 hours
- Tax Preparation or Payroll 84 hours
- Job Prep. 20 hours

TOTAL HOURS 776

POSSIBLE JOB OPPORTUNITIES:

- Accounting Clerk
- Office Clerk
- Purchasing Clerk
- Accounts Payable/Receivable

CERTIFICATIONS AVAILABLE:

Microsoft Excel, QuickBooks

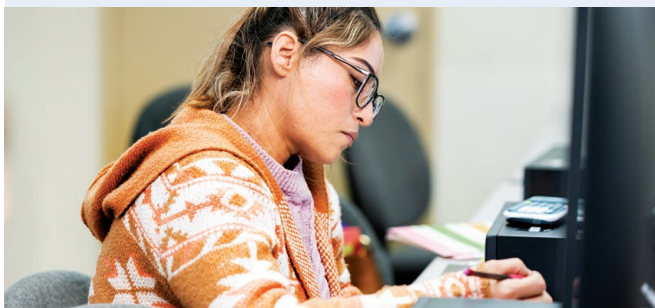
COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The average cost per course in this program is only \$40. We recommend you take a minimum of 3 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.



GRAPHIC DESIGN

GRAPHIC MEDIA DESIGN



The program objective of the Graphic Media Design is to give students an understanding of the printing industry fundamentals, and to train students to create professional publications for advertising and marketing products or services. Students are trained to become a successful Design Technician, Graphic Designer, or Desktop Publisher. The training includes creating newsletters, publications, fliers, design logos, brand products and services. This program also trains them to earn an industry certification (ACA) Adobe Certified Associate.

- Are you creative or artistic?
- Do you appreciate something laid out well?
- Are you a visual person?
- Do you like to communicate with others?
- Do you like working with computers?

THIS CAREER MAY BE FOR YOU!

Get Certified!

The median wage is \$53.49 an hour State wide. (Graphic Design)

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Day classes available.

CLASSES INCLUDE:

- Keyboarding 84 hours
- Social Media for Business 84 hours
- Adobe Photoshop Fundamentals 84 hours
- Adobe Photoshop Advanced 84 hours
- Adobe Illustrator 2 (Business Branding) 84 hours
- Adobe Illustrator 1 (Vector Graphics) 84 hours
- Digital Photography 84 hours
- Adobe InDesign I 84 hours
- Adobe InDesign II 84 hours
- Job Prep 20 hours

TOTAL HOURS 776

POSSIBLE JOB OPPORTUNITIES:

- Graphic Designer
- Photographer
- Advertising Agency
- Any business incorporating printed and electronic media

CERTIFICATIONS AVAILABLE:

Adobe Photoshop, Adobe Illustrator, Adobe InDesign

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The average cost per course in this program is only \$40. We recommend you take a minimum of 3 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.

IT TECHNICIAN

IT TECHNICIAN

This program prepares and trains students to become an A+ Certified Technician, Computer Repair Technician, and a Computer Systems Hardware Analyst. Students will be able to build, identify, and troubleshoot hardware and software, upgrade computers, install and configure a computer network. Also students will be able to pass the A+ test and be certified.

- Do you like taking things apart and putting them back together again?
- Do you like technology?
- Do you like problem solving?
- Do you like working with computers?

Get Certified!

THIS CAREER MAY BE FOR YOU!

The median wage is \$30.89 an hour State wide.

(Computer Repair)

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Day classes available.

CLASSES INCLUDE:

- Keyboarding 84 hours
- CompTIA A+ Computer Hardware, Networking and Mobile Devices 168 hours
- CompTIA A+ Software, Security and Scripting 168 hours
- Python Programming for Game Creation 84 hours
- CompTIA Cloud+ Guide to Cloud Computing 84 hours
- Network + 84 hours
- Security + 84 hours
- Internship / Tech 1 84 hours
- Internship / Tech 2 84 hours

TOTAL HOURS 924



POSSIBLE JOB OPPORTUNITIES:

- Computer Repair
- Computer Troubleshooter
- Computer Installer
- Network Technician
- Electronic Retail
- Computer Infrastructure

CERTIFICATIONS AVAILABLE:

A+, Server+, Network+, Security+

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The cost of courses in this program range from \$40 to \$100. We recommend you take a minimum of 3 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.

(562) 229-7960

CAREER TECHNICAL TRAINING



STUDENT FINANCIAL AID AVAILABLE!

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MEDICAL OCCUPATIONS

DENTAL ASSISTANT

The Dental Assistant program trains individuals in a broad range of clinical and administrative skills such as preparing patients for dental exams and treatments, performing radiographic procedures, scheduling and appointment procedures, maintenance of dental records, performing basic front office skills, professional communication and public relations skills. Dental Assistants typically work chair side with dentists as they treat patients. Students pay by the module. \$667 per module plus \$150 Background check and drug screening divided into 6 modules, or \$25 additional a module. Required textbooks, (3) uniforms and scrub jacket, certification and licensure fees are NOT included.

- Do you admire the medical field?
- Do you enjoy helping people?
- Are you a people person?
- Are you detail oriented?

THIS CAREER MAY BE FOR YOU!

The median wage is \$23.03 an hour State wide.

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Day classes available.



CLASSES INCLUDE:

- Infection Control 20 hours
- Introduction to Dental Assisting 130 hours
- Clinical Dentistry & Dental Materials. 130 hours
- Preventative Dentistry/Dental Health 130 hours
- Dental Radiology & Safety 130 hours
- Dental Laboratory Procedures 130 hours
- Dental Specialties & Administrative Assistant/
Dental Billing & Coding 130 hours
- Externship 210 hours

TOTAL HOURS 1010

POSSIBLE JOB OPPORTUNITIES:

- Dental Assistant

CERTIFICATIONS AVAILABLE:

State Licensure

COST FOR PROGRAM:

Payment is made to ABC Adult School is made when you register for an individual course. For total cost see the Program Cost Section on page 16.

MEDICAL ASSISTANT

The Medical Assistant Program is a competency-based program which provides students with skills necessary to be able to work in a medical office or medical group. The program includes instructions on medical and surgical asepsis, physical exam of the patient, electrocardiography, and administration of medication, nutrition, vital signs and medical terminology. Students will also get training on the National Certification Exam.

- Do you like healing people?
- Do you enjoy helping people?
- Are you "hands on"?
- Are you a problem solver?

**Get
Certified!**

THIS CAREER MAY BE FOR YOU!

The median wage is \$22.33 an hour State wide.

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Day classes available.



CLASSES INCLUDE:

- Keyboarding 84 hours
- Computer Essentials 84 hours
- Administration of Medication 132 hours
- Back Office Procedure 132 hours
- Laboratory Procedures 132 hours
- Electronic Health Records 84 hours
- Externship 160 hours

TOTAL HOURS 808

POSSIBLE JOB OPPORTUNITIES:

- Medical Assistant
- Medical Assistant Front Office
- Phlebotomist

CERTIFICATIONS AVAILABLE:

National Medical Assistant Clinical Certification (CMAA), Phlebotomy

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The cost of courses in this program range from \$40 to \$435. We recommend you take a minimum of 2 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.

MEDICAL OCCUPATIONS

MEDICAL FRONT OFFICE ASSISTANT

The Medical Front Office Assistant Program prepares students to find a career, or a job in small medical offices, clinics, or a billing service company. Upon completion of the program students will be able to perform the following tasks: maintain office records, billing and correspondence, make appointments, customer service, greet patients, access and maintain/update patient medical health records.

- Do you enjoy helping people?
- Are you organized?
- Are you a problem solver?
- Do you like numbers?

**Get
Certified!**

THIS CAREER MAY BE FOR YOU!

*The median wage is \$23.86 an hour State wide.
(Medical Secretary)*

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Day classes available.

CLASSES INCLUDE:

- Keyboarding/Data Entry84 hours
- Computer Essentials84 hours
- Accounting 1: Financial84 hours
- Medical Terminology and Anatomy168 hours
- Medical Billing and Coding.168 hours
- Electronic Health Records84 hours
- Job Prep.20 hours

TOTAL HOURS 692

POSSIBLE JOB OPPORTUNITIES:

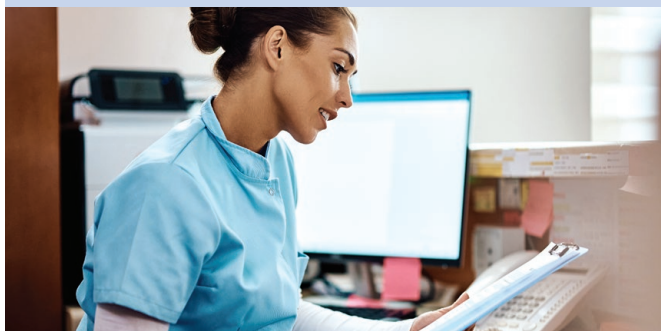
- Medical Billing in a Doctor's Office
- Medical Office Receptionist
- Medical Office Manager
- Medical Billing as an independent contractor

CERTIFICATIONS AVAILABLE:

Medical Coding, Electronic Medical Records

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The cost of courses in this program range from \$40 to \$115. We recommend you take a minimum of 3 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16. Licensure including Live Scan is highly recommended. These costs are not covered as part of ABC Adult School Program cost.



PHARMACY TECHNICIAN

Pharmacy Technician Program prepares students to successfully attain training and qualifications to become a Pharmacy Technician. Students will learn the basic concepts of Pharmacology, knowledge of practice settings, standards and ethics, State Board of Pharmacy laws and regulations, basic pharmacy calculations, drug dosages, forms, record keeping, labeling and customer service. Students are also trained to pass the Pharmacy Technician State License.



- Are you a problem solver?
- Do you like science?
- Do you enjoy helping people?
- Are you "hands on"?

**Get
Licensed!**

THIS CAREER MAY BE FOR YOU!

The median wage is \$23.99 an hour State wide.

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Evening classes.

CLASSES INCLUDE:

- Keyboarding/Data Entry84 hours
- Computer Essentials84 hours
- Pharmacy Practice104 hours
- Pharmacy Calculation104 hours
- Pharmacology and Medication104 hours
- Electronic Health Records84 hours
- Externship100 hours

TOTAL HOURS 664

POSSIBLE JOB OPPORTUNITIES:

- Pharmacy Technician Retail
- Pharmacy Technician Nursing Home
- Pharmacy Technician Hospital

CERTIFICATIONS AVAILABLE:

National Pharmacy Technician (PTCB), State of California Licensure

COST FOR PROGRAM:

Payment is made to ABC Adult School when you register for an individual course. This means you "pay as you go". Your cost per quarter depends on the number of courses you choose to take each quarter. The cost of courses in this program range from \$40 to \$415. We recommend you take a minimum of 2 courses per quarter to finish in a reasonable amount of time. For total cost of this program, please see the Program Cost section on page 16.

Licensure including Live Scan is highly recommended. These costs are not covered as part of ABC Adult School Program Costs.



STUDENT FINANCIAL AID AVAILABLE!

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COSMETOLOGY

COSMETOLOGY



**Get
Licensed!**

The cosmetology program will prepare you to pass the written and practical state board exam for a cosmetology license as well as the 1000 hours of instruction required by the State of California. With a cosmetology license a student will be able to work in a beauty salon cutting and styling hair, and performing the latest hair coloring trends. With a license you can also own your beauty salon.

Every aspect of modern Cosmetology is taught and these courses are designed to prepare you for the State License Exam by professional instructors for a career in the industry.

- Are you artistic or creative?
- Do you enjoy working with the public?
- Do you enjoy working with your hands?
- Are you intrigued by beauty and makeup?
- Do you like making people feel better about themselves?

THIS CAREER MAY BE FOR YOU!

The median wage is \$20.62 an hour State wide.

(Hairdressers, Hairstylists, and Cosmetologists)

Source: EDD/LMID Occupational Employment Statistics Survey 2025. Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

CLASSES INCLUDE:

Classes include 1000 hours of state mandated training in Skin Care and Services, Nail Care and Services, Hair Cutting and Styling Services, Chemical Hair Services and Business Skills.

POSSIBLE JOB OPPORTUNITIES:

- Hairdresser
- Hairstylist
- Cosmetologist
- Salon Receptionist

CERTIFICATIONS AND LICENSURE AVAILABLE:

California Cosmetology License, Cosmetology, Esthetician, Barber

COST FOR PROGRAM:

Program cost is \$1,000 per module. Students attending full time with minimal absences will be able to finish the program in 5 modules. Cost of the program is \$5,000 (including books, Cosmetology kit, and uniform jacket). State License Fee and any Board Preparation Classes are NOT included. If you take longer than 5 modules, the cost is an additional \$1,000 per module until you reach the state mandated 1000 hours of training. It is in your best interest to be at every class and not miss or our cost of attendance will rise accordingly. For total cost, please see the Program Cost section on page 16.

PROGRAM COSTS

Listed below is the total estimated cost for each of our 9 programs/pathways. This is an estimate. Your costs may vary. Additional fees may apply. Program cost includes books, industry certification test fees, and administration fees except Cosmetology which requires additional licensing fees. Some fees are paid directly to an outside vendor. Unless otherwise stated, programs are paid for at registration each quarter as courses are taken. Your immediate costs depend on how many courses you take each quarter and the cost of books and materials. Program costs below do not include extra courses you decide to take during summer session or make up of failed or incomplete courses. For more specific questions, please contact the Office on the Cuesta Campus of ABC Adult School. Months listed below are estimates assuming a student is taking 3 to 4 courses a quarter.

- **Accounting Technician**
776 total hours \$1,001 over 9-12 months
- **Administrative Assistant**
860 total hours \$889 over 12 months
- **Cosmetology**
1000 total hours \$5,000 over 9-12 months
- **Dental Assistant**
1010 total hours \$4,680 over 9-12 months
- **Graphic Media Design**
776 total hours \$563 over 9-12 months
- **IT Technician**
924 total hours \$1,758 over 12 months
- **Medical Assistant**
808 total hours \$2,787 over 12 months
- **Medical Front Office Assistant**
692 total hours \$1,061 over 12 months
- **Pharmacy Technician**
664 total hours \$2,108 over 12 months

JOB DAYS

Come hear representatives from many different careers talk about what it takes to make it in the job world. Make connections and network. Job Day will be once every month in the Career Center Room H7. Please see our website for the dates or stop by the office.



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ORIENTATION NEW STUDENTS/ TRANSITION STUDENTS

All new students, transition students, financial aid students, should attend one of our orientations held each month throughout the year. Get insight in how to navigate ABC Adult School in the best way and how to be successful. Even learn how to apply for financial aid.

Orientation Schedule:

Tuesday	August 5	2:45 - 3:45 pm	Cuesta
Monday	August 25	2:45 - 3:45 pm	Cuesta
Monday	August 25	6:00 - 7:00 pm	Cuesta
Tuesday	August 26	9:30 - 10:30 am	Cabrillo Lane
Monday	September 29	2:45 - 3:45 pm	Cabrillo Lane
Monday	September 29	6:00 - 7:00 pm	Cabrillo Lane
Tuesday	September 30	9:30 - 10:30 am	Cuesta
Monday	October 27	2:45 - 3:45 pm	Cuesta
Monday	October 27	6:00 - 7:00 pm	Cuesta
Tuesday	October 28	9:30 - 10:30 am	Cabrillo Lane
Monday	November 17	2:45 - 3:45 pm	Cabrillo Lane
Monday	November 17	6:00 - 7:00 pm	Cabrillo Lane
Tuesday	November 18	9:30 - 10:30 am	Cuesta
Monday	December 15	2:45 - 3:45 pm	Cuesta
Monday	December 15	6:00 - 7:00 pm	Cuesta
Tuesday	December 16	9:30 - 10:30 am	Cabrillo Lane
Monday	January 26	2:45 - 3:45 pm	Cabrillo Lane
Monday	January 26	6:00 - 7:00 pm	Cabrillo Lane
Tuesday	January 27	9:30 - 10:30 am	Cuesta
Monday	February 23	2:45 - 3:45 pm	Cuesta
Monday	February 23	6:00 - 7:00 pm	Cuesta
Tuesday	February 24	9:30 - 10:30 am	Cabrillo Lane
Monday	March 30	2:45 - 3:45 pm	Cabrillo Lane
Monday	March 30	6:00 - 7:00 pm	Cabrillo Lane
Tuesday	March 31	9:30 - 10:30 am	Cuesta
Monday	April 27	2:45 - 3:45 pm	Cuesta
Monday	April 27	6:00 - 7:00 pm	Cuesta
Tuesday	April 28	9:30 - 10:30 am	Cabrillo Lane
Monday	May 18	2:45 - 3:45 pm	Cabrillo Lane
Monday	May 18	6:00 - 7:00 pm	Cabrillo Lane
Tuesday	May 19	9:30 - 10:30 am	Cuesta
Tuesday	June 15	2:45 - 3:45 pm	Cuesta

Orientations will be held in Room H7 at the Cuesta Campus and at the Cabrillo Lane Campus check with the office.

JOB SEARCH WORKSHOPS

These are **free** workshops where students work on many facets of the job search process, write their resume, fill out job applications, access job leads and get advice and feedback from our Job Developer. All workshops are offered at the Cuesta site and free for our students.

Location: Career Center at Cuesta, Room H7

Day / Time: Monthly 2:45 - 3:45 pm

Please see our website for the dates or stop by the office.

- **Self-Assessment – Strengths and skills that help you become a stronger candidate. Developing your resume and cover letter. (Bring your existing resume and cover letters if you have them.)**
- **Accessing Job Leads and Job Search**
- **Tailoring Your Job Applications**
- **Present Your Best Self and Interview Skills**

Dates will be announced in classes in advance and posted in the Career Center.

CAREER TECHNICAL EDUCATION FACULTY

FULL TIME

Barbosa, Rosalba

Multiple Subjects with BCLAD Authorization Teaching Credential, California Department of Education
(*BA, Communications, BA, Spanish – Language & Literature*)
(*Bachelor & Masters – Cal State Dominguez, Credential – San Diego State*)

Grissom, Georgia

Designated Subjects Vocational Education Teaching Credential, California Department of Education

Mares, Lorena

Designated Subjects Vocational Education Teaching Credential, California Department of Education

Muto, Kevin

Career Technical Education Teaching Credential, California Department of Education

Nguyen, Esther

Designated Subjects Vocational Education Teaching Credential, California Department of Education (*BA, Accounting, MBA*)
(*Bachelors – Cal State Fullerton, Masters – Webster University*)

Ortega, Marta

Designated Subjects Vocational Education Teaching Credential, California Department of Education (*AA, Arts*) (*BA – Los Angeles Trade-Tech College LATTC*)

Somers, Regina

Career Technical Education Teaching Credential, Department of Education

Takhar, Bob

Designated Subjects Vocational Education Teaching Credential, California Department of Education
(*BS, Computer Science – University of Westminster*)

Teh, Manolita Abby

Designated Subjects Career Technical Education Teaching Credential, California Department of Education
(*DMD, De Ocampo Memorial College, Philippines*)

PART TIME

Caliz, Connie

Career Technical Education Teaching Credential, Information and Communication Technologies

Demaisip, Steve

Professional Expert (*BS – West Negros College*)

Echols, Elaine

Designated Subjects Vocational Education Teaching Credential, California Department of Education (*AA, Political Science*)
(*AA – Compton College*)

Im, Tai

Single Subject Teaching Credential - Authorization: Computer Concepts Applications, Foreign Language: Korean, Introductory Mathematics, Department of Education
(*BS, Computer Science, MA*) (*BS – CSULA, MA – CSULB*)

Poirier, Brady

Designated Subjects Career Technical Education Teaching Credential, California Department of Education

Quick, Ramona

Career Technical Education Teaching Credential, Health Science and Medical Technology

Scott, Rochelle

Career Technical Education Teaching Credential, Health Science and Medical Technology

CAREER TECHNICAL EDUCATION CENTER - OFFICIAL TESTING CENTER FOR ADOBE & MICROSOFT CERTIFICATION

Why should I get Certified?

- Certification provides an industry recognized standard for measuring the mastery of Microsoft and Adobe applications.
- Proficiency is demonstrated to employers.
- Certification is recognized by employers as valuable in the selection process for new employees and for internal promotions.
- Certification is a challenge and a personal accomplishment.

Microsoft, QuickBooks, AutoCAD, A+ Certification, CompTIA, and Adobe vouchers can be purchased online from Certiport website <http://certiport.com> or from PearsonVue at <http://www.pearsonvue.com/>

- \$5 for each practice test or enroll in the Office Skill Lab for \$40
- \$25 proctoring fee for vouchers purchased from Certiport
- \$20 proctoring fee for typing test



A Smart Life with the Internet - Part I (인터넷과 함께 하는 스마트한 삶 - Part 1)

This class is taught online and a PC is required.

Taught in Korean, this class is designed for computer beginners. Students will learn how to use Zoom as participants, understand the structure of computers including creating files and folders, grasp basic computer operations, and effectively communicate via Gmail and KakaoTalk. In addition, they will learn internet browsing skills and basic usage of Microsoft Word.

한국어로 진행되는 이 클래스는 컴퓨터 초보자를 위한 클래스로 Zoom을 참가자로 사용하는 방법 을 배우며 컴퓨터의 구조와 파일 (file) 및 폴더 (folder) 만드는 방법에서부터 컴퓨터의 기본 작동을 배우고 Gmail 과 카톡을 통하여 효과적으로 소통하는 법을 배운다. 또한 인터넷을 하는 방법과 Microsoft Word의 기본 사용까지 배운다.

Mon	6048061	Im	10:10 am – 2:50 pm	Online	\$40	8/18 – 10/6 NEW CLASS
T/Th	6048064	Im	4:00 pm – 6:00 pm	Online	\$40	8/12 – 10/9
T/Th	6048086	Im	7:00 pm – 9:00 pm	Online	\$40	1/6 – 3/5

A Smart Life with the Internet - Part II (인터넷과 함께 하는 스마트한 삶 - Part 2)

This class is taught online and a PC is required.

Taught in Korean, this is the second section of the 4-quarter series course. This is only open to those who have finished Part I of the series. This class is designed to master Google Drive and Google Docs as well as advanced functions of Microsoft Word such as inserting a picture, a table and textboxes.

한국어로 진행되는 이 클래스는 반드시 Part I을 끝낸 학생만 등록이 가능하다 . Google Drive와 Google Docs를 공부하며 Word를 사용하여 사진 , 표, 글상자 등을 문서에 삽입하는 기능을 배운다.

T/Th	6048276	Im	4:00 pm – 6:00 pm	Online	\$40	10/14 – 12/18
T/Th	6048296	Im	7:00 pm – 9:00 pm	Online	\$40	3/10 – 5/19

A Smart Life with the Internet - Part III (인터넷과 함께 하는 스마트한 삶 - Part 3)

This class is taught online and a PC is required.

Taught in Korean, this is the third course in a four-semester series and is open only to students who have completed the Part II. Students will learn how to customize and utilize Google Chrome to meet their individual needs. The course covers mail merge and label creation using Microsoft Word, and guides students in designing cards and posters using both the Paint program and Word. In addition, students will explore Adobe Express to create professional-quality cards, flyers, and posters. The curriculum also includes learning how to generate QR codes.

한국어로 진행되는 이 클래스는 모두 4학기 중의 세 번째 학기 수업으로 두 번째 학기를 마친 학생만 택할 수있다. Chrome을 스스로의 필요에 맞게 사용하는 방법을 배우며 Word로 편지 병합 및 레이블을 만드는 방법을 공부한다. Paint 프로그램과 Word를 사용하여 카드나 포스터를 만들며 Adobe Express를 사용하여 카드, 플라이어, 포스터 등을 전문적 수준으로 만들도록 한다. 또한 QR Code를 만드는 것도 공부한다.

T/Th	6048366	Im	7:00 pm – 9:00 pm	Online	\$40	8/12 – 10/9
T/Th	6048384	Im	4:00 pm – 6:00 pm	Online	\$40	1/6 – 3/5

A Smart Life with the Internet - Part IV (인터넷과 하는 스마트한 삶 - 고급)

This class is taught online and a PC is required.

Taught in Korean, this is the final course in a four-semester series and is open only to students who have completed Part III. Students will learn how to host meetings on Zoom and gain foundational skills in accounting by using spreadsheet programs such as Microsoft Excel and Google Sheets.

한국어로 진행되는 이 클래스는 4학기 중의 마지막 학기 수업으로 세 번째 학기를 마친 학생만 택 할 수 있다. Zoom을 호스트하는 방법을 배우며 회계장부 프로그램인 Excel과 Google Sheets를 공부한다.

T/Th	6048476	Im	7:00 pm – 9:00 pm	Online	\$40	10/14 – 12/18
T/Th	6048496	Im	4:00 pm – 6:00 pm	Online	\$40	3/10 – 5/19

Let's Play with the Internet!! (인터넷이야 놀자 !!)

This class is taught online and a PC or a tablet is required.

This class is designed for students who have completed at least "A Smart Life with the Internet Part I." It aims to help learners use the internet with greater ease and confidence in everyday life. While building upon Part I, the course also reinforces foundational skills to ensure a solid and practical understanding of internet usage.

이 클래스는 'A Smart Life with the Internet Part I'을 수강한 학생을 위한 과정 이다. 일상생활에서 인터넷을 보다 쉽고 자신 있게 활용할 수 있도록 돕는 것을 목표로 하며, Part I에서 배운 내용 을 바탕으로 인터넷 사용의 기초를 다시 한번 탄탄하게 다지는 수업 이다.

Mon	6047771	Im	11:00 am – 2:00 pm	Online	\$40	10/20 – 12/15
Mon	6047791	Im	11:00 am – 2:00 pm	Online	\$40	3/9 – 5/18

A Smart Life with the Internet – Beyond Basics

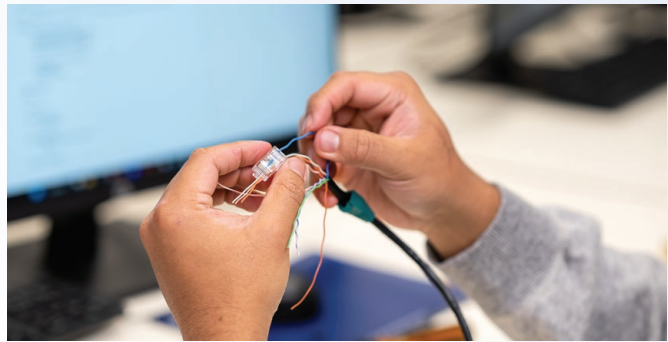
(인터넷과 함께 하는 스마트한 삶 - 심화 과정)

This class is taught online and a PC is required.

Taught in Korean, this class is for students who have completed up to Part III of "A Smart Life with the Internet". It focuses on using Word and Adobe Express skills learned so far to create more sophisticated projects. Rather than learning new features, the emphasis is on using existing skills to create personal projects, such as a calendar, cards, and posters.

한국어로 가르치는 이 클래스는 '인터넷과 함께 하는 스마트한 삶'의 Part III 까지 끝낸 학생을 위한 클래스로 그동안 배운 Word와 Adobe Express를 활용하여 심도있는 작업을 하는 클래스이다 새로운 기능을 배우기 보다는 이미 배운 기능을 활용하여 스스로의 작품, 예를 들어 달력, 카드, 포스터 등을 만드는 것이다.

Mon	6047981	Im	11:00 am – 2:00 pm	Online	\$40	1/5 – 3/2
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A+ COMPTIA Computer Hardware

This course shows how to work with users as well as install, maintain, troubleshoot, and network computer hardware. Its step-by-step, highly visual, approach uses CompTIA A+ exam objectives as a framework to prepare students for 220-1101 and 220-1102 certification exams. Each module covers core and advanced topics while emphasizing practical application of the most current technology, techniques, and industry standards. **Prerequisite:** Windows OS, Computer Essentials, or equivalent knowledge.

ADDITIONAL FEE FOR DIGITAL MATERIALS. (THESE MATERIALS MUST BE PURCHASED THROUGH THE ABC ADULT SCHOOL.)

STUDENTS ARE REQUIRED TO TAKE COMPUTER HARDWARE AND SOFTWARE.

M – F	6010810	Takhar	8:00 am – 12:00 pm	Cuesta	\$100 + \$152 Digital Materials	8/12 – 10/10
M – F	6010830	Takhar	8:00 am – 12:00 pm	Cuesta	\$100 + \$152 Digital Materials	1/5 – 3/6

(Teacher is A+ Certified)

A+ COMPTIA Computer Software

This course shows how to work with users as well as install, maintain, troubleshoot, and network computer software. Its step-by-step, highly visual approach uses CompTIA A+ exam objectives as a framework to prepare students for 220-1101 and 220-1102 certification exams. Each module covers core and advanced topics while emphasizing practical application of the most current technology, techniques, and industry standards.

ADDITIONAL FEE FOR DIGITAL MATERIALS. (THESE MATERIALS MUST BE PURCHASED THROUGH THE ABC ADULT SCHOOL.)

STUDENTS ARE REQUIRED TO TAKE COMPUTER HARDWARE AND SOFTWARE.

M – F	6010920	Takhar	8:00 am – 12:00 pm	Cuesta	\$100 + \$152 Digital Materials	10/14 – 12/19
M – F	6010940	Takhar	8:00 am – 12:00 pm	Cuesta	\$100 + \$152 Digital Materials	3/9 – 5/21

(Teacher is A+ Certified)

A+ Internship/Technician

Practical, hands-on practice of the concepts learned in the A+ courses. Preparation for the A+ Certification Exam. Students must have completed A+ Part 2 or Internship to enroll in this course. SEE CTEC OFFICE FOR TIMES AND AVAILABILITY WITH INSTRUCTOR APPROVAL.

Accounting 1 - Financial

This is a beginning course in practical accounting for small businesses. Hands-on manual training includes the accounting cycle, debit/credit rules, journalizing and posting business transactions, accounts payable, accounts receivable, preparing financial statements, performing closing entries, reconciling bank statements, and processing payroll. **(Additional fee for books)**

M - F	6000710	Nguyen	8:00 am - 10:00 am	Cuesta	\$40	8/12 - 10/10
M - F	6000732	Nguyen	12:40 pm - 2:40 pm	Cuesta	\$40	1/5 - 3/6

Accounting 2 - Managerial

This is an advanced course in practical accounting. Hands-on manual training includes accounting cycle for merchandising, accounting for publicly held corporations, cash funds, plant assets and depreciation, uncollectible accounts receivable, inventories, notes payable and receivable. **Prerequisite:** Completion of Accounting 1.

M - F	6000820	Nguyen	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6000842	Nguyen	10:10 am - 12:10 pm	Cuesta	\$40	3/9 - 5/21

Adobe Illustrator CC - Introduction to Vector Graphics - Part I

Learn the ultimate industry standard drawing and illustration program. This is a beginning course devoted to helping students achieve a basic comfort level working in the Illustrator environment. It is project based and covers printing industry fundamentals, raster vs. vector art, color theory, typography, vector drawing and logo designs. **(Additional fee for book)**

M - F	6076611	Muto	10:10 am - 12:10 pm	Cuesta	\$40	8/12 - 10/11
M - F	6076631	Muto	10:10 am - 12:10 pm	Cuesta	\$40	1/5 - 3/6

Adobe Illustrator CC - Business Branding and Web Portfolio - Part II

Learn the ultimate industry standard drawing and illustration program. This course introduces students to using the tools and workspace of Illustrator to create unique graphics for print and web-based projects. Students will learn printing industry fundamentals. **(Additional fee for book)**

M - F	6076321	Muto	10:10 am - 12:10 pm	Cuesta	\$40	10/14 - 12/19
M - F	6076341	Muto	10:10 am - 12:10 pm	Cuesta	\$40	3/9 - 5/21

Adobe InDesign CC - Part I

Learn how to design books, magazines and other print documents. This is a beginning class, which covers printing industry fundamentals, desktop publishing basics, page layout, and color theory. Projects include designing business cards, menus, brochures, and forms. **(Additional fee for book)**

M - F	6077210	Muto	8:00 am - 10:00 am	Cuesta	\$40	8/12 - 10/11
M - F	6077220	Muto	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6077230	Muto	8:00 am - 10:00 am	Cuesta	\$40	1/5 - 3/6
M - F	6077240	Muto	8:00 am - 10:00 am	Cuesta	\$40	3/9 - 5/21

Adobe InDesign CC - Part II

InDesign Part II will help students achieve a basic comfort level working in the InDesign environment. It will give a basic understanding of printing industry fundamentals, desktop publishing basics, page layout, raster vs vector art, and color theory. Students will work on individual projects designed to improve their page layout and production skills. **(Additional fee for book)**

M - F	6077420	Muto	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6077430	Muto	8:00 am - 10:00 am	Cuesta	\$40	1/5 - 3/6
M - F	6077440	Muto	8:00 am - 10:00 am	Cuesta	\$40	3/9 - 5/21

Adobe Lab

Use this class as a study lab to catch up and/or practice with assignments from other classes. Instructor is knowledgeable in Adobe InDesign, Adobe Illustrator, Adobe Photoshop, Mac OSX and more. If you have some questions, our instructor can help you! **Format:** MAC (Apple Computer) and PC.

M - F	6070510	Muto	8:00 am - 10:00 am	Cuesta	\$40	8/12 - 10/10
M - F	6070511	Muto	10:10 am - 12:10 pm	Cuesta	\$40	8/12 - 10/10
M - F	6070520	Muto	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6070521	Muto	10:10 am - 12:10 pm	Cuesta	\$40	10/14 - 12/19
M - F	6070530	Muto	8:00 am - 10:00 am	Cuesta	\$40	1/5 - 3/6
M - F	6070531	Muto	10:10 am - 12:10 pm	Cuesta	\$40	1/5 - 3/6
M - F	6070540	Muto	8:00 am - 10:00 am	Cuesta	\$40	3/9 - 5/21
M - F	6070541	Muto	10:10 am - 12:10 pm	Cuesta	\$40	3/9 - 5/21



STUDENT FINANCIAL AID AVAILABLE!

PELL GRANT OF UP TO \$7,395 IS AVAILABLE FOR THOSE WHO QUALIFY. Fill out the 25-26 FAFSA at www.studentaid.gov. Our school code: 042270.

Adobe Photoshop - Fundamentals and Image Manipulation

This is a beginning course for photographers, future graphic designers, and hobbyists. No experience in Photoshop is necessary. Projects will focus on individual tools, tonal corrections, and manipulating text. For the final project, students will colorize their own black and white photographs. **(Additional fee for book)**

M - F	6078211	Poirier	10:10 am - 12:10 pm	Cuesta	\$40	8/12 - 10/10
M - F	6078232	Poirier	12:40 pm - 2:40 pm	Cuesta	\$40	1/5 - 3/6

Adobe Photoshop CC - Advanced Graphic Design Techniques

This is the second part of a beginning course. It builds on concepts already mastered in Photoshop Fundamentals. Projects will focus on the remaining tools, Layer Masks, Color Correction Techniques, Filters and Optimizing files to the web. **Prerequisite:** Photoshop Fundamentals or comparable knowledge. **(Additional fee for book)**

M - F	6078421	Poirier	10:10 am - 12:10 pm	Cuesta	\$40	10/14 - 12/19
M - F	6078442	Poirier	12:40 pm - 2:40 pm	Cuesta	\$40	3/9 - 5/21

AutoCAD 2D

This class is taught on-line.

Learn the essentials necessary to begin your own design and drafting tasks. Learn to develop working drawings with projects in both mechanical and architectural design. **(Additional fee for book)**

T/Th	6015016	Demaisip	5:50 pm - 9:00 pm	Cuesta	\$40	8/13 - 10/9
T/Th	6015036	Demaisip	5:50 pm - 9:00 pm	Cuesta	\$40	1/6 - 3/5

AutoCAD 3D

This class is taught on-line.

Learn the essentials necessary to begin your own design and drafting tasks in 3D. Learn to develop working drawings with projects in both mechanical and architectural design. **Recommended:** AutoCAD 2D. **(Additional fee for book)**

T/Th	6015546	Demaisip	5:50 pm - 9:00 pm	Cuesta	\$40	3/10 - 5/19
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Certified Tax Preparer

Want to become a certified tax preparer? Nothing is as certain as an ever-changing tax code which makes mastering taxes confusing and frustrating. This course will guide you through the maze of tax preparation and help achieve your tax certification. The curriculum is designed to cover the fundamentals of income tax preparation. The course covers topics such as income, adjustments, tax credits, other taxes, depreciation, business taxes, ACA/Health Care and State filing requirements. The course is approved by the CTEC, which fulfills the mandated 60 hours of "qualifying education" (45 hours of Federal Tax Law and 15 Hours of California Tax Law) to become a certified tax preparer. Disclosure: CTEC Course #2097-QE-0001. A listing of additional requirements to register as a tax preparer may be obtained by contacting CTEC at P.O. Box 2890, Sacramento, CA 95812-2890, toll-free by phone at (877) 850-2883, or on the Internet at www.ctec.org

M/W	6002026	Le	5:50 pm - 9:00 pm	Cuesta	\$40	10/14 - 12/17
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Chat GPT: Exploring Artificial Intelligence

Dive into the fascinating world of AI in our new course, "Exploring AI with OpenAI's ChatGPT". Understand the fundamentals of AI, Machine Learning, and Natural Language Processing, and explore the workings of ChatGPT, one of the world's most advanced language models. Engage in stimulating discussions, hands-on projects, and dive into the ethical aspects of AI. Ideal for students interested in technology, linguistics, and ethics. Prior programming knowledge is beneficial but not required. Unravel the mysteries of AI with us!

M/W	6072216	Takhar	5:50 pm - 9:00 pm	Cuesta	\$40	8/13 - 10/8
M/W	6072246	Takhar	5:50 pm - 9:00 pm	Cuesta	\$40	3/9 - 5/21

CompTIA Cloud+ Guide to Cloud Computing

CompTIA Cloud + is the only performance based IT certification that views cloud-based infrastructure services in the context of broader IT systems operations regardless of the platform. Migrating to the cloud presents opportunities to deploy, optimize, and protect mission critical applications and data storage. CompTIA Cloud + validates the technical skills needed to secure these valuable assets.

ADDITIONAL FEE FOR DIGITAL MATERIALS. (THESE MATERIALS MUST BE PURCHASED THROUGH THE ABC ADULT SCHOOL.)

M - F	6018222	Takhar	12:40 pm - 2:40 pm	Cuesta	\$40 + \$ 181 Digital Materials	10/14 - 12/19
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Computer Essentials

Designed for those who know nothing or very little about computers. This class will cover hardware, software and the basics of Windows, Internet, Gmail, Google Apps (Google docs, sheets, slides, forms, and much more). **Prerequisite:** Keyboard at 20 wpm for day classes. **(Additional fee for book)**

M - F	6032060	Barbosa	8:00 am - 10:00 am	Cabrillo Lane	\$40	8/12 - 10/10
M - F	6032011	Mares	10:10 am - 12:10 pm	Cuesta	\$40	8/12 - 10/10
M - F	6032022	Barbosa	12:40 pm - 2:40 pm	Cuesta	\$40	10/14 - 12/19
M - F	6032031	Mares	10:10 am - 12:10 pm	Cuesta	\$40	1/5 - 3/6
M - F	6032080	Barbosa	8:00 am - 10:00 am	Cabrillo Lane	\$40	1/5 - 3/6
M - F	6032042	Barbosa	12:40 pm - 2:40 pm	Cuesta	\$40	3/9 - 5/21

Cosmetology

Join the career that helps the world become a more beautiful place! The cosmetology program will prepare students to pass the written and practical state board exam for a cosmetology license as well as complete the 1000 hours of instruction required by the State of California. With a cosmetology license, a student will be able to work in a beauty salon cutting and styling hair, and performing the latest hair coloring techniques. With a license, you can also own your beauty salon. These certificated courses are designed, by professional instructors, to prepare you for a State license and a career in the industry. Students will need to take all 5 modules to complete the 1000 hours. These modules may be taken in any order. **New classes begin every six weeks. Students may start at the beginning of any module.**

Module 1 - Skin Care and Services

Module 2 - Nail Care and Services

Module 3 - Haircutting and Styling Services

Module 4 - Chemical Hair Services

Module 5 - Business Skills

Cost of Program: \$5,000 (Price includes Fee for 5 Modules, Books, Cosmetology Kit, and Uniform Fee.)



Cosmetology NEW STUDENT

M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	8/12 - 9/19
F			8:00 am - 12:10 pm			
M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	9/22 - 10/31
F			8:00 am - 12:10 pm			
M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	11/3 - 12/19
F			8:00 am - 12:10 pm			
M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	1/5 - 2/13
F			8:00 am - 12:10 pm			
M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	2/17 - 3/27
F			8:00 am - 12:10 pm			
M - Th	6091060	Staff	8:00 am - 4:30 pm	Cabrillo Lane	\$1,000	3/30 - 5/21
F			8:00 am - 12:10 pm			

Cosmetology CONTINUING STUDENTS will need to register in the office in-person.

Dental Assistant

The Dental Assistant program trains individuals in a broad range of clinical and administrative skills such as preparing patients for dental exams and treatments, performing radiographic procedures, scheduling and appointment procedures, maintenance of dental records, performing basic front office skills, professional communication and public relations skills.

Costs: Students pay by the module. \$667 per module. Additional fees for (3) uniforms, scrub jacket and supplies.

Certification and licensure fees are not included.

All students must complete 20 hours of Infection control before starting the program. Infection Control is 3:00 - 5:00 pm M-Th and 4 hours for 3 Fridays which totals 20 hours. See dates below.

M - Th	6153060	Introduction to Dental Assisting (Module 1)				
		Infection Control starts 8/12/25				
		Teh	8:00 am - 3:00 pm	Cabrillo Lane	\$667	8/12/25 - 9/18/25
M - Th	6152060	Clinical Dentistry and Dental Materials (Module 2)				
		Infection Control starts 9/22/25				
		Teh	8:00 am - 3:00 pm	Cabrillo Lane	\$667	9/22/25 - 10/23/25



M – Th	6157070	Preventive Dentistry and Dental Health (Module 3) Infection Control starts 10/20/25 Teh 8:00 am – 3:00 pm	Cabrillo Lane	\$667	10/27/25 – 12/4/25
M – Th	6155070	Dental Radiology and Safety (Module 4) Infection Control starts 12/1/25 Teh 8:00 am – 3:00 pm	Cabrillo Lane	\$667	12/8/25 – 1/22/26
M – Th	6154080	Dental Laboratory Procedures (Module 5) Infection Control starts 1/20/26 Teh 8:00 am – 3:00 pm	Cabrillo Lane	\$667	1/26/26 – 3/5/26
M – Th	6156090	Dental Specialties & Administrative Assistant/Dental Billing and Coding (Module 6) Infection Control start 3/2/26 Teh 8:00 am – 3:00 pm	Cabrillo Lane	\$667	3/9/26 – 4/16/26
M – Th	6153060	Introduction to Dental Assisting (Module 1) Infection Control starts 4/13/26 Teh 8:00 am – 3:00 pm	Cabrillo Lane	\$667	4/20/26 – 5/21/26

Dental Assistant Externship

210 hours of training at one of our professional sites with hand-on training will prepare you for moving forward and finding a job. Externship fee is \$210. **Upon completion of the Modules student will enroll in Extern and the Instructor will place you at a site.**

Digital Photography/Lightroom CC

The Digital Photography – Adobe Lightroom class is a multi-learning course that includes instruction on current digital camera technology, terminology and function. In addition you will learn how to improve your photography skills through composition, lighting and exposure techniques that include multiple photo shoots on and off campus. You will also learn how to professionally edit your photos through Adobe Lightroom CC's powerful software. (This is the companion to Adobe Photoshop CC.) NO CAMERA IS REQUIRED, but a mobile phone with a camera is recommended. **(Additional fee for book)**

M – F	6073312	Poirier	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/11
M – F	6073322	Poirier	12:40 pm – 2:40 pm	Cuesta	\$40	10/14 – 12/19
M – F	6073331	Poirier	10:10 am – 12:10 pm	Cuesta	\$40	1/5 – 3/6
M – F	6073341	Poirier	10:10 am – 12:10 pm	Cuesta	\$40	3/9 – 5/21

Electronic Health Records - EHR

With the explosive growth of electronic health records, medical support personnel need to understand and attain practical knowledge of the electronic health records field. This 9-week course will review the field's history, standards and provide practical training in patient data, insurance data, appointments, charting and clinical tools using EHR software. **Prerequisite:** Computer Skills and knowledge in the medical field. **(Additional fee for book)**

M – F	6131070	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	10/14 – 12/19
M – F	6131090	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	3/9 – 5/21

Insurance Billing Fundamentals and Electronic Health Records

This class introduces students to the healthcare system's core concepts and medical billing processes. Designed for beginners, it focuses on how healthcare providers submit claims and receive payment for services through insurance companies. Students will also learn the foundational understanding of an Electronic Health Record (EHR) system and its critical role in modern healthcare. Students will explore how EHRs document, store, and manage patient information securely and efficiently, in compliance with healthcare regulations such as HIPAA. **(18 Week Class)**

T – Th	6136186	Barbosa	5:50 pm – 9:00 pm	Cabrillo Lane	\$80	1/6 – 5/21
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NEW!

iPad Essentials

Want to learn more about your iPad? Then this is the class for you! Students will be learning how to use the iPad settings, how to navigate, use the dock, widgets on the home screen, today view panel, using the control panel, customizing the lock screen, multitasking, shelf and new windows, app switcher window, iCloud, keyboard and apple pencil, knowing your apps, keeping in touch, staying organized and much more.

Requirements: Students must have their own iPad.

M/W	6047016	Caliz	5:50 pm – 9:00 pm	Cuesta	\$40	8/13 – 10/8
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iPhone Essentials

This class is perfect for anyone who wants to learn more about their iPhone. Students will learn about iPhone settings, opening and closing apps, notifications, updating software, working with your home screen, calls and contacts, typing and texts, using the App Library, iPhone Widgets, using the Dock, using the Control Center, using AirPods, Head in the iCloud, Apple Pay, camera and photos, the online world, practical matters and more. **Requirements: Students must have their own iPhone.**

M/W	6047536	Caliz	5:50 pm – 9:00 pm	Cuesta	\$40	1/5 – 3/4
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STUDENT FINANCIAL AID AVAILABLE!

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Keyboarding/Data Entry/Office Skills Lab

Learn how to type by touch on the computer with an individualized, self-paced program. Ten-key program also taught for quick data entry of numbers. Learn alpha and numeric data entry with real life scenarios including invoices, time logs, and statistical information. Students will use Access forms for data entry and OPAC testing for ten-key training and keyboarding practice.

Have extra time to work on class assignments and/or work on your own to learn new software. You can also use the lab to practice for Industry Certification tests Office 2019, Adobe CC Suite, QuickBooks, IT Technician/CompTIA, and other programs available in the lab. Learn how to type by touch on the computer with an individualized, self-paced program. Ten-key program also taught for quick data entry of numbers. Certificates for Keyboarding, and Data Entry only.

Open/Entry class. Call for more information and availability.

M – F	6050560	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	8/12 – 10/10
M – F	6050510	Mares	8:00 am – 10:00 am	Cuesta	\$40	8/12 – 10/10
M – F	6050511	Mares	10:10 am – 12:10 pm	Cuesta	\$40	8/12 – 10/10
M – F	6050512	Mares	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/10
M – W	6050516	Mares	5:50 pm – 9:00 pm	Cuesta	\$40	8/12 – 10/8
M – F	6050570	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	10/14 – 12/19
M – F	6050520	Mares	8:00 am – 10:00 am	Cuesta	\$40	10/14 – 12/19
M – F	6050521	Mares	10:10 am – 12:10 pm	Cuesta	\$40	10/14 – 12/19
M – F	6050522	Mares	12:40 pm – 2:40 pm	Cuesta	\$40	10/14 – 12/19
M/W	6050526	Mares	5:50 pm – 9:00 pm	Cuesta	\$40	10/14 – 12/17
M – F	6050580	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	1/5 – 3/6
M – F	6050530	Mares	8:00 am – 10:00 am	Cuesta	\$40	1/5 – 3/6
M – F	6050531	Mares	10:10 am – 12:10 pm	Cuesta	\$40	1/5 – 3/6
M – F	6050532	Mares	12:40 pm – 2:40 pm	Cuesta	\$40	1/5 – 3/6
M/W	6050536	Mares	5:50 pm – 9:00 pm	Cuesta	\$40	1/5 – 3/4
M – F	6050590	Barbosa	8:00 am – 10:00 am	Cabrillo Lane	\$40	3/9 – 5/21
M – F	6050540	Mares	8:00 am – 10:00 am	Cuesta	\$40	3/9 – 5/21
M – F	6050541	Mares	10:10 am – 12:10 pm	Cuesta	\$40	3/9 – 5/21
M – F	6050542	Mares	12:40 pm – 2:40 pm	Cuesta	\$40	3/9 – 5/21
M/W	6050546	Mares	5:50 pm – 9:00 pm	Cuesta	\$40	3/9 – 5/21

MAC and iCloud Essentials

This class is designed for those that want a comprehensive understanding of the MAC Operating System. You will learn how to efficiently use your MAC and iCloud to enhance productivity, manage files, and ensure seamless synchronization across all Apple devices and much more.

NEW!

M/W	6048646	Caliz	5:50 pm – 9:00 pm	Cuesta	\$40	3/9 – 5/19
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Medical Assistant - Clinical

Start a new and exciting career in the medical field as a Medical Assistant Clinical and learn the skills to work in a medical office or medical group. This class prepares you for employment in that field including patient care, office procedures and national certification. **Externships require a background check and Drug Screen – additional fees of \$42 for each module. Cost: \$40 Reg, \$363 Lab per module. (Additional fee for books and uniforms)**

M – Th	6126061 (Administration of Medication)	Quick	10:10 am – 2:40 pm	Cabrillo Lane	\$403 + \$42	8/12 – 10/9
M – Th	6125071 (Back Office Procedures)	Quick	10:10 am – 2:40 pm	Cabrillo Lane	\$403 + \$42	10/14 – 12/18
M – Th	6126081 (Laboratory Procedures)	Quick	10:10 am – 2:40 pm	Cabrillo Lane	\$403 + \$42	1/5 – 3/5
M – Th	6124091 (Administration of Medication)	Quick	10:10 am – 2:40 pm	Cabrillo Lane	\$403 + \$42	3/9 – 5/21



Medical Assistant - Clinical Externship

160 Hours of training at one of our many professional sites with hands-on clinical training. **Prerequisite:** Passing of Medical Assistant-Clinical all sections, Administration of Medication, Back Office Procedures, and Lab Procedures. Completion of background check and drug test. **Instructor will place you at a site upon completion.** **Cost:** \$40 Reg, \$120 Lab. (\$160)

Medical Billing and Coding (18 week course)

The focus of this class is for students to learn the basics with an emphasis on billing and coding. Medical Front Office Assistants are responsible for a multitude of tasks that include communicating with patients, scheduling appointments, electronic medical coding, filing insurance claims, maintaining records, as well as accounting and billing. Medical Front Office Assistants are key players in providing healthcare facility support services. They are responsible for everything from making sure medical records are accurate to ensuring that medical facilities run smoothly. **(Additional fee for books) (Semester Class) Students taking Medical Billing and Coding must also be enrolled in Medical Terminology and Anatomy.**

M – F	6135061	Barbosa	10:10 am – 12:10 pm	Cabrillo Lane	\$115	8/12 – 12/19
M – F	6135081	Barbosa	10:10 am – 12:10 pm	Cabrillo Lane	\$115	1/5 – 5/21

Medical Coding Basics

This class introduces students to the central practices of medical coding. Designed for beginners, it covers International Classification of Diseases (ICD-10), Current Procedural Terminology (CPT), and Healthcare Common Procedural Coding System (HCPCS). It is ideal for those pursuing careers in medical billing and coding, healthcare administration, or transitioning into the healthcare field.

NEW!

T/Th	6135166	Barbosa	5:50 pm – 9:00 pm	Cabrillo Lane	\$80	8/12 – 12/18
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Medical Terminology and Anatomy (18 week course)

This 18-week class will benefit both the new Medical Terminology student, as well as the student with prior Medical Terminology education. The class starts with a review of medical word building and dividing medical terms into easily defined parts. After creating a foundation of basic word parts, anatomy and physiology of a different body system will be added every week. Current health issues, medical tests and procedures will also be covered. Students will learn to identify abbreviations for basic terms and procedures, word patterns, root stems, prefixes, and suffixes, medical terms recognition both by sight and sound. **(Additional fee for books) (Semester Class)**

M – F	6136060	Quick	8:00 am – 10:00 am	Cabrillo Lane	\$100	8/12 – 12/19
M – F	6136080	Quick	8:00 am – 10:00 am	Cabrillo Lane	\$100	1/5 – 5/21

Microsoft Office 365

Microsoft 365 (formerly Office 365), is a cloud-based suite of productivity applications. With Office 365 you have access to a plethora of applications like Outlook, Word, PowerPoint, OneDrive, Teams, SharePoint and more, that work across multiple devices - all under one license. This class will focus on Word, Excel and PowerPoint.

M/W	6048526	Caliz	5:50 pm – 9:00 pm	Cuesta	\$40	10/15 – 12/17
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Microsoft Access

This course is designed for students who wish to establish a foundational understanding of Microsoft Office Access, including the skills necessary to create a new database, construct data tables, design forms and reports, build relationships between tables, and create queries. **Prerequisites:** Keyboarding at 20 – 25 wpm and Computer Essentials or Social Media for Business. **(Additional fee for book) Industry Certification is available.**

M – F	6013041	Mares	10:10 am – 12:10 pm	Cuesta	\$40	3/9 – 5/21
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Microsoft Excel - Essentials (Daytime)

This exciting class will cover the powerful features of computerized spreadsheets. Before you know it, you will be creating spreadsheets, entering data, and recording macros. **Prerequisite:** Keyboard 20-25 wpm. **(Additional fee for book)**

M – F	6043012 (Beg)	Muto	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/10
M – F	6043022 (Beg)	Muto	12:40 pm – 2:40 pm	Cuesta	\$40	10/14 – 12/19
M – F	6043032 (Beg)	Muto	12:40 pm – 2:40 pm	Cuesta	\$40	1/5 – 3/6
M – F	6043042 (Beg)	Muto	12:40 pm – 2:40 pm	Cuesta	\$40	3/9 – 5/21



Microsoft Excel - Advanced (Daytime)

This exciting class will cover the powerful features of computerized spreadsheets. Before you know it, you will be creating spreadsheets, entering data, recording macros, working with scenarios, using VLOOKUP and HLOOKUP, Pivot tables, entering formulas and creating impressive looking charts and reports. **Prerequisite:** Keyboard 20-25 wpm and successful completion of Microsoft Excel Essentials. **(Additional fee for book)**

M - F	6044012 (Adv)	Muto	12:40 pm - 2:40 pm	Cuesta	\$40	8/12 - 10/10
M - F	6044022 (Adv)	Muto	12:40 pm - 2:40 pm	Cuesta	\$40	10/14 - 12/19
M - F	6044032 (Adv)	Muto	12:40 pm - 2:40 pm	Cuesta	\$40	1/5 - 3/7
M - F	6044042 (Adv)	Muto	12:40 pm - 2:40 pm	Cuesta	\$40	3/9 - 5/21

Microsoft Excel - Level 1 & 2 (Nighttime)

These exciting classes will cover the powerful features of computerized spreadsheets. Before you know it, you will be creating spreadsheets, entering data, recording macros, working with scenarios, using VLOOKUP and HLOOKUP, Pivot tables, entering formulas and creating impressive looking charts and reports. **Prerequisite:** Keyboard 20-25 wpm and Level 1 or equivalent experience for Level 2. **(Additional fee for book)**

T/Th	6042016 (Level 1)	Echols	5:50 pm - 9:00 pm	Cuesta	\$40	8/12 - 10/9
T/Th	6042526 (Level 2)	Echols	5:50 pm - 9:00 pm	Cuesta	\$40	10/14 - 12/18
T/Th	6042036 (Level 1)	Echols	5:50 pm - 9:00 pm	Cuesta	\$40	1/6 - 3/5
T/Th	6042546 (Level 2)	Echols	5:50 pm - 9:00 pm	Cuesta	\$40	3/10 - 5/19

Microsoft PowerPoint

PowerPoint is Microsoft's industry-standard software application for designing and conducting presentations in any professional context. Students can create professional business and personal presentations. Learn numerous skills including how to add graphics, charts, sounds, animated clips and many other design elements. **Prerequisite:** Keyboarding 20 - 25 wpm. **(Additional fee for book)**

M - F	6054521	Mares	10:10 am - 12:10 pm	Cuesta	\$40	10/14 - 12/19
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Microsoft Word - Essentials

Learn to use the world's most powerful word processing program to create letters, reports, flyers and much more. **Prerequisite:** Keyboard at 25 wpm. **(Additional fee for book)**

M - F	6063010	Mares	8:00 am - 10:00 am	Cuesta	\$40	8/12 - 10/10
M - F	6063020	Mares	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6063030	Mares	8:00 am - 10:00 am	Cuesta	\$40	1/5 - 3/6
M - F	6063040	Mares	8:00 am - 10:00 am	Cuesta	\$40	3/9 - 5/21

Microsoft Word - Advanced

Continuing students will learn additional advanced features such as tables, macros, importing graphics, formatting columns and more. **Prerequisite:** Completion of Microsoft Word - Essentials or have equivalent knowledge and Keyboarding at 25 wpm. **(Additional fee for book)**

M - F	6064010	Mares	8:00 am - 10:00 am	Cuesta	\$40	8/12 - 10/10
M - F	6064020	Mares	8:00 am - 10:00 am	Cuesta	\$40	10/14 - 12/19
M - F	6064030	Mares	8:00 am - 10:00 am	Cuesta	\$40	1/5 - 3/6
M - F	6064040	Mares	8:00 am - 10:00 am	Cuesta	\$40	3/9 - 5/21

NETWORK +

Knowing how to install, configure, and troubleshoot a computer network is a highly marketable and exciting skill. This class first introduces the fundamental building blocks that form a modern network, such as protocols, topologies, hardware, and network operating systems. It then provides in-depth coverage of the most important concepts in contemporary networking, such as TCP/IP, ethernet, wireless transmission, and security. **ADDITIONAL FEE FOR DIGITAL MATERIALS. (THESE MATERIALS MUST BE PURCHASED THROUGH THE ABC ADULT SCHOOL.)**

M - F	6049032	Takhar	8:00 am - 10:00 am	Cuesta	\$40 + \$229 Digital Materials	1/5 - 3/6
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NETWORK - Intro to Networking

This course introduces the fundamentals of network security, including compliance and operational security; threats and vulnerabilities; application data and host security; access control and identity management; and cryptography. The course covers new topics in network security as well, including psychological approaches to social engineering attacks, web application attacks, penetration testing, data loss prevention, cloud computing, security, and application programming development security. **(Additional fee for book)**

M/W	6049226	Takhar	5:50 pm – 9:00 pm	Cuesta	\$40	10/14 – 12/17
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Payroll Tax Accounting

This course is designed for those students seeking immediate employment as payroll clerks. The course will cover fundamental principles of payroll tax law as defined by the Federal, State, and Local government. It will also include discussion of Social Security, Federal and State income taxes, Federal and State Unemployment Insurance, Workmen's Compensation Insurance, and journal entries to record payroll information. It also includes personnel records requirements, data processing, and payroll systems. It is intended to provide business students with a working knowledge of current tax laws and practical applications. Students gain experience in input, processing, and reporting of payroll tax-related transactions and events within the context of both manual and computerized payroll systems. **(Additional fee for book)**

M – F	6005012	Nguyen	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/10
M – F	6005031	Nguyen	10:10 am – 12:10 pm	Cuesta	\$40	1/5 – 3/6

Pharmacy Technician: Modules 1-3

Join the ever-growing pharmaceutical field. This 3-quarter class prepares you to successfully attain training and qualifications to become an entry level Pharmacy Technician. Students will learn the basic concepts of Pharmacology, knowledge of practice settings, standards and ethics, State Board of Pharmacy laws and regulations, basic pharmacy calculations, drug dosages, forms, record keeping, labeling and customer service. \$40 Reg, \$343 Lab per module. **We require background check and drug screen – additional fees of \$42 for each module. (Additional fee for books, and uniform)**

T/W/Th	6146066 (Pharmacy Calculations)	Scott	4:50 pm – 9:00 pm	Cabrillo Lane	\$383 + \$42	8/12 – 10/9
T/W/Th	6145076 (Pharmacology and Medications)	Scott	4:50 pm – 9:00 pm	Cabrillo Lane	\$383 + \$42	10/14 – 12/18
T/W/Th	6147086 (Pharmacy Practice)	Scott	4:50 pm – 9:00 pm	Cabrillo Lane	\$383 + \$42	1/6 – 3/5
T/W/Th	6146096 (Pharmacy Calculations)	Scott	4:50 pm – 9:00 pm	Cabrillo Lane	\$383 + \$42	3/10 – 5/19

Pharmacy Technician Internship

120 Hours of on site, hands on clinical training to prepare for employment. **Prerequisite:** Passing of Pharmacy Technician modules 1-3 and clear Drug and Background check. **Fee for Extern (Instructor will place you at a site upon completion)** Cost: \$40 Reg, \$120 Lab. (\$160)

This program does not qualify for Financial Aid. For questions regarding financial aid and qualifying programs, please contact our financial aid office at (562) 229-7960.



Python Programming for the Absolute Beginner

This course will teach you the basics of Python programming through simple game creation. Python syntax is easy to learn, making it a rather simple programming language for beginners to pick up. Python as a multi-platform language enables it to integrate well with other Programming languages. It doesn't need to be compiled before running, as it is an interpreted language. **(Additional fee for book)**

M – F	6056212	Takhar	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/10
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QuickBooks

Hands-on training in the use of QuickBooks Online accounting software. Topics include accounts receivable, accounts payable, bank and credit cards transactions, bank reconciliation. Transactions include creating invoices, paying bills, writing checks, and receiving payments. **(Additional fee for book)**

M – F	6006311	Nguyen	10:10 am – 12:10 pm	Cuesta	\$40	8/12 – 10/10
M – F	6006322	Nguyen	12:40 pm – 2:40 pm	Cuesta	\$40	10/14 – 12/19
M – F	6006330	Nguyen	8:00 am – 10:00 am	Cuesta	\$40	1/5 – 3/6
M – F	6006341	Nguyen	10:10 am – 12:10 pm	Cuesta	\$40	3/9 – 5/21
(Teacher is QuickBooks Certified)						
T/Th	6006316	Nguyen	5:50 pm – 9:00 pm	Cuesta	\$40	8/12 – 12/18
(This is a semester class)						

SECURITY +

This course is an introduction to the fundamentals of network security, including compliance and operational security; threats and vulnerabilities; application data and host security; access control and identity management; and cryptography. The course covers new topics in network security as well, including psychological approaches to social engineering attacks, web application attacks, penetration testing, data loss prevention, cloud computing, security, and application programming development security.

ADDITIONAL FEE FOR DIGITAL MATERIALS. (THESE MATERIALS MUST BE PURCHASED THROUGH THE ABC ADULT SCHOOL.)

M – F	6055342	Takhar	12:40 pm – 2:40 pm	Cuesta	\$40 + \$271 Digital Materials	3/9 – 5/21
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SECURITY - Intro to Security

This course is an introduction to the fundamentals of network security, including compliance and operational security; threats and vulnerabilities; application data and host security; access control and identity management; and cryptography. The course covers new topics in network security as well, including psychological approaches to social engineering attacks, web application attacks, penetration testing, data loss prevention, cloud computing, security, and application programming development security. **(Additional fee for book)**

M/W	6018436	Takhar	5:50 pm – 9:00 pm	Cuesta	\$40	1/5 – 3/4
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Social Media for Business

Learn how to use the latest social networking websites such as Facebook, X (Twitter), WordPress, YouTube, LinkedIn, Google Apps, and more to create your own space on the web. This class will guide you to promote yourself in the job market, advertise your own business, learn how to use Google Applications, sell items online, and/or just reconnect with friends and family. Additionally, you will attain a greater understanding of social networking sites, and how to control privacy settings, while enjoying positive online experiences. **(Additional fee for book)**

M – F	6057512	Barbosa	12:40 pm – 2:40 pm	Cuesta	\$40	8/12 – 10/10
M – F	6057532	Barbosa	12:40 pm – 2:40 pm	Cuesta	\$40	1/5 – 3/6



Tax Preparer Essentials

Students will learn basic federal income tax theory and concepts. Learn manual and computer-assisted programs to prepare tax returns. An introductory course designed to prepare you for career opportunities in the tax preparation field. **(Additional fee for book)**

M – F	6008521	Nguyen	10:10 am – 12:10 pm	Cuesta	\$40	10/14 – 12/19
T – Th	6008536	Nguyen	5:50 pm – 9:00 pm	Cuesta	\$40	1/6 – 5/19
(This is a semester class)						
M – F	6008540	Nguyen	8:00 am – 10:10 am	Cuesta	\$40	3/9 – 5/21

Videography Fundamentals + Adobe Premier Pro/Rush

This is an entry level class for the aspiring videographer. Learn video terminology, composition, lighting and audio recording techniques. Use your mobile phone, DSLR or Mirrorless camera to shoot in 1080p or 4K to create video shorts for personal or business use. Learn how to edit and export video using Adobe Premiere and/or Premiere Rush. Create informational, marketing and promotional shorts to post to YouTube, Instagram and TikTok. No camera is needed to enroll in the class. You can use your mobile phone or we have cameras for you to check out during class.

M/W	6089016	Poirier	5:30 pm – 8:00 pm	Cuesta	\$40	8/13 – 10/8
M/W	6089026	Poirier	5:30 pm – 8:00 pm	Cuesta	\$40	10/14 – 12/17
M/W	6089036	Poirier	5:30 pm – 8:00 pm	Cuesta	\$40	1/5 – 3/4
M/W	6089046	Poirier	5:30 pm – 8:00 pm	Cuesta	\$40	3/9 – 5/21

NEW!

PHLEBOTOMY TECHNICIAN I PROGRAM – CPTI STATE CERTIFICATION OPTIONS

ECG/EKG TECHNICIAN – CERTIFICATION OPTIONS

Complete requirements to be eligible for CPTI State License and ECG/EKG Technician Certification!
Special Partnership with ABC Adult School



GENESIS
MEDICAL COLLEGE

A phlebotomist is licensed to draw blood from patients for various tests. Phlebotomy is a highly sought after skill in the medical field. ABC Adult School is pleased to announce the opportunity for our students to add Phlebotomy to their Adult School experience, through a partnership with Genesis Medical College. Genesis Medical College is licensed by the State of California to provide the necessary training to receive a Phlebotomy State Certification or further education to renew a certification. Genesis will be using our campus to hold their classes and they have agreed to provide a discount to ABC Adult School students. Since Genesis is running the course, these hours will not count toward a career technical diploma and we cannot offer Financial Aid through the Adult School, but it will add additional certification to your learning which should greatly increase your chance to be hired in the medical field. For more information, please call the Adult School Office and we can direct you to Genesis.

ABC Students from another Medical Field or new students take the 48 hours of classroom work and Genesis will assign their externship work for an additional minimum 40 hours to meet the state licensing requirements.

	Phlebotomy	ECG/EKG Technician
ABC Student, Graduates	\$1,790 16% savings	\$1,150
Non-ABC Student, Community	\$1,940 10% savings	\$1,225

ABC MA GRADUATES – Earn your CPTI License

If you are currently working in the field and have completed more than 1,040 hours of phlebotomy related work and blood draws you may be eligible to earn your state certification as a CPTI. \$750

Tuition includes application, supplies and equipment, textbook, National Certification Exam voucher, and CLIA laboratory rotation.

Registration through Genesis Medical College. Please call (714) 577-0187 or visit genesismec.com for more information or to enroll.

Phlebotomy 80 Hour program, In-person, clinical rotation, National Exam

Dates	Time	In-person Campus	Class Dates	Must Enroll by
TWTh	5:30 pm – 9:00 pm	Cerritos	8/26/25 – 9/18/25	8/19/25
TWTh	5:30 pm – 9:00 pm	Cerritos	10/7/25 – 10/30/25	10/1/25
TWTh	5:30 pm – 9:00 pm	Cerritos	1/13/26 – 2/5/26	1/6/26
TWTh	5:30 pm – 9:00 pm	Cerritos	3/10/26 – 4/2/26	3/3/26
TWTh	5:30 pm – 9:00 pm	Cerritos	4/28/26 – 5/21/26	4/21/26

ECG/EKG Technician 50 Hour program, Hybrid, online lectures through Zoom, and live in-person skills

Orientation	Orientation Time	Online Class Dates	Class Times	Skills Lab
M 9/8/25	5:00 pm – 6:00 pm	9/22/25 – 10/3/25	4:30 pm – 9:00 pm	TBD
M 11/3/25	5:00 pm – 6:00 pm	11/17/25 – 12/5/25	8:00 am – 12:15 pm	TBD
M 2/2/26	5:00 pm – 6:00 pm	2/16/26 – 2/27/26	4:30 pm – 9:00 pm	TBD
M 4/6/26	5:00 pm – 6:00 pm	4/20/26 – 5/1/26	8:00 am – 12:15 pm	TBD
M 6/1/26	5:00 pm – 6:00 pm	6/15/26 – 6/26/26	4:30 pm – 9:00 pm	TBD

Classes Start Each Month – Enroll today. Call (714) 577-0187.

COMMUNITY EDUCATION

ABC Adult School is committed to offering community-based enrichment classes that foster learning, social development, and an enhanced quality of life for students of all ages. Our diverse selection of classes and workshops are designed to promote personal enrichment, professional development, and overall body and mind health. Join us in our commitment to lifelong learning and personal growth at ABC Adult School. It is important to note that these classes are self-supporting and **not** funded by taxpayer dollars.

Note: There are no refunds, make-up classes, or credits issued unless a class is canceled by ABC Adult School. While ABC Adult School will make every effort to secure a substitute for Community Education classes that are canceled due to teacher absence, it may not always be possible to find a replacement. Class substitutions may occur without prior notice. If this happens, credit will not be provided. However, if a class is canceled more than two times per session, a credit may be offered. Please be aware that cash cannot be offered in place of credit. We appreciate your understanding and cooperation.

There are **no classes** on the following dates: 9/1, 10/13, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 12/22, 12/23, 12/24, 12/25, 12/26, 12/29, 12/30, 12/31, 1/1, 1/2, 1/19, 2/16, 4/3, 4/6, 4/7, 4/8, 4/9, 4/10. Class fees are adjusted for any class dates that fall on a holiday.

Quarterly registration fee* is based on a **minimum of 20 students enrolled per class**. Classes with fewer than 20 students enrolled are subject to an adjustment (in price or time), or the cancellation of the class.

- 1-hour per week classes: \$36 per quarter
- 1.5-hour per week classes: \$54 per quarter
- 2-hour per week classes: \$72 per quarter
- 2.5-hour per week classes: \$90 per quarter
- 3-hour per week classes: \$108 per quarter

*Fees are higher for Upholstery and Music classes.



PAINTING CLASSES

Folk Art and Decorative Painting - Beginner

This class is for beginning level students. Learn how to paint all the different strokes, techniques, and more, associated with Folk Art known as Tole painting. Supply list will be available online. **Students must supply and/or purchase their own brushes, paints, palette, supplies, and surface to paint on.**

W	9144011	Wilson	12:30 pm – 3:00 pm	Cabrillo Lane	25	\$90	8/13 – 10/8
W	9144021	Wilson	12:30 pm – 3:00 pm	Cabrillo Lane	25	\$90	10/15 – 12/17
W	9144031	Wilson	12:30 pm – 3:00 pm	Cabrillo Lane	25	\$90	1/7 – 3/4
W	9144041	Wilson	12:30 pm – 3:00 pm	Cabrillo Lane	25	\$90	3/11 – 5/20

Folk Art and Decorative Painting - Intermediate

This class is for **intermediate** and up skill level students. Learn creative decorative painting on various surfaces. Step-by-step instructions are given and you will use a variety of techniques to include blending and stroke work. Supply list will be available online. **Students must supply and/or purchase their own brushes, paints, palette, supplies, and surface to paint on.**

W	9144010	Wilson	9:30 am – 12:00 pm	Cabrillo Lane	25	\$90	8/13 – 10/8
W	9144020	Wilson	9:30 am – 12:00 pm	Cabrillo Lane	25	\$90	10/15 – 12/17
W	9144030	Wilson	9:30 am – 12:00 pm	Cabrillo Lane	25	\$90	1/7 – 3/4
W	9144040	Wilson	9:30 am – 12:00 pm	Cabrillo Lane	25	\$90	3/11 – 5/20

Fran Wilson is a member of the Society of Decorative Painters. She belongs to three local chapters and teaches classes for them too. She has painted with many well known folk and decorative painting artists in a variety of different styles and has been teaching for over 30 years.

Greeting Cards-Painting

Greeting cards are a personal way to express interest and love for relatives and friends in today's modern society. This class welcomes all skill levels. Students will learn, through demonstration, how to use watercolor and ink combinations to paint flowers and simple landscapes in a straightforward and easy way. The class will cover seasonal themes, holidays, and celebrations, enabling students to create their own unique greeting cards. **Students must purchase for their own supplies.** 老师说中文 (Lǎoshī shuō zhōngwén)

Th	9103211	Teng	1:00 pm – 3:00 pm	Cabrillo Lane	2	\$72	8/14 – 10/9
Th	9103221	Teng	1:00 pm – 3:00 pm	Cabrillo Lane	2	\$72	10/16 – 12/18
Th	9103231	Teng	1:00 pm – 3:00 pm	Cabrillo Lane	2	\$72	1/8 – 3/5
Th	9103241	Teng	1:00 pm – 3:00 pm	Cabrillo Lane	2	\$72	3/12 – 5/21

Gloria Whea-Fun Teng has taught at the Los Angeles County Arboretum and Botanic Garden, Manhattan Beach Art Center, Lakewood Oasis Institute, Art Supply Warehouse, Lakewood Weingart Senior Center, and Ruth Bath Public Library. She has been teaching for 20 years in different media, including Chinese brush painting, botanical watercolor, and watercolor in landscapes. In 2016, she won Best of Show in watercolor and 1st place in Chinese brush painting at the City of Paramount TAG Art Show. In 2013 and 2014, she held an Art Exhibition at the Long Beach Public Library. In 2020, her watercolor artwork was displayed at the Orange County Art Association in Irvine, CA. From 2024 to 2025, her artwork was displayed at the Ruth Bath Public Library in Long Beach, CA.

Oil Painting Principles and Techniques

All levels are welcome. Beginner and experienced students will enjoy the satisfying and rewarding experience of working with oil paints in a welcoming and supportive classroom atmosphere. Students will learn through detailed demonstrations and personal guidance. Advanced students may choose their own projects. Course will present principles of perspective, color, color-value perspective, color mixing, and painting techniques. Subjects may include landscape, seascape, figure, still life, as well as representation of different light conditions, surfaces, and textures. Sketch of class projects will be available. Supply list will be available online. **Students must purchase their own supplies.**

W	9146013	Armiento	12:30 pm – 3:30 pm	Cabrillo Lane	2	\$108	8/13 – 10/8
W	9146023	Armiento	12:30 pm – 3:30 pm	Cabrillo Lane	2	\$108	10/15 – 12/17
W	9146033	Armiento	12:30 pm – 3:30 pm	Cabrillo Lane	2	\$108	1/7 – 3/4
W	9146043	Armiento	12:30 pm – 3:30 pm	Cabrillo Lane	2	\$108	3/11 – 5/20

Portrait Painting in Oils

Basic skills in oil painting are recommended but not required. Students will learn the skill of portrait painting in oils using reference sources from classic subject matter. Subjects include painting the head, hands, hair, fur (animal portraiture), subject's attire (texture/form) and accessories, basic drawing/proportions, color mixing for portraiture, brushes and mediums uses/techniques, and lighting of the subject matter. Sketch of class projects will be available. Supply list will be available online. **Students must purchase their own supplies.**

NEW!

F	9147313	Armiento	12:00 pm – 3:00 pm	Cabrillo Lane	2	\$108	8/15 – 10/10
F	9147314	Armiento	12:00 pm – 3:00 pm	Cabrillo Lane	2	\$96	10/17 – 12/19
							<i>*No class 12/12</i>
F	9147315	Armiento	12:00 pm – 3:00 pm	Cabrillo Lane	2	\$108	1/9 – 3/6
F	9147316	Armiento	12:00 pm – 3:00 pm	Cabrillo Lane	2	\$96	3/13 – 5/15
							<i>*No class 5/15</i>

Carmen Armiento has taught at Bellflower Adult School and Azusa Adult School. She has over 20 years of teaching drawing, painting and different media including: oils, watercolor, acrylics, pastel and mixed media, covering every subject matter, including portrait. As a professional artist, she has designed and executed a mural for an elementary school in ABCUSD. The theme was based on the books used in the school reading program for that year. She also designed and executed five portable murals for two local residential facilities. She has designed, worked on, directed, and supervised the construction of five "Theme of the Year" floats, entered in different years at the City of Bellflower Annual Floats Competition. Three of the floats earned First Place, and two earned Second Place. Awards were based on Best Design and Execution of Theme. She loves teaching and enjoys seeing a student conquer each milestone of the learning process.

Watercolor Painting

Explore the exciting world of watercolor and mixed media in a relaxed, supportive environment. Learn techniques and tips to help you develop your unique self-expression through this versatile medium. Sketches, examples and individualized instruction will meet the needs of all students. From the beginner who may need much assistance to the advanced student ready to explore their own ideas; all are welcome. **Students must purchase their own supplies.**

F	9148011	Poole	9:00 am – 12:00 pm	Cabrillo Lane	25	\$108	8/15 – 10/10
F	9148021	Poole	9:00 am – 12:00 pm	Cabrillo Lane	25	\$108	10/17 – 12/19
F	9148031	Poole	9:00 am – 12:00 pm	Cabrillo Lane	25	\$108	1/9 – 3/6
F	9148041	Poole	9:00 am – 12:00 pm	Cabrillo Lane	25	\$96	3/13 – 5/15

Janis Poole has a Master of Fine Arts (MFA) degree from California State University, Long Beach and over 25 years of teaching experience. She has exhibited, sold and won awards in numerous solo and group exhibitions.

ARTS, CRAFTS, AND MORE

Beading Class

Non-loom beading uses a needle and beading thread. In this class you will learn Peyote, right angle weave, pearl knotting, Kumihimo, and netting. Other techniques that you will be taught are the use of specialty two-hole and shape beads, crimps, and beading wire. This is a class for all levels of students. Previous experience is helpful, but not necessary. Beginners are welcome! During the first session, there will be discussion of the proper tools and supplies that are going to be used. **Students must purchase their own supplies.**

NEW!

Th	9101601H 9101601D	Doshay	9:00 am – 12:00 pm	Cabrillo Lane	25 In Class Virtual	\$96 \$96	8/14 – 10/2 <i>*No class 10/9</i>
Th	9101602H 9101602D	Doshay	9:00 am – 12:00 pm	Cabrillo Lane	25 In Class Virtual	\$84 \$84	10/30 – 12/18 <i>*No class 10/16 & 10/23</i>
Th	9101603H 9101603D	Doshay	9:00 am – 12:00 pm	Cabrillo Lane	25 In Class Virtual	\$108 \$108	1/8 – 3/5
Th	9101604H 9101604D	Doshay	9:00 am – 12:00 pm	Cabrillo Lane	25 In Class Virtual	\$108 \$108	3/12 – 5/21

Calligraphy

The calligraphy class will be studying several calligraphy hands. This class is a great atmosphere for the beginner and trained calligrapher who wants to have practice time. This is a hybrid classroom, in-person and virtual, welcoming all who would like to keep their pens moving. Join us!

Students must purchase their own supplies.

W	9103011H 9103011D	Close	9:00 am – 12:00 pm	Cabrillo Lane	2 In Class Virtual	\$108 \$108	8/13 – 10/8
W	9103021H 9103021D	Close	9:00 am – 12:00 pm	Cabrillo Lane	2 In Class Virtual	\$108 \$108	10/15 – 12/17
W	9103031H 9103031D	Close	9:00 am – 12:00 pm	Cabrillo Lane	2 In Class Virtual	\$108 \$108	1/7 – 3/4
W	9103041H 9103041D	Close	9:00 am – 12:00 pm	Cabrillo Lane	2 In Class Virtual	\$108 \$108	3/11 – 5/20

Barbara Close has taught calligraphy at ABC Adult School since the mid-eighties. Her accomplishments include designing the logo mast-head for Sommerset Studio Magazine, a font cartridge for Provocraft's Cricut die-cut machine, and several greeting cards for Papyrus/Marcel Schurman Co. She has taught art and calligraphy throughout the United States and Canada and was invited in 2014 to be the keynote speaker for the Letters of Joy conference in Edmonds, WA. She was invited to teach at the International Lettering Conference in Sonoma, California during the summer in 2015 and at the 2017 conference in Utah as well as several other conferences, including Montreal, Canada.

Floral Design

Led by an AIFD-certified florist, students will gain information and skills to earn the California Certified Florist (CCF) by the California State Floral Association. This class will cover floral design terms, techniques, and traditions. Beyond the technical skills, this class also offers the opportunity for adults to unwind, express creativity, and experience the calming benefits of working with flowers, fostering relaxation through the art of floral arrangement. No prior experience needed—just bring an open heart and a love for flowers. **\$25 material fee due each week. Students must purchase their own supplies.**

W	9107516	Park	6:00 pm – 9:00 pm	Cabrillo Lane	27	\$108	8/13 – 10/8
Th	9107517	Park	9:00 am – 12:00 pm	Cabrillo Lane	27	\$108	8/14 – 10/9
W	9107526	Park	6:00 pm – 9:00 pm	Cabrillo Lane	27	\$108	10/15 – 12/17
Th	9107527	Park	9:00 am – 12:00 pm	Cabrillo Lane	27	\$108	10/16 – 12/18
W	9107536	Park	6:00 pm – 9:00 pm	Cabrillo Lane	27	\$108	1/7 – 3/4
Th	9107537	Park	9:00 am – 12:00 pm	Cabrillo Lane	27	\$108	1/8 – 3/5
W	9107546	Park	6:00 pm – 9:00 pm	Cabrillo Lane	27	\$108	3/11 – 5/20
Th	9107547	Park	9:00 am – 12:00 pm	Cabrillo Lane	27	\$108	3/12 – 5/21

Charlene Park, AIFD (American Institute of Floral Designer), placed in the top ten in the Floral Design Competition 2011 with the California State Floral Association. She published a Wedding Bouquet book in 2011. She has been recognized as a Certified Floral Designer (CFD) by the American Institute of Floral Designers (AIFD) since 2016.

Glass Fusing - Beginning and Advanced

In this class, you will learn how to “fuse glass” by melting it in a kiln to make one-of-a-kind pieces. You'll practice glass cutting skills and learn different construction and decoration techniques which can be applied to all sorts of glass, whether you love to make jewelry pieces, panels, or plates. We'll cover working with fusible glass as well as try our hands at melting bottles and old window glass. **Please wear closed-toed shoes and bring a pair of safety glasses, a pencil, a ruler, a black Sharpie marker, and scissors to the first class. Supplies and tools needed will be discussed. Depending on the projects selected by each student, materials cost approximately \$20 - \$25 each week. A limited assortment of glass will be available for purchase in the classroom.**

****Note, the Monday morning class is taught with both an in-class and virtual format.**

- In Class: The student attends class on-site.
- Virtual: The student participates 100% online in a live-streamed class. Online students are not able to attend class on-site. To participate virtually, you will need a personal computer, laptop, or tablet and internet access. **The online class is best suited for students who have previous glass fusing experience and access to their own kilns.**

M	9109260H 9109260D	Tanis	8:00 am – 11:00 am	Cuesta Upholstery Center	In Class Virtual	\$84 \$84	8/18 – 10/6
M	9109266	Tanis	5:00 pm – 8:00 pm	Cuesta Upholstery Center	In Class	\$84	8/18 – 10/6
M	9109270H 9109270D	Tanis	8:00 am – 11:00 am	Cuesta Upholstery Center	In Class Virtual	\$96 \$96	10/20 – 12/15
M	9109276	Tanis	5:00 pm – 8:00 pm	Cuesta Upholstery Center	In Class	\$96	10/20 – 12/15
M	9109280H 9109280D	Tanis	8:00 am – 11:00 am	Cuesta Upholstery Center	In Class Virtual	\$84 \$84	1/5 – 3/2
M	9109286	Tanis	5:00 pm – 8:00 pm	Cuesta Upholstery Center	In Class	\$84	1/5 – 3/2

M	9109290H 9109290D	Tanis	8:00 am – 11:00 am	Cuesta Upholstery Center	In Class \$108 Virtual \$108	3/9 – 5/18
M	9109296	Tanis	5:00 pm – 8:00 pm	Cuesta Upholstery Center	In Class \$108	3/9 – 5/18

Carmen Flores Tanis has been working with glass for over 30 years and has been crafting for as long as she can remember. She designs projects for craft supply manufacturers and glass magazines. Carmen's knowledge and experience is extensive and she loves to teach and share what she knows with others.

Jewelry Making

Discover the latest techniques using non-soldering jewelry making methods, while you are guided through the fundamental steps. A variety of techniques will be covered over the course of the year including wire wrapping, chain maille, cabochon wrapping, wire weaving, use of crimps and beading wire, and metal forming. Learn what findings you need to use to properly finish your work. This class is designed for all levels of students. Beginners are welcome! Projects are created to inspire all students from beginners to advanced level students. Previous experience is not necessary. **Students must purchase their own supplies.**

Th	9111014H 9111014D	Doshay	1:00 pm – 4:00 pm	Cabrillo Lane	25 In Class \$96 Virtual \$96	8/14 – 10/9 *No class 10/9
Th	9111024H 9111024D	Doshay	1:00 pm – 4:00 pm	Cabrillo Lane	25 In Class \$84 Virtual \$84	10/30 – 12/18 *No class 10/16 & 10/23
Th	9111034H 9111034D	Doshay	1:00 pm – 4:00 pm	Cabrillo Lane	25 In Class \$108 Virtual \$108	1/8 – 3/5
Th	9111044H 9111044D	Doshay	1:00 pm – 4:00 pm	Cabrillo Lane	25 In Class \$108 Virtual \$108	3/12 – 5/21

Mona Doshay has a Bachelor of Arts degree from California State University, Fullerton with a specialty in jewelry, fiber arts and woodworking. She is a vowed "beading and jewelry-making junkie." She has over 30 years experience working in many different art media such as metal/jewelry arts, woodworking, all forms of embroidery, felting, ceramics, weaving, basketry, printmaking, and papermaking.



Zentangle Doodle Art (1-day workshops)

This is an introductory studio workshop in drawing with an emphasis on creating unique zentangle artforms. This is an easy-to-learn, relaxing, and fun way to create beautiful unique images. Students will use the elements of the zentangle method for creating images by drawing patterns using lines, circles, curved lines, and repetition of images in their compositions. Once the composition is drawn, students will fill with color using sharpie markers. Join one, or all, workshops to express yourself through art. **Students must purchase their own supplies.**

NEW!

T	9103501	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	8/26
W	9103502	Seth	6:00 pm – 8:00 pm	Cabrillo Lane	25 \$8	8/27
T	9103503	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	9/16
T	9103504	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	11/4
W	9103505	Seth	6:00 pm – 8:00 pm	Cabrillo Lane	25 \$8	12/3
T	9103506	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	1/27
W	9103507	Seth	6:00 pm – 8:00 pm	Cabrillo Lane	25 \$8	2/11
T	9103508	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	3/10
T	9103509	Seth	9:30 am – 11:30 am	Cabrillo Lane	25 \$8	5/12

Amee Patel Seth is an educator, jewelry designer, and artist. Mrs. Seth received her MA from Johns Hopkins University and has over 15+ years of teaching experience. She has taught art history and visual arts courses at various institutions, including travel study abroad to Italy and Greece.

THE SEWING ARTS

Handbags and Purse Design

This class will cover all basic training subjects in pattern-making and sewing of handbags. You will learn how to master technical and creative skills such as constructing lining, pockets, and zippers in designing handbags. A limited number of sewing machines is available. **Students must purchase their own supplies.**

T	9152516	Lebron	6:00 pm – 9:00 pm	Cuesta Upholstery Center	\$108	8/12 – 10/7
T	9152526	Lebron	6:00 pm – 9:00 pm	Cuesta Upholstery Center	\$108	10/14 – 12/16
T	9152536	Lebron	6:00 pm – 9:00 pm	Cuesta Upholstery Center	\$108	1/6 – 3/3
T	9152546	Lebron	6:00 pm – 9:00 pm	Cuesta Upholstery Center	\$108	3/10 – 5/19

Pattern Making/Sewing

Students will learn basic sewing and pattern making with a professional twist as you are guided through the process of making patterns from existing garments. Students will learn to do alterations to their garments for a better fit. Students will create a skirt pattern using their own mensurations and redesign their own style. Students will learn step-by-step in sewing their garments with industrial techniques. **Students must purchase their own supplies.**

T	9157013	Lebron	1:00 pm – 4:00 pm	Cabrillo Lane	2	\$108	8/12 – 10/7
T	9157023	Lebron	1:00 pm – 4:00 pm	Cabrillo Lane	2	\$108	10/14 – 12/16
T	9157033	Lebron	1:00 pm – 4:00 pm	Cabrillo Lane	2	\$108	1/6 – 3/3
T	9157043	Lebron	1:00 pm – 4:00 pm	Cabrillo Lane	2	\$108	3/10 – 5/19

Sewing: Quilts and Decorative Creations (7-week class)

Join our fun and educational class as we work on basic quilt making skills, along with decorative and holiday items including placemats, zipper bags, table runners, gift items, and more. Angela will introduce you to the modern world of customer fabrics and hardware. Learn how to “bling” your creations. We will use modern machine methods along with traditional techniques. Creativity is encouraged. Students from complete beginners to experienced are welcomed. All patterns will be provided by the instructor. **Students must purchase their own supplies.**

T	9158013	Dean	12:00 pm – 3:00 pm	Cabrillo Lane	24	\$84	8/12 – 10/7
T	9158023	Dean	12:00 pm – 3:00 pm	Cabrillo Lane	24	\$84	10/14 – 12/16
T	9158033	Dean	12:00 pm – 3:00 pm	Cabrillo Lane	24	\$84	1/6 – 3/3
T	9158043	Dean	12:00 pm – 3:00 pm	Cabrillo Lane	24	\$84	3/10 – 5/19
W	9158011	Dean	10:00 am – 1:00 pm	Cabrillo Lane	24	\$84	8/13 – 10/8
W	9158012	Dean	10:00 am – 1:00 pm	Cabrillo Lane	24	\$84	10/15 – 12/17
W	9158013	Dean	10:00 am – 1:00 pm	Cabrillo Lane	24	\$84	1/7 – 3/4
W	9158014	Dean	10:00 am – 1:00 pm	Cabrillo Lane	24	\$84	3/11 – 5/20

Sewing Workshops

Sewing Adventures: Stitch Your Way to Creativity! Discover the rewarding world of sewing with our exciting variety of one, two, and three-day workshops! Whether you're brand new to the sewing machine or serger, or you are looking to expand your skills, our engaging classes offer something for everyone. Learn practical techniques and create beautiful, functional projects in a supportive and hands-on environment. From mastering the basics to tackling zippers and crafting stylish bags, our workshops will guide you step-by-step to build your confidence and creativity with fabric.

For all workshops the instructor will provide a list of supplies. Don't wait, register early! Workshops require a minimum number of registered students to be offered. **Classes with fewer than the required number of students enrolled are subject to cancellation.**



Beginning Zippers by the Yard (1-day workshop)

Are you afraid of zippers but have always wanted to make bags with them? This is your chance to take a workshop where you will complete multiple small zipper pouches using zipper tape by the yard and zipper pulls. Take this workshop if you are interested in taking any of the other bag-making workshops. You must bring a working sewing machine and know how to operate it. A pattern and supply list will be provided by the teacher. (10 student max) **Students must purchase their own supplies.**

T	9151201	Dean	5:00 pm – 9:00 pm	Cabrillo Lane	24	\$32	8/19
W	9151202	Dean	2:00 pm – 6:00 pm	Cabrillo Lane	24	\$32	8/20

Beginning Sewing 101 (1-day workshop)

Do you have a sewing machine that is still sitting in the box, or maybe you were brave enough to remove it but now it's just sitting, collecting dust because you're afraid to use it? Learn how to use your machine by making a shopping tote. This workshop is for students brand new to sewing. You will see that it's not too scary once you start. Your machine must be in working order and brought to the workshop. A supply list will be emailed prior to class. (10 student max) **Students must purchase their own supplies.**

T	9162401	Dean	5:00 pm – 8:00 pm	Cabrillo Lane	24	\$24	9/9
W	9162402	Dean	2:00 pm – 5:00 pm	Cabrillo Lane	24	\$24	9/10

Large Carry-All Tote with Trolley Sleeve (1-day workshop)

Create the perfect travel companion! In this workshop, you will make a spacious tote bag. It will fit all your goodies and more. It features a secure zippered closure at the top and an exterior zipper pocket that also functions as a trolley sleeve to slip over your suitcase handle. You must have basic sewing skills, and know how to operate your sewing machine prior to this workshop. A pattern and a supply list will be provided prior to the workshop. (10 student max) **Students must purchase their own supplies.**

T	9152320	Dean	4:00 pm – 8:00 pm	Cabrillo Lane	24	\$32	9/16
W	9152340	Dean	5:00 pm – 9:00 pm	Cabrillo Lane	24	\$32	9/17

Serger Workshop (3-week workshop)

Students will learn the basics of how to use a serger; threading, rethreading, adjusting tension, removing unwanted serger stitches and setting up the serger for a variety of decorative stitches. Students need to bring their serger in good working condition. Additional supplies: pencil and notebook, 1 yard of muslin, 4 cones of thread (1 yellow, 1 red, 1 green, 1 blue), 4 cones of white thread, all of the serger tools that came with the machine and the serger manual. A supply list will be handed out on the first day of the workshop for weeks 2 and 3. **Students must bring their own serger and purchase their own supplies.**

Th	9160501	McMillen	1:00 pm – 4:00 pm	Cabrillo Lane	24	\$36	8/14, 8/21, 8/28
Th	9160504	McMillen	5:30 pm – 8:30 pm	Cabrillo Lane	24	\$36	8/14, 8/21, 8/28
Th	9160506	McMillen	1:00 pm – 4:00 pm	Cabrillo Lane	24	\$36	10/30, 11/6, 11/13
Th	9160508	McMillen	5:30 pm – 8:30 pm	Cabrillo Lane	24	\$36	10/30, 11/6, 11/13
Th	9160502	McMillen	1:00 pm – 4:00 pm	Cabrillo Lane	24	\$36	1/8, 1/15, 1/22
Th	9160505	McMillen	5:30 pm – 8:30 pm	Cabrillo Lane	24	\$36	1/8, 1/15, 1/22
Th	9160503	McMillen	1:00 pm – 4:00 pm	Cabrillo Lane	24	\$36	3/19, 3/26, 4/2
Th	9160507	McMillen	5:30 pm – 8:30 pm	Cabrillo Lane	24	\$36	3/19, 3/26, 4/2

Zip 'N Go Crossbody Purse (2-day workshop)

Craft a compact and incredibly functional crossbody purse! This design boasts two full-sized exterior pockets, card slots, a zipper coin pocket, and a dedicated cell phone pocket – everything you need to zip and go in style! The pattern must be purchased prior to the workshop (the PDF pattern is available from the designer's website). A supply list and a link to purchase the pattern will be emailed at least a week prior to the workshop start. (10 student max) **Students must purchase their own supplies.**

T	9152624	Dean	4:00 pm – 7:00 pm	Cabrillo Lane	24	\$48	8/26, 9/2
W	9152626	Dean	5:30 pm – 8:30 pm	Cabrillo Lane	24	\$48	8/27, 9/3

UPHOLSTERY

Upholstery - Basic Techniques

This class teaches the fundamentals of upholstery with a decorative flair, including instruction on frame construction repair, restoration, restyling, and fabric selection. This class is structured as a workshop-students work individually on personal projects with instructor assistance. **Students must purchase their own supplies.** (Registration cost includes a \$10 lab fee.)

W	9170563	Quezada	12:30 pm – 4:30 pm	Cuesta Upholstery Center	\$280	8/13 – 10/8
W	9170567	Quezada	5:00 pm – 9:00 pm	Cuesta Upholstery Center	\$280	8/13 – 10/8
W	9170573	Quezada	12:30 pm – 4:30 pm	Cuesta Upholstery Center	\$190	10/15 – 11/19*
W	9170577	Quezada	5:00 pm – 9:00 pm	Cuesta Upholstery Center	\$190	10/15 – 11/19*
*No class on 12/3, 12/10, 12/17						
W	9170583	Quezada	12:30 pm – 4:30 pm	Cuesta Upholstery Center	\$280	1/7 – 3/4
W	9170587	Quezada	5:00 pm – 9:00 pm	Cuesta Upholstery Center	\$280	1/7 – 3/4
W	9170593	Quezada	12:30 pm – 4:30 pm	Cuesta Upholstery Center	\$280	3/11 – 5/20
W	9170597	Quezada	5:00 pm – 9:00 pm	Cuesta Upholstery Center	\$280	3/11 – 5/20

MUSIC CLASSES

Drums

Express yourself and enjoy the wonderful world of music by learning to play drums! Learn to read and play rhythms written in music notation on a practice pad with sticks! Also learn the 40 International Drum Rudiments plus drum set grooves for Pop, Rock, Soul, Jazz, and Latin music! Practice pads with stands, drum thrones, and music stands are provided. ¡Se habla español!
Students will need to bring sticks (5A or 7A preferred), wire brushes, a small notebook, pen and mechanical pencil to class. Students must purchase their own textbook.

Textbook: "Basic Drumming" by Joel Rothman.

NEW!



Th	9086012	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$90	8/14 – 10/9
Th	9086014	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$90	10/16 – 12/18
Th	9086016	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$90	1/8 – 3/5
Th	9086018	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$90	3/12 – 5/21

Guitar & Bass: Beginning and Intermediate

Enjoy the wonderful world of music by learning guitar and bass in a classroom setting. All levels are welcome, whether you've never played before or if you have some experience with playing songs and performing. You'll learn chords, scales, strumming, songs, improvisation, practicing techniques and fretboard geography. You'll also learn reading skills for tablature, as well as rhythms and notation to help you play and learn your favorite music. ¡Se habla español!

Students must bring their own instrument. Acoustic instruments and electric instruments with small amplifiers are welcome.

Students must purchase their own textbook/s.

Textbook: Hal Leonard Guitar Method Complete Edition
Hal Leonard Bass Method Complete Edition

M/W	9084517	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$160	8/13 – 10/8
M/W	9084527	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$170	10/15 – 12/17
M/W	9084537	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$160	1/5 – 3/4
M/W	9084547	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	28	\$180	3/9 – 5/20

Piano/Keyboard: All Levels

Enjoy the wonderful world of music by learning piano/keyboard in a classroom setting. All levels are welcome, whether you've never played before or if you have some experience with playing songs and with bands. You'll learn chords, scales, chord progression, songs, improvisation, practicing techniques and keyboard geography. You'll also learn reading skills for rhythms and notation to help you play and learn your favorite music! ¡Se habla español!

Keyboards will be provided, if needed. Students must purchase their own textbook.

Textbook: Bastien: Piano For Adults Book 1

T	9087211	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	27	\$90	8/12 – 10/7
T	9087221	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	27	\$80	10/14 – 12/16
T	9087231	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	27	\$90	1/6 – 3/3
T	9087241	Rodriguez	7:00 pm – 9:00 pm	Cabrillo Lane	27	\$90	3/10 – 5/19

Songwriting

Express yourself and enjoy the wonderful world of music by learning to write songs! Learn to read and write music notation and rhythms, scales, melodies, chords, progressions, song forms, and approaches to writing lyrics. Learn guitar, piano, and vocal basics for your songs, too! Beginners welcome! It is recommended to have a keyboard, piano, guitar, ukulele, or other chordal instrument at home. ¡Se habla español!

Students will need to bring a small notebook for writing lyrics, a music manuscript paper notebook, a mechanical pencil and a pen. Students must purchase their own textbook.

Textbook: "How To Write A Song On The Guitar" by Allison James
"How To Write A Song On The Piano" by Allison James
"Practical Theory Complete" by Sandy Feldstein

Th	9084012	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	8/14 – 10/9
Th	9084014	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	10/16 – 12/18
Th	9084016	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	1/8 – 3/5
Th	9084018	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	3/12 – 5/21



Ukulele: Beginning and Intermediate

Enjoy the wonderful world of music by learning the ukulele in a classroom setting! All levels are welcome, whether you've never played before or if you have some experience with playing songs and performing. You'll learn chords, scales, strumming, songs, improvisation, practicing techniques and fretboard geography. You'll also learn reading skills for tablature, rhythms, and notation to help you play and learn your favorite music! ¡Se habla español!

Students must bring their own instrument. Students must purchase their own textbook.

Textbook: Hal Leonard Ukulele Method Book 1

W	9088017	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	28	\$90	8/13 – 10/8
W	9088027	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	28	\$90	10/15 – 12/17
W	9088037	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	28	\$90	1/7 – 3/4
W	9088047	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	28	\$90	3/11 – 5/20

Voice: All Levels

Enjoy the wonderful world of music by learning vocal techniques for singing, in a classroom setting. All levels are welcome, whether you've never sung before or if you have some experience with singing and performing songs. You'll learn chords, scales, solfège, songs, improvisation and practicing techniques. You'll also learn reading skills for rhythms and notation to help you play and learn your favorite music. ¡Se habla español!

Students are highly recommended to have a piano/keyboard at home. Students must purchase their own textbook.

Textbook: Sing At First Sight: Level 1 by Beck, Surmani & Lewis

T	9087411	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	8/12 – 10/7
T	9087421	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$80	10/14 – 12/16
T	9087431	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	1/6 – 3/3
T	9087441	Rodriguez	5:00 pm – 7:00 pm	Cabrillo Lane	27	\$90	3/10 – 5/19

HEALTH AND FITNESS

We prioritize the safety and well-being of all participants. Please be advised that participation in fitness classes may require a doctor's note for clearance. We reserve the right to request this documentation based on the instructor's observation of your abilities to ensure a safe experience for everyone involved.

Aqua Cardio Fitness

Dive into a transformative fitness experience designed to increase your strength, flexibility, and endurance while relieving stress. This full-body workout utilizes the resistance of water to enhance the benefits of each movement, providing a low-impact yet highly effective way to improve your overall fitness and well-being. Classes are conducted in water depths of approximately 3-4 feet, making it suitable for all fitness levels. The buoyancy of the water reduces the impact on your joints while providing gentle resistance. Join our experienced instructors and discover the transformative power of water fitness in a supportive and energizing environment. Please note that refunds are not available after the first day of class.

Cerritos Park East pool is subject to closure without notice. An alternative class will be provided when the pool is not available. No refund or credits will be issued. Please provide a current email address when registering.

The Cerritos Park East Pool is not available for Aqua Cardio Fitness classes until the week of 9/2. There are some alternate classes offered from 8/12-8/29.



M/W/F	9091370	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$68	9/3 – 10/10
T/Th	9091371	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$48	9/2 – 10/9
M/W/F	9091372	Tabon	9:30 am – 10:30 am	Cerritos Park East Pool	\$68	9/3 – 10/10
T/Th	9091373	Welsh	9:30 am – 10:30 am	Cerritos Park East Pool	\$48	9/2 – 10/9
M/W/F	9091374	Tabon	10:30 am – 11:30 am	Cerritos Park East Pool	\$68	9/3 – 10/10
T/Th	9091375	Welsh	10:30 am – 11:30 am	Cerritos Park East Pool	\$48	9/2 – 10/9
M/W/F	9091360	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$104	10/15 – 12/19
T/Th	9091361	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$68	10/14 – 12/18
M/W/F	9091362	Tabon	9:30 am – 10:30 am	Cerritos Park East Pool	\$104	10/15 – 12/19
T/Th	9091363	Welsh	9:30 am – 10:30 am	Cerritos Park East Pool	\$68	10/14 – 12/18
M/W/F	9091364	Tabon	10:30 am – 11:30 am	Cerritos Park East Pool	\$104	10/15 – 12/19
T/Th	9091365	Welsh	10:30 am – 11:30 am	Cerritos Park East Pool	\$68	10/14 – 12/18
M/W/F	9091380	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$100	1/5 – 3/6
T/Th	9091381	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$72	1/6 – 3/5
M/W/F	9091382	Tabon	9:30 am – 10:30 am	Cerritos Park East Pool	\$100	1/5 – 3/6
T/Th	9091383	Welsh	9:30 am – 10:30 am	Cerritos Park East Pool	\$72	1/6 – 3/5
M/W/F	9091384	Tabon	10:30 am – 11:30 am	Cerritos Park East Pool	\$100	1/5 – 3/6
T/Th	9091385	Welsh	10:30 am – 11:30 am	Cerritos Park East Pool	\$72	1/6 – 3/5
M/W/F	9091390	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$104	3/9 – 5/20
T/Th	9091391	Welsh	8:30 am – 9:30 am	Cerritos Park East Pool	\$72	3/10 – 5/21
M/W/F	9091392	Tabon	9:30 am – 10:30 am	Cerritos Park East Pool	\$104	3/9 – 5/20
T/Th	9091393	Welsh	9:30 am – 10:30 am	Cerritos Park East Pool	\$72	3/10 – 5/21
M/W/F	9091394	Tabon	10:30 am – 11:30 am	Cerritos Park East Pool	\$104	3/9 – 5/20
T/Th	9091395	Welsh	10:30 am – 11:30 am	Cerritos Park East Pool	\$72	3/10 – 5/21

Ballroom Dancing

Join this fun class and build up your body strength while moving to the music of Cha Cha, Jitterbug, Tango and Waltz. No partner necessary. 老师说中文 (Lǎoshī shuō zhōngwén)

W	9092012	Yao	5:30 pm – 7:00 pm	Cabrillo Lane	26	\$54	8/13 – 10/8
W	9092022	Yao	5:30 pm – 7:00 pm	Cabrillo Lane	26	\$54	10/15 – 12/17
W	9092032	Yao	5:30 pm – 7:00 pm	Cabrillo Lane	26	\$54	1/7 – 3/4
W	9092042	Yao	5:30 pm – 7:00 pm	Cabrillo Lane	26	\$54	3/11 – 5/20

Cardio Kickboxing

Kickstart your fitness journey with our cardio kickboxing fitness class, where you'll learn proper punches, different kicking formats, and combinations to provide you with a complete body workout. This dynamic class is designed to tone and strengthen muscles while burning calories and improving cardiovascular fitness. All levels are welcome. Come and join the fun! **Please bring mat, water, and towel.**

T/Th	9093036	Jhun	6:00 pm – 7:00 pm	Cabrillo Lane	26	\$72	1/6 – 3/5
T/Th	9093046	Jhun	6:00 pm – 7:00 pm	Cabrillo Lane	26	\$72	3/10 – 5/21

Chinese Folk Dancing

Join this fun class to build up your body strength while practicing the graceful movements of many ethnic Chinese dances. Discover the beauty of these dances as you improve your flexibility, and coordination. Whether you're a beginner or have some dance experience, this class offers a welcoming environment for all levels. 老师说中文 (Lǎoshī shuō zhōngwén)

W	9094018	Yao	7:30 pm – 9:00 pm	Cabrillo Lane	26	\$54	8/13 – 10/8
W	9094028	Yao	7:30 pm – 9:00 pm	Cabrillo Lane	26	\$54	10/15 – 12/17
W	9094038	Yao	7:30 pm – 9:00 pm	Cabrillo Lane	26	\$54	1/7 – 3/4
W	9094048	Yao	7:30 pm – 9:00 pm	Cabrillo Lane	26	\$54	3/11 – 5/20

Core and More

Build core muscle groups through a variety of exercises designed to strengthen and stabilize, as well as develop upper and lower body strength. Benefits include improved posture and tone, protection from injury, stability, and flexibility. Walk taller, feel stronger.

NEW!

M/W	9096610	Welsh	10:00 am – 11:00 am	Cabrillo Lane	26	\$64	8/13 – 10/8
M/W	9096620	Welsh	10:00 am – 11:00 am	Cabrillo Lane	26	\$68	10/15 – 12/17
M/W	9096630	Welsh	10:00 am – 11:00 am	Cabrillo Lane	26	\$64	1/5 – 3/4
M/W	9096640	Welsh	10:00 am – 11:00 am	Cabrillo Lane	26	\$72	3/9 – 5/20

Dynamic Balance with Master Mendivil

Learn the techniques martial artists use for balance and strength in a fun and engaging class. Functional exercises allow participants to start at their own level and progress as their strength, speed, and flexibility improve. Discover how martial arts methods can improve fall prevention, a leading cause of emergency room visits. This class promotes a peaceful mindset and enhances mental acuity. All levels and capabilities are welcome, so whether you're a beginner or have experience, come and join us to improve your balance, strength, and overall well-being.

T/Th	9099690 9099690V	Mendivil	9:00 am – 10:00 am	Cabrillo Lane In Class Virtual	26	\$72 \$72	8/12 – 10/9
T/Th	9099692 9099692V	Mendivil	9:00 am – 10:00 am	Cabrillo Lane In Class Virtual	26	\$68 \$68	10/14 – 12/18
T/Th	9099694 9099694V	Mendivil	9:00 am – 10:00 am	Cabrillo Lane In Class Virtual	26	\$72 \$72	1/6 – 3/5
T/Th	9099696 9099696V	Mendivil	9:00 am – 10:00 am	Cabrillo Lane In Class Virtual	26	\$72 \$72	3/10 – 5/21

Fit Camp

This class is designed to help you get in shape. It's the perfect combination of cardio and strength training, incorporating body weight exercises and using a variety of equipment to boost metabolism and get you strong. This class is tailored to active senior students. The instructor is a licensed physical therapist assistant. **Please bring your own towel and water.**

M/T/Th	9094714	Tabon	3:15 pm – 4:15 pm	Cabrillo Lane	26	\$100	8/12 – 10/9
M/T/Th	9094715	Tabon	4:15 pm – 5:15 pm	Cabrillo Lane	26	\$100	8/12 – 10/9
M/T/Th	9094724	Tabon	3:15 pm – 4:15 pm	Cabrillo Lane	26	\$100	10/14 – 12/18
M/T/Th	9094725	Tabon	4:15 pm – 5:15 pm	Cabrillo Lane	26	\$100	10/14 – 12/18
M/T/Th	9094734	Tabon	3:15 pm – 4:15 pm	Cabrillo Lane	26	\$100	1/5 – 3/5
M/T/Th	9094735	Tabon	4:15 pm – 5:15 pm	Cabrillo Lane	26	\$100	1/5 – 3/5
M/T/Th	9094744	Tabon	3:15 pm – 4:15 pm	Cabrillo Lane	26	\$108	3/9 – 5/21
M/T/Th	9094745	Tabon	4:15 pm – 5:15 pm	Cabrillo Lane	26	\$108	3/9 – 5/21

Fitness Foundations (3-week class)

This three-week course is designed to help students awaken muscles, tendons, and joints that may not have been used in a while, with a focus on building strength, stability, and balance. The class incorporates light hand weights for added resistance. Movements will be performed both standing and sitting, making it accessible for all fitness levels. Whether you're looking to gently ease back into a fitness routine or simply maintain your mobility, this class offers a safe and effective way to improve your overall physical well-being. Join us and discover the benefits of low-impact exercise in a supportive and encouraging environment.

M/W/F	9094211	Tabon	9:30 am – 10:30 am	Cabrillo Lane	Auditorium	\$32	8/13 – 8/29
M/W/F	9094231	Tabon	10:30 am – 11:30 am	Cabrillo Lane	Auditorium	\$32	8/13 – 8/29

Line Dance for Health – Total Beginner

Line Dance is a great way to exercise your mind and body! This fun workout helps to improve your memory and concentration. It's simple and easy to learn, and will combine line dance with light fitness and flexibility exercises. Come and join the fun! **Please bring water and a towel.**

F	9095033	Jhun	9:30 am – 10:30 am	Cabrillo Lane	26	\$36	1/9 – 3/6
F	9095043	Jhun	9:30 am – 10:30 am	Cabrillo Lane	26	\$36	3/13 – 5/15

Morning Workout with Todd

This strength and mobility class pairs upper and lower body exercises that incorporate body weight, dumbbells, and exercise tubes to help your legs, arms, and balance get stronger. Instructor is a licensed physical therapist assistant. **Please bring your own weights, exercise tube, towel, and water.** **NOTE: This class is outdoors at Cerritos Senior Center, and indoors at Hawaiian Garden Senior Center.**

**NEW
LOCATION!**

M/W/F	9096360	Tabon	8:00 am – 9:00 am	*Cerritos Senior Center	\$100	8/13 – 10/10
M/W/F	9096370	Tabon	8:00 am – 9:00 am	*Cerritos Senior Center	\$104	10/15 – 12/19
M/W/F	9096380	Tabon	8:00 am – 9:00 am	*Cerritos Senior Center	\$100	1/5 – 3/6
M/W/F	9096390	Tabon	8:00 am – 9:00 am	*Cerritos Senior Center	\$104	3/9 – 5/21
T/Th	9096361	Tabon	9:00 am – 10:00 am	**Hawaiian Garden Senior Center	\$72	8/12 – 10/9
T/Th	9096371	Tabon	9:00 am – 10:00 am	**Hawaiian Garden Senior Center	\$68	10/14 – 12/18
T/Th	9096381	Tabon	9:00 am – 10:00 am	**Hawaiian Garden Senior Center	\$72	1/6 – 3/5
T/Th	9096391	Tabon	9:00 am – 10:00 am	**Hawaiian Garden Senior Center	\$72	3/10 – 5/20
T/Th	9096362	Tabon	10:00 am – 11:00 am	**Hawaiian Garden Senior Center	\$72	8/12 – 10/9
T/Th	9096372	Tabon	10:00 am – 11:00 am	**Hawaiian Garden Senior Center	\$68	10/14 – 12/18
T/Th	9096382	Tabon	10:00 am – 11:00 am	**Hawaiian Garden Senior Center	\$72	1/6 – 3/5
T/Th	9096392	Tabon	10:00 am – 11:00 am	**Hawaiian Garden Senior Center	\$72	3/10 – 5/21

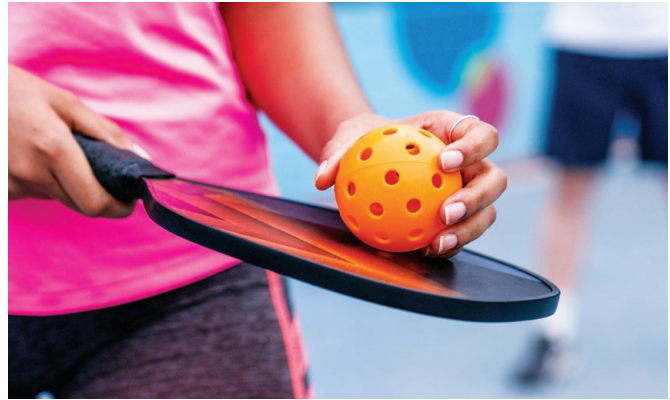
Todd Tabon has been teaching fitness classes at the Adult School since 2000 and has over 25 years experience in the fitness and rehabilitation profession. He is a licensed Physical Therapist Assistant from Cerritos College and has his Bachelor of Arts degree in Physical Education with an emphasis in Athletic Training from California State University, Long Beach. He has taken additional courses in balance, stroke rehabilitation, and geriatrics, and specializes in working with the senior population. He enjoys fishing, spartan racing, and gardening.

Pickleball

This is an introductory class to develop the basic skills, techniques, and fundamentals of pickleball. This will include rules, scoring, etiquette, and strategies of play. This course will provide fundamental pickleball skills through practice, singles, and doubles play.

NEW!

T/Th	9091810	Tabon	11:00 am – 12:00 pm	**Hawaiian Garden Senior Center	\$72	8/12 – 10/9
T/Th	9091820	Tabon	11:00 am – 12:00 pm	**Hawaiian Garden Senior Center	\$68	10/14 – 12/18
T/Th	9091830	Tabon	11:00 am – 12:00 pm	**Hawaiian Garden Senior Center	\$72	1/6 – 3/5
T/Th	9091840	Tabon	11:00 am – 12:00 pm	**Hawaiian Garden Senior Center	\$72	3/10 – 5/21



*Cerritos Senior Center Registration Information:

Classes held at the Cerritos Senior Center are designed for seniors 50 years and older. If you need more information, seniors should call the Cerritos Senior Center at (562) 916-8550.

First quarter registration for Cerritos residents begins Tuesday, July 1, 2025, and for non-residents Tuesday, July 8, 2025.

Second quarter registration for Cerritos residents begins Monday, September 29, 2025, and non-residents Monday, October 6, 2025.

Third quarter registration for Cerritos residents begins Monday, December 8, 2025, and non-residents Monday, December 15, 2025.

Fourth quarter registration for Cerritos residents begins Tuesday, February 23, 2026, and non-residents Monday, March 2, 2026.

Please call the Cerritos Senior Center at (562) 916-8550 to confirm registration dates.

**Hawaiian Gardens Senior Center Registration Information:

Classes held at the Hawaiian Gardens Senior Center are designed for seniors 50 years and older. If you need more information, seniors should call the Hawaiian Gardens Senior Center at (562) 420-2641.

First quarter registration for Hawaiian Gardens residents begins Thursday, June 12, 2025, and for non-residents, Friday, June 20, 2025.

Second quarter registration for Hawaiian Gardens residents begins Monday, September 15, 2025, and for non-residents, Monday, September 22, 2025.

Third quarter registration for Hawaiian Gardens residents begins Monday, November 17, 2025, and for non-residents Monday, December 1, 2025.

Fourth quarter registration for Hawaiian Gardens residents begins Monday, February 2, 2026, and for non-residents Monday, February 9, 2026.

Please call the Hawaiian Gardens Senior Center at (562) 420-2641 to confirm registration dates.

Pilates and Yoga with Diane

Discover the transformative power of Pilates and yoga in a personalized and practical approach that respects individual anatomy, flexibility, and skill levels. This class is designed to help participants increase strength, flexibility, and balance while offering stress reduction and improving posture. Classes focus on mindful movements and breath work, blending the core-strengthening benefits of Pilates with the flexibility and relaxation of yoga. Whether you're looking to start a new fitness journey or enhance your current practice, this class welcomes all levels. Join us and experience the holistic benefits of Pilates and yoga, tailored to your unique needs and goals. **Please bring a yoga mat, water and towel.**

M/W	9096531	Jhun	9:30 am – 10:30 am	Cabrillo Lane	Auditorium	\$64	1/5 – 3/4
M/W	9096541	Jhun	9:30 am – 10:30 am	Cabrillo Lane	Auditorium	\$72	3/9 – 5/20

Diane Jhun graduated from The Ohio State University with a physical education degree. She has been an ABC Adult School Health and Fitness teacher since 2003. Diane is certified in Kickboxing by the Aerobics and Fitness Association of America.

Silver Chi

NEW!

Silver Chi is a transformative standalone class that empowers students to unlock deeper balance, calm focus, and fluid movement through intentional motions. Influenced by Tai Chi and designed with simplicity and purpose, Silver Chi invites participants into a space where every motion is meaningful, building physical awareness, reflex responsiveness, and a grounded sense of inner strength. Whether you're beginning your journey or deepening your practice, Silver Chi helps you reconnect with your body, reframe movement as meditation, and flow with purpose.

T/Th	9099210 9099210V	Mendivil	1:00 pm – 2:00 pm	Cabrillo Lane In Class Virtual	26	\$72 \$72	8/12 – 10/9
T/Th	9099220 9099220V	Mendivil	1:00 pm – 2:00 pm	Cabrillo Lane In Class Virtual	26	\$68 \$68	10/14 – 12/18
T/Th	9099230 9099230V	Mendivil	1:00 pm – 2:00 pm	Cabrillo Lane In Class Virtual	26	\$72 \$72	1/6 – 3/5
T/Th	9099240 9099240V	Mendivil	1:00 pm – 2:00 pm	Cabrillo Lane In Class Virtual	26	\$72 \$72	3/10 – 5/21

Ysidro Mendivil has 40+ years of Martial Arts experience, a Master Instructor rank, and creator of SilverNinjas, Master Mendivil fuses martial arts-inspired motions to teach dynamic fall prevention skills. BSM Pepperdine University graduate and RScP licensed with the Center for Spiritual Living.

Step Aerobics

NEW!

Enjoy a low-impact full-body muscle conditioning workout to tone, strengthen, and firm muscle groups using the basic step moves. Teaching is done step-by-step to guide all levels from total beginners to advanced. Improve fitness level using bands, mats, steps, and hand-held weights. A step platform is provided but not required for use during the workout. All levels are welcome!

T/Th	9097430	Jhun	10:15 am – 11:15 am	Cabrillo Lane	26	\$72	1/6 – 3/5
T/Th	9097440	Jhun	10:15 am – 11:15 am	Cabrillo Lane	26	\$72	3/10 – 5/21





PROGRAMS FOR ADULTS WITH DISABILITIES

Life Skills and Functional Academics

This course is designed to provide adults with disabilities students with an educational foundation to manage their personal care and hygiene. This may include, but not limited to, subjects such as health and safety, grooming, hygiene, social skills, and budgeting and purchasing of personal care products. ***Class is for facility residents only.***

M-F	5020060	Cervantes	8:00 am – 10:00 am	*CMA	8/12 – 12/18
M-F	5020062	Cervantes	10:00 am – 12:00 pm	*CMA	8/12 – 12/18
M-F	5020080	Cervantes	8:00 am – 10:00 am	*CMA	1/5 – 5/20
M-F	5020082	Cervantes	10:00 am – 12:00 pm	*CMA	1/5 – 5/20

Work Skills and Functional Academics

This class will help students gain problem solving and critical thinking skills necessary to operate in the workplace and other social environments by creating stimulating physical, cognitive, and relational environments which will be both personalized and in group settings. ***Class is for facility residents only.***

M-Th	5030061	Cervantes	12:40 pm – 3:00 pm	*Ivy Park	8/12 – 12/18
M-Th	5030062	Tabon	12:45 pm – 3:00 pm	*CMA	8/12 – 12/18
F			12:45 pm – 2:45 pm		
M-W	5030063	Doshay	1:00 pm – 3:00 pm	*Founders House of Hope	8/12 – 12/16
M-Th	5030065	Cervantes	3:10 pm – 4:30 pm	*CMA	8/12 – 12/17
M-Th	5030081	Cervantes	12:40 pm – 3:00 pm	*Ivy Park	1/5 – 5/20
M-Th	5030062	Tabon	12:45 pm – 3:00 pm	*CMA	1/5 – 5/20
F			12:45 pm – 2:45 pm		
M-W	5030063	Doshay	1:00 pm – 3:00 pm	*Founders House of Hope	1/5 – 5/20
M-Th	5030085	Cervantes	3:10 pm – 4:30 pm	*CMA	1/5 – 5/20

* **CMA Site:** 18432 South Gridley Road, Artesia, CA 90701 (562) 860-2479

* **Founders House of Hope Site:** 18025 Pioneer Boulevard, Artesia, CA 90701 (562) 860-3351

* **Ivy Park at Cerritos Site:** 1100 New Falcon Way, Cerritos, CA 90703 (562) 865-9509

ENGLISH AS A SECOND LANGUAGE

FREE!

Whether you want to get a job, get a promotion, go to college, prepare for the citizenship interview or just communicate better with your neighbors and friends, improving your English skills is an important way to achieve your goals. We have English classes in the morning, afternoon, and evening for all levels from Beginning to Advanced. Enrollment is open all year. Don't wait any longer!

Mejorar sus habilidades de inglés es un medio importante para alcanzar sus metas. Tenemos clases de inglés por la mañana, tarde y noche, para todos los niveles desde principiantes hasta avanzados. La inscripción está abierta todo el año. ¿Qué esperas para inscribirte? ¡Hazlo ya!

취업, 승진, 대학 진학, 시민권 인터뷰 준비, 이웃 및 친구들과의 원활한 의사소통을 위해 영어 실력을 향상시키세요. 기초부터 고급까지 모든 레벨의 수업이 가능합니다. 입학은 일년 내내 열려 있습니다. 미루지 말고 지금 바로 등록하세요.

無論你想找工作、升職，都可以上大學、準備公民面試或只是與鄰居和朋友更好地溝通，提升英語技能是一個重要途徑實現你的目標。我們有英語課各個層級的上午、下午和晚上初級到高級。全年開放報名。不要再等了！

CLASS LOCATIONS AND OFFICE HOURS

Cuesta Campus

12254 Cuesta Drive, Cerritos
(562) 229-7960, Ext. 25015

Office Hours:

Monday - Thursday	7:30 am – 8:00 pm
Friday	7:30 am – 4:00 pm

Assessment Center Hours:

Monday - Thursday	8:00 am – 5:30 pm
Friday	8:00 am – 2:30 pm

Cabrillo Lane Campus

20122 Cabrillo Lane, Cerritos
(562) 229-7965

Office Hours:

Monday - Thursday	8:00 am – 8:00 pm
Friday	8:00 am – 4:00 pm

Helen Rosas Center

22150 Wardham Street, Hawaiian Gardens
(562) 229-7960

REGISTRATION

FREE UNLIMITED ESL CLASSES!

Online Registration Begins

Friday, June 20, 2025 at 9:00 am

Testing Appointments Begin

Monday, July 7, 2025 at 8:00 am
(Cuesta Campus Only, Room J)

All classes will be held in-person and on-site.

ESL Trimester Dates

1st Trimester

August 12, 2025 to October 31, 2025
Last day to register: October 3, 2025

2nd Trimester

November 3, 2025 to February 20, 2026
Last day to register: January 23, 2026

3rd Trimester

February 23, 2026 to May 21, 2026
Last day to register: April 24, 2026

Registration Process for ESL Classes

- Register in the office or online.
- Bring government-issued identification (if available).
- Take the CASAS test and placement test in our Assessment Center.

Choosing a Class

- The CASAS test and placement test will determine your language level and class placement.
- The tests take about one hour in our Assessment Center.

For more registration information, call
Cuesta campus at (562) 229-7960 ext. 25015, 25052
or Cabrillo Lane campus at (562) 229-7965 or
go online at www.abcadultschool.edu/learn-english-esl/

*English as a Second Language Classes (Subject to change or close based on student enrollment or needs)

OFFERED ENGLISH AS A SECOND LANGUAGE CLASSES

ESL Beginning-Literacy and Beginning-Low

These classes are for students who cannot read or write and have limited or no English language skills. Students will develop vocabulary, listening comprehension, speaking skills, basic literacy skills and life skills necessary for the beginning level.

Listening and Pronunciation 100A

Students will improve listening and speaking skills in order to communicate effectively in English. Students will engage in cooperative learning and pair work on a daily basis.

M – F 8:30 am – 10:30 am Cuesta

Pronunciation and Grammar 100B

Students will practice essential elements of English pronunciation through a variety of exercises, dialogs, and basic conversations. This class provides activities that help students overcome pronunciation difficulties.

M – F 8:30 am – 10:30 am Cuesta

Vocabulary Development 100

Students will improve basic English skills through vocabulary, pronunciation exercises and general conversation. Students will gain confidence by practicing day-to-day vocabulary for formal and informal conversations.

M – F 8:30 am – 10:30 am Cabrillo Lane

Beginning Literacy/Low 100

Students will practice life skills, grammar, speaking and listening. Students will develop reading comprehension and learn new vocabulary. They will learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cuesta
M – F 10:40 am – 12:40 pm Cabrillo Lane
M – Th 6:00 pm – 9:00 pm Cuesta
M – Th 6:00 pm – 9:00 pm Cabrillo Lane

Listening and Speaking 100

Students will improve listening and speaking skills in order to communicate effectively in English. Students will engage in cooperative learning and pair work on a daily basis.

M – F 8:30 am – 10:30 am Cuesta
M – F 8:30 am – 10:30 am Cabrillo Lane

ESL Beginning-High

These classes are for students with limited understanding of English. Students will develop vocabulary, listening comprehension, reading, writing, conversation skills and life skills needed to function in day-to-day situations.

Pronunciation and Grammar 200

Students will improve vocabulary, pronunciation and conversation skills. Students will learn how to communicate in everyday life in the United States.

M – F 8:30 am – 10:30 am Cuesta

Beginning-High 200

Students will focus on life skills, conversation, grammar, reading, writing, vocabulary and Internet breaking stories. Students will also learn EL Civics COAAPs and test preparation. They will participate in cooperative learning.

M – F 10:40 am – 12:40 pm Cuesta

Grammar 200

Students will learn and practice grammar tense forms and basic grammatical structures needed to improve writing skills. Students will apply grammar in partner conversations and prepare for real life situations.

M – F 8:30 am – 10:30 am Cuesta

ESL Multi-level Beginning

These classes combine the Beginning levels: Beginning-Literacy, Beginning-Low and Beginning-High. Students will develop reading, writing, speaking and listening skills.

Civics Education Multi-level

Students will practice the essentials of English conversation, grammar, reading and writing. Each two week period will cover one life skill theme. Students will also learn EL Civics COAAPs and test preparation.

M – F 8:30 am – 12:40 pm Helen Rosas Center

ESL Beginning-High/Intermediate-Low

These classes combine the Beginning-High and Intermediate-Low levels. Students will develop and improve listening, speaking, reading, and writing skills to achieve their academic and career goals.

Listening, Speaking and Vocabulary 250

Students will learn about stress, intonation, pronunciation, blends and reductions. Students will participate in communicative activities and learn conversation strategies. They will also learn new vocabulary.

M – F 8:30 am – 10:30 am Cabrillo Lane

Conversation and Grammar 250

Students will learn beginning and intermediate grammar necessary to build on reading, writing, speaking and listening skills. Students will focus on verb tenses and sentence structure.

M – F 8:30 am – 10:30 am Cabrillo Lane

Beginning-High/Intermediate-Low 250

Students will improve grammar, listening, vocabulary, reading and writing. Students will learn life skills. They will also learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cabrillo Lane

ESL and Technology Skills 250

Students will practice life skills, formal and informal conversations, vocabulary, and pronunciation. Students will also use computers to improve typing, Internet research and online communication skills. They will learn EL Civics COAAPs and test preparation.

M – Th 6:00 pm – 9:00 pm Cuesta
M – Th 6:00 pm – 9:00 pm Cabrillo Lane

OFFERED ENGLISH AS A SECOND LANGUAGE CLASSES

ESL Intermediate-Low

These classes are for students who have completed ESL Beginning-High or equivalent and have a basic knowledge of survival English. Students will develop greater fluency and oral communication as well as listening, reading, writing, and life skills.

Conversation and Grammar 300

Students will learn intermediate grammar necessary to build on reading, writing, speaking and listening skills. Students will focus on verb tenses, sentence structure and communication.

M – F 8:30 am – 10:30 am Cuesta

Intermediate-Low 300

Students will practice vocabulary, reading, intermediate grammar, listening, speaking and life skills. Students will engage in critical thinking and develop interpersonal skills. They will learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cuesta

ESL Intermediate-Low/High

These classes combine the Intermediate-Low and Intermediate-High levels. Students will improve academic skills. Students will continue to develop fluency and build confidence to speak everyday English.

Idioms, Speaking and Vocabulary 350

Students will improve their knowledge and use of idioms and vocabulary. Students will focus on the meanings and appropriate usage of popular idioms and apply them in everyday conversation. They will engage in cooperative learning and role-play.

M – F 8:30 am – 10:30 am Cuesta

Conversation and Grammar 350

Students will review basic grammar and learn intermediate grammar, such as clauses, perfect verb tenses and tag questions. Students will practice independently and with partners. They will build grammar skills and confidence.

M – F 8:30 am – 10:30 am Cuesta

ESL Intermediate-High

These classes are for students who have completed ESL Intermediate-Low or equivalent. Emphasis is on fluency and communication. Students will continue to expand reading and writing skills.

Idioms and Speaking 400

Students will improve their knowledge and use of idioms. Students will focus on the meanings and appropriate usage of popular idioms and apply them in everyday conversation. They will engage in cooperative learning and role-play.

M – F 8:30 am – 10:30 am Cuesta

Intermediate-High 400

Students will practice English effectively and with confidence. Students will practice life skills, formal and informal conversations, vocabulary, pronunciation, grammar, idioms, reading, writing and debating on current events. They will learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cuesta

ESL Intermediate-High/Advanced

These classes combine the Intermediate-High and Advanced levels. Students will continue to develop fluency and academic skills. They will receive the tools to achieve success in community, life and career.

Vocabulary and Conversation 450

Students will develop a knowledge of advanced vocabulary to discuss a wide-range of topics. Students will apply their knowledge to real life situations, especially conversation. Workforce and college readiness skills are integrated into this course.

M – F 8:30 am – 10:30 am Cabrillo Lane

Current Events 450

Students will learn about current news events, new vocabulary and improve listening comprehension. Students will discuss news issues, and formulate and defend opinions. They will increase reading and writing skills.

M – F 8:30 am – 10:30 am Cabrillo Lane

Intermediate-High/Advanced 450

Students will practice life skills, conversation, vocabulary, pronunciation, and discuss current events and news. Focus is placed on accuracy and appropriate forms of expression. They will learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cabrillo Lane

ESL and Technology Skills 450

Students will practice life skills, formal and informal conversations, vocabulary, and pronunciation. Students will also use computers to improve, typing, Internet research and online communication skills. They will learn EL Civics COAAPs and test preparation.

M – Th 6:00 pm – 9:00 pm Cuesta

ESL Advanced

These classes are for students who have completed ESL Intermediate-High or equivalent. Students will expand oral language skills and refine reading and writing skills. Students are prepared for academic studies and a broader range of educational and/or vocational opportunities.

Movies, Idioms and Pronunciation 500

Students will learn new vocabulary, idioms, phrases, pronunciation and American culture through the use of movie media and teacher guided lessons.

M – F 8:30 am – 10:30 am Cuesta

Advanced 500

Students will apply literacy skills to real life situations. Students will learn cross-cultural meanings of words, expressions and humor. They will develop workforce and career readiness skills. Students will also learn EL Civics COAAPs and test preparation.

M – F 10:40 am – 12:40 pm Cuesta

Pronunciation and Conversation 500

Students will have opportunities to practice English effectively and with confidence. Students will further develop and improve pronunciation and conversation abilities.

M – F 8:30 am – 10:30 am Cuesta

Multi-Level ESL

Students of all levels are combined in these classes. Students will develop listening comprehension, reading, speaking and conversation skills needed to function in day to day situations.

Language Life Skills

Students will focus on life skills, conversation, grammar, reading, writing and vocabulary. Students will engage in cooperative learning. Workforce and college readiness skills are integrated into this class.

M – Th 1:10 pm – 4:10 pm Cuesta

ESL and Technology Skills 200-500

Students will practice life skills, formal and informal conversations, vocabulary, and pronunciation. Students will also use computers to improve, typing, Internet research and online communication skills. They will learn EL Civics COAAPs and test preparation.

M – Th 6:00 pm – 9:00 pm Cabrillo Lane



CITIZENSHIP

Become a United States citizen!

Our Citizenship class prepares you for the newest version of the Citizenship Test. You will increase your knowledge of American civics and history. You will learn and understand the American citizenship application and process. You will prepare for the interview by improving your English reading, writing, listening and speaking skills. U.S. Citizen and Immigration Service requires: Five years of legal residency in the United States or three years legal residency in the United States if married to a U.S. citizen.

W/Th 6:00 pm – 8:00 pm Cuesta

WORKFORCE PREPARATION

Integrated Education and Training (IET) Class

Take a free Workforce Preparation class!

- Train for a new career! Be job ready within a year!
- Start a career pathway while you take ESL classes. Take a free IET classes.
- You must be registered in an ESL class to be eligible to take a free IET class.
- For class schedules please see catalog or the counselor.

IET - Accounting Technician

Start a new and excited career in the accounting field. You will be able to work in accounting firms, banks, and small businesses. You will be able to perform duties such as accounts payable and receivable, payroll for small companies, use QuickBooks software program efficiently, track inventory, audit accounts, balance sheets, and create spreadsheets. Also, this program will prepare students to pass the industry certification for QuickBooks. Class fee waived for ESL students in the program. Additional fees for books and/or materials.



BURLINGTON ENGLISH – UNLIMITED ONLINE ACCESS!

This class is for students of all ESL levels. Practice 24/7 at home on your computer, tablet or cell phone. Meet with the teacher in-person during office hours.

BurlingtonEnglish will help you explore career options, gain workplace skills, learn about educational and training opportunities and develop vital digital literacy skills. It also combines content and context for various career fields providing a bridge for you to move into a career pathway. You will get the practical, real-life language skills that result in English proficiency.

Teacher office hours: M – W 1:10 pm – 2:10 pm Cuesta Room E-4





ACADEMICS

Choose the Learning Option that's right for you!

Adult students are welcome to attend ABC Adult School:

- for credit towards a high school diploma
- to prepare for a high school equivalency test (GED or HiSET)
- to improve basic skills

Enrollment in High School Diploma (HSD) or High School Equivalency (HSE) courses will be dependent upon appropriate score on the CASAS placement exam. Students who do not reach the minimum score will be enrolled into the ABE program to enhance academic skills to succeed in the HSD/HSE program.

Getting Started:

1. Come to the Cuesta Main Office with picture identification and official, unopened transcripts.
2. Meet with the Academic Advisor, who will help you determine the best educational path and will create a custom learning plan for you.
3. Take the required assessment called the CASAS test.
4. Plan to spend about 1-2 hours for transcript evaluation, testing, orientation, and class scheduling.

Cuesta Office Hours:

Monday – Thursday 7:30 am – 8:00 pm
Friday 7:30 am – 4:00 pm

Learning Center (Room E4) Hours:

Monday – Thursday 8:00 am – 4:30 pm
Wednesday 5:30 pm – 8:30 pm
Friday 8:00 am – 12:00 pm

If you have further questions or want to know about our current class offerings, please call 562-229-7960 ext. 25053. or see the in-person class schedule on the next page.

High School Diploma

Students can complete their coursework toward a high school diploma:

- through in-person or live Zoom classes with friendly, qualified teachers
- in our state-of-the-art learning center lab
- from home, using online/distance learning classes

Earn your diploma with the help of our highly qualified, credentialed instructors. You can complete as many classes in each session as your schedule permits. The recommended course load is 2-3 classes, depending on your work schedule and/or family obligations.

ABC Adult School requires 180 Credits to obtain your diploma. The Dean will evaluate your transcripts from high school(s) and/or other adult schools to determine the credits you need.

High School Diploma Requirements

English	40 credits
US History A	5 credits
US History B	5 credits
Civics/Government	5 credits
Economics	5 credits
Social Studies	10 credits
Math	10 credits
Algebra	10 credits
Biological Science	10 credits
Physical Science	10 credits
Health	5 credits
Fine Arts/Foreign Language	10 credits
Electives	54 credits
Technology	1 credit
Total:	180 Credits



ACADEMICS

GED/HiSET Preparation

Students can study English, Math, Social Studies, and Science subjects at the High School Equivalency level.

- through in-person classes (in Spanish or English) with friendly, qualified teachers
- in our state-of-the-art learning center lab
- from home, using online/distance learning curriculum classes

High School Equivalency Exam

California has approved the use of the GED® and HiSET® high school equivalency tests for students 18 years old and older for the purpose of receiving a California High School Equivalency Certificate. ABC Adult School offers preparation and testing for both the GED and HiSET exams.

Before signing up for the official GED or HiSET exam, most adults find it helpful to enroll in a preparation program. Choose the study option from above that best meets your needs and schedule. In-person classes guide students through the process of preparing and registering for their high school equivalency exams. Classes feature test-taking tips, the most common multiple-choice question types, and scored essay feedback.

When you are ready, you can make an appointment to take your official exam(s) at ABC Adult School's convenient, certified Assessment Center at (562) 229-7960 Ext. 25089 or Ext. 25056.

Fall Semester: August 12 - December 19, 2025

HSD/HSE Lab – All Subjects				
W	5:30 pm – 8:30 pm	Cuesta	E-4A	Staff
ABE (Adult Basic Education) Lab				
T/W	1:30 pm – 4:30 pm	Cuesta	E-4	N. Hom
HiSET/GED – Preparation (Mathematics Only)				
M/W/F	8:30 am – 10:30 am	Cuesta	M	E. Lizarde
HiSET/GED – Preparation (All non-Mathematics subjects)				
T/Th	8:30 am – 10:30 am	Cuesta	M	E. Lizarde

HiSET/GED Spanish – Preparación (Solo Matemáticas)

M/W/F 10:40 am – 12:40 pm Cuesta M E. Lizarde

HiSET/GED Spanish – Preparación (Todos las otras materias)

T/Th 10:40 am – 12:40 pm Cuesta M E. Lizarde

Spring Semester: January 5 - May 21, 2026

HSD/HSE Lab – All Subjects				
W	5:30 pm – 8:30 pm	Cuesta	E-4A	Staff
ABE (Adult Basic Education) Lab				
T/W	1:30 pm – 4:30 pm	Cuesta	E-4	N. Hom
HiSET/GED – Preparation (Mathematics Only)				
M/W/F	8:30 am – 10:30 am	Cuesta	M	E. Lizarde
HiSET/GED – Preparation (All non-Mathematics subjects)				
T/Th	8:30 am – 10:30 am	Cuesta	M	E. Lizarde
HiSET/GED Spanish – Preparación (Solo Matemáticas)				
M/W/F	10:40 am – 12:40 pm	Cuesta	M	E. Lizarde
HiSET/GED Spanish – Preparación (Todos las otras materias)				
T/Th	10:40 am – 12:40 pm	Cuesta	M	E. Lizarde

HiSET Test Info

- Offered in English and Spanish
- Subject Areas Tested: Reading, Writing, Science, Social Studies, Mathematics
- Computer-based: Cost: \$40 per test/ \$200 total; 2 free retakes
- Website: www.hiset.org

GED Test Info

- Offered in English and Spanish
- Subject Areas Tested: Reasoning through Language Arts, Science, Mathematical Reasoning, Social studies
- Computer-based
- Website: <https://ged.com/>

ACADEMICS

We offer in-person classes for the most in-demand subjects each quarter. Classes such as Government, Economics, Algebra, English, U.S. History, and Science are scheduled throughout the year. These classes are streamlined to be completed in just 9 weeks with Discussions and Activities removed. Live Zoom options may also be available.

HSD Structured Classes (*Subject to change based on student needs)

1st Quarter:

August 12 - October 10, 2025

English				
M – F	8:00 am – 10:00 am	Cuesta	E-4A	J. Aasness
Math Lab <i>Starts September 15, 2025</i>				
M – F	10:10 am – 12:10 pm	Cuesta	E-4A	J. Aasness

2nd Quarter:

October 14 - December 19, 2025

English				
M – F	8:00 am – 10:00 am	Cuesta	E-4A	J. Aasness
Math Lab				
M – F	10:10 am – 12:10 pm	Cuesta	E-4A	J. Aasness

3rd Quarter:

January 5 - March 6, 2026

English				
M – F	8:00 am – 10:00 am	Cuesta	E-4A	J. Aasness
Math Lab				
M – F	10:10 am – 12:10 pm	Cuesta	E-4A	J. Aasness

4th Quarter:

March 9 - May 21, 2026

English				
M – F	8:00 am – 10:00 am	Cuesta	E-4A	J. Aasness
Math Lab				
M – F	10:10 am – 12:10 pm	Cuesta	E-4A	J. Aasness

Adult Basic Education/Enrichment

Online/distance learning, teacher supported self-paced study programs, are available for students who want to:

- review and improve Basic Reading, Math, or Writing Skills for success in high school equivalency and high school courses
- be able to help their child with homework
- enhance personal growth
- brush up on a subject of their choice.

GRADUATION CEREMONY

ABC Adult School will celebrate commencement on Wednesday, May 20, 2026 at 5 pm.

Adult students who have completed the district requirements for a high school diploma or passed the GED or HiSET examination are encouraged to participate wearing the traditional cap and gown in the presence of family and friends.





PARENT WORKSHOPS 2025–2026

"Become an active partner in your child's education."

Join us for our FREE Parent Workshops, designed to support and empower parents and caregivers in the ABCUSD community! All workshops will take place from 6:00 PM to 7:30 PM at the Adult School Cabrillo Lane Campus, 20122 Cabrillo Lane.

These workshops are open to all parents and caregivers in the ABCUSD community, providing valuable information and resources to help support your student's learning and well-being. Our sessions cover a wide-range of important parenting topics and offer a fantastic opportunity to connect with other involved parents in the District.

Workshop Highlights:

- **Comprehensive Information:** Gain insights into crucial parenting issues.
- **Valuable Resources:** Access tools and resources to enhance your parenting skills.
- **Support System:** Find a community of supportive parents within the District.
- **Strength-Building:** Learn how to build on your strengths and apply them in daily parenting.

**All workshops are FREE
and open to all parents
in the District!**

You are welcome to attend any number of workshops—whether it's just one or all of them. Don't miss this chance to learn, connect, and enhance your parenting journey. **Mark your calendars and join us for an enriching experience!** Please register online at ABC Adult School. **Must be 18 or older to attend. Childcare is not provided.** For more information, please call (562) 229-7965, ext. 25200.

Wednesday, September 3, 2025

College is Coming: The Crucial 4-year Plan

Wednesday, September 10, 2025

College is Coming: Preparing Applications and Financial Resources

Wednesday, December 3, 2025

Navigating Schools of Choice

Wednesday, January 28, 2026

Student Wellbeing: Social Emotional Health

Wednesday, February 25, 2026

State Testing: Setting Your Child up for Success

Wednesday, March 18, 2026

Summer Activities to Prepare Your Teen for College or Career

Wednesday, April 15, 2026

Kindergarten Round-up

ABCUSD COMMUNITY EXPO - OCTOBER 4, 2025

Celebrating ABC Students and Schools

The ABC Unified School District and the ABC Adult School, will host the award-winning 27th Annual ABCUSD Community Expo. More than 600 parents from ABC Unified Schools in the Cerritos, Artesia, Hawaiian Gardens, and Lakewood areas will be invited. Call ABC Adult School at (562) 229-7965, ext. 25200, for details.

WELCOME!

ABC Adult School is a comprehensive school, serving more than 23,000 duplicated adult and high school students annually.

ABC Adult School is a post-secondary institution offering entry-level and advanced courses in Office Occupations, Medical Occupations, Web/Graphic Design, IT Technician, and Cosmetology Training programs. We also offer English as a Second Language, citizenship, basic academic skills, preparation for GED/HiSET, high school diploma, parent education, Adults with Disabilities, and enrichment programs. ABC Adult School is accredited by the Council on Occupational Education (COE) for post-secondary training to provide Title IV Financial Aid to qualified students and is accredited by the Western Association of Schools and Colleges (WASC) for secondary academic programs. ABC Adult School also receiving other State and National accreditations for individual programs. We are a state-approved Pearson VUE Testing Center and is an official authorized testing center for Adobe, Microsoft, IC3, QuickBook, NHA, Evaluation System, CompTIA, GED, HiSET, TOEFL, typing certificate, and many industry certifications.

Council on Occupational Education (COE): 1 (800) 917-2081
7840 Roswell Rd., Building 300, Suite 325, Atlanta, Georgia 30350

ABC Adult School provides job training for adults with disabilities, a variety of courses parenting classes, and a broad selection of enrichment courses. We offer extensive customized training programs and services for businesses and State/County agencies.

ABC FITNESS CLASSES

We prioritize the safety and well-being of all participants. Please be advised that participation in fitness classes may require a doctor's note for clearance. We reserve the right to request this documentation based on the instructor's observation of your abilities to ensure a safe experience for everyone involved.

ACCIDENT INSURANCE

Student Accident Insurance is a requirement for all students enrolled in career technical education (CTEC) courses containing a clinical component and other programs with a safety requirement. Fee must be paid \$15 per quarter, \$40 per year (August to June).

AMERICAN DISABILITY ACT (ADA)

We are in compliance with the ADA. If you require reasonable disability accommodations. Please request your needs in writing at least 30 days prior to the beginning of class. Contact the school office at (562) 229-7960 for additional information.

ACCEPTABLE USE POLICY

ABC Adult School believes in providing all students with powerful technology tools to promote educational excellence while complying with the District policy. ABC Adult School provides students access to the District's electronic information network which includes Internet access, wi-fi access, computer services, student e-mail, and computer-related equipment for educational purposes. Users must be aware that some information found on the Internet may contain items that are illegal, defamatory, inaccurate or offensive. While ABC Adult School works to balance the need for appropriate Internet filtering and the need for access to information for research and instruction, ABC Adult School cannot guarantee that student may not encounter inappropriate materials. Further, ABC Adult School makes no guarantee of availability of networks or the quality or accuracy of information that is obtained. By student signature on the registration form or by clicking on the "terms and conditions" online, student agrees to follow the rules and procedures indicated in the ABC Unified School District Student Acceptable Use Policy.

ATTENDANCE

In order for an adult education class to remain open, sufficient regular student attendance in class is required. Classes with low enrollment will be canceled. Regular attendance is required for students to complete the program.

For complete detailed list of policies and procedures, please refer to the Student Handbook on our website.

BABY-SITTING

No baby-sitting is offered at ABC Adult School.

CLASS CANCELLATION POLICY

ABC Adult School reserves the right to cancel any class in which the enrollment and attendance is not sufficient to warrant continuation, and to change class hours and/or days as necessity demands.

COUNSELING

ABC Adult School counseling staff provides a variety of support services for students and the campus community including educational planning, career counseling, transfer counseling, scholarships, financial aid and personal counseling to help students establish, pursue and attain their educational and career goals. Students should make an appointment in advance of registration to meet with a counselor. Please contact our counselors at the Cuesta campus (562) 229-7960.

CHILDREN'S ATTENDANCE

Children may not attend class or be left unattended on campus unless it is specifically permitted as part of the course and accompanied by an adult.

DRESS CODE

Students are expected to adhere to the established dress and grooming standards for the school in order to prevent distractions and disruption in the classroom and to ensure the physical well-being and safety of students and staff. Please visit website at www.abcadultschool.edu for the complete Student Handbook of Rules & Regulations and Discipline Policy.

DRUG FREE SCHOOLS

It shall be the policy of this school district to keep schools alcohol and drug free by taking positive action through education, counseling, parental involvement, medical referral and police referral, and by handling incidents in the schools involving possession, sale, distribution and/or use of any controlled substance, alcoholic beverage, intoxicant of any kind, tobacco or products containing tobacco or nicotine.

EQUAL OPPORTUNITY DISTRICT

ABC Unified School District is in compliance with Title VII of the Civil Rights Act of 1964, Title IX of the Education amendments of 1972 and the Rehabilitation Act of 1973. The district does not discriminate in matters of employment or admission to educational programs and activities because of race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, age, or sexual orientation. Complaint Contact: Dr. Joe Fraser, Assistant Superintendent, Human Resources, 16700 Norwalk Blvd., Cerritos, CA 90703 (562) 926-5566.

ELIGIBILITY/PRIORITY ENROLLMENT

Persons 18 years of age or older that can benefit from instruction are eligible to enroll in ABC Adult School. Preference is given to continuing students and residents of the district providing they register during the priority pre-registration period. High school students may attend if space is available and all Educational Code requirements are met. (See "High School Students" for details.)

FEES

Fees must be paid when registering and vary by the class. ATM/Debit, credit cards, and money orders are also accepted. Make money orders or checks payable to "ABC Adult School". All fees must be paid prior to attending class. We do not accept Discover card or American Express.

FINANCIAL AID

(562) 229-7960

GENERAL INFORMATION / FINANCIAL AID

51

STUDENT FINANCIAL AID AVAILABLE!

Federal PELL grants are available to eligible students. If you are interested in Financial Aid please fill out the FAFSA at www.studentaid.gov. Our school code: 042270.



ABC Adult School Financial Aid Information

ABC Adult School offers grants to full-time and part-time students. Most financial aid resources are intended to supplement, not replace, the financial resource of the family. We have financial aid available to help you with the cost of education, which includes fees, books, supplies, miscellaneous costs, housing, and transportation. If you are interested in an eligible program please apply immediately at www.studentaid.gov.

Minimum Requirements

Minimum requirements to receive Federal Student Aid are as follow:

- Meet U.S. Citizenship or eligible non-citizenship requirements. (Note: Deferred Action recipients are not eligible for Federal Student Aid)
- Student must possess a High School Diploma or State issued High School Equivalency Certificate from a regionally accredited institution (<http://ope.ed.gov/accreditation/>). Examples are: GED®, HiSET, TASC. (Foreign High School Diploma must be notarized, translated and is the responsibility of the student.)
- Plan to enroll in any one of our Title IV Approved Career Technical Education Programs. (See list below*)
- Demonstrate a need.

Financial Aid Process

Financial Aid applications take time to process so begin early. Application must be approved and processed prior to attending class. **To get started apply online by visiting the Federal Student Aid website: www.studentaid.gov. Once you have applied, you will need to call ABC Adult School financial aid office at (562) 229-7960 to turn in additional documents needed to determine Financial Aid.**

Return of Title IV Funds (R2T4) Policy

When a student withdraws or is dismissed from ABC Adult School, a determination of the earned and unearned portion of Title IV aid will be determined. The date of withdrawal or last date attended will be used according to attendance records generated by the School's Attendance System (ASAP).

Financial Aid Eligible Programs

The following ABC Adult School Career Technical Education Programs are eligible for Financial Aid Benefits (PELL Grant) for students who qualify:

- Accounting Technician
- Administrative Assistant
- Cosmetology
- Dental Assistant
- Graphic Media Design
- IT Technician
- Medical Assistant
- Medical Front Office Assistant

Student Support Office

PLAN AHEAD FOR FALL 2025 AND SPRING 2026!

Financial Aid (562) 229-7960

OFFICE HOURS:

Cuesta Campus:

Monday – Friday: 8:30 am - 4:00 pm

Cabrillo Lane Campus:

By appointment only

APPLY EARLY TO SECURE YOUR FINANCIAL AID AND ENROLLMENT FOR 2025!

ABC Adult School Code: 042270

Planning for Fall 2025 & Spring 2026 Registration:

1. **Apply online by filling out the Free Application for Federal Student Aid (FAFSA) go to www.studentaid.gov**
2. **Allow a minimum of 5 days for the ESAR (Electronic Student Aid Report) to be received by the financial aid office.**
In order to be eligible to receive federal student aid for the 2025-26, only classes that are Title IV approved are eligible for financial aid. No Enrichment Classes are eligible. To be eligible for funding for the Fall 2025 programs, please fill out the 2025-26 Federal Application for Federal Student Aid (www.studentaid.gov). Do not forget to use our School Code (042270) when you apply.
3. **The following items and printouts will be needed to schedule an appointment once a student's FAFSA is processed.**
In order to process your financial aid you will need to bring in the following documents to the financial aid office after you have applied on line. Please allow 3-5 days for your FAFSA to process otherwise the school will have not received your Student Aid Report in time:
 - a. Valid California Driver's License or CA Identification
 - b. Social Security Card
 - c. Official sealed High School transcript, High School Diploma or State recognized equivalent i.e. (GED or HiSET). Original documents needed. Foreign High School Diplomas need to be translated and notarized.
 - f. Bring items a-c to the financial aid office.

Please note: a student defined as Dependent on the FAFSA will need to have their parent create their own FSA ID to sign the FAFSA. A Dependent Status on the FAFSA is defined as someone who needs to provide parent income information to determine a student's eligibility.

If you have questions please call or email the Office of Financial Aid at (562) 229-7960 and finaid@abccadulthoodschool.com.

FOR MORE
INFORMATION
SCAN ME!



FREE TRAINING BENEFITS & FINANCIAL AID

- Are you between the ages of 18-24 years old with need of training?
- Are you unemployed?
- Are you low income? Is your present company going out of business?
- Are you a veteran?
- Do you need job counseling?
- Do you currently receive EDD benefits of any kind?
- Have you exhausted your unemployment benefits?
- Are you a foster child? Are you working with the Department of Rehabilitation or Social Services?
- Do you need re-training to enter a new profession?
- I-train referrals website: <https://wioa.i-train.org>



If you answered "Yes" to any of these questions then you may be eligible for Free Training Benefits or Financial Aid. Call ABC Adult School Career Center immediately! (562) 229-7960

FINDING CLASS LOCATIONS

Each course listing indicates where the class is held. Location, address, telephone number, and map to all sites are listed on the back inside page and on the website.

FIRST CLASS MEETING

You must be present at the first meeting of the class or you may be dropped and lose your space to others who are present and wish to enter. Refund will not be given.

INSTITUTIONS GRIEVANCE PROCEDURE

Grievance Procedure - Every member of the community shall have the right for prompt and orderly redress of a grievance relating to an alleged violation of federal or state laws or regulations of educational programs. Therefore, pursuant to California Code of Regulations, Title 5, Section 4600, the district has procedures to process a complaint regarding educational services provided by the adult school. A copy of the uniform complaint policy is available at each site where adult education courses are offered. Complaint Contact: Dr. Joe Fraser, Assistant Superintendent, Human Resources, 16700 Norwalk Blvd., Cerritos, CA 90703 (562) 926-5566.

Council on Occupational Education (COE): 1 (800) 917-2081
7840 Roswell Rd., Building 300, Suite 325, Atlanta, Georgia 30350
www.council.org

HIGH SCHOOL STUDENTS

The enrollment of concurrent high school students in Adult Education classes is subject to the limitations imposed by Section 52500.1 of the California Education Code. Each of the following conditions must be met:

- (1) There must be a conference involving the student, the high school counselor and the student's parent or guardian.
- (2) There must be written documentation of the conference.
- (3) There must be a statement that the student is voluntarily enrolling in the Adult Education class and that the enrollment form is to be placed in the student's cumulative file.

Students must bring a completed Concurrent High School Enrollment Form, a copy of their current class schedule and a high school photo I.D. to enroll. Hours are Monday through Thursday from 8:00 am to 8:00 pm and Friday from 8:00 am to 3:30 pm. The completed enrollment form must bear the signatures of the high school counselor, the parent or guardian, and the student to certify that the above conditions have been met.

(Concurrent High School Enrollment Forms are available at each of the district high schools in the counseling offices. Enrollment is contingent upon full-time enrollment at the high school.)

Concurrent high school students may not take adult education in any of these areas: (1) Adults with Disabilities, (2) Apprenticeships, (3) Parent Education, (4) Enrichment, and (5) Fitness.

Enrollment of high school concurrent students is limited to residents of the ABC Unified School District. Concurrent students living outside of the district are not eligible to enroll in the ABC Adult School.

INSURANCE

ABC Adult School does not provide medical insurance coverage for students. Medical insurance is a student responsibility.

NOTICE TO PARENTS OF HIGH SCHOOL STUDENTS

All adult school classes meet in portable facilities that do not meet the new earthquake safety requirements of the Field Act (Rev. 9/89). Adult education classes meet at various locations throughout the community. Transportation to and from these classes is the responsibility of the student and/or the parent/guardian. The ABC Unified School District is not liable for the safety or for the transportation of students that attend classes in these facilities.

ONLINE REGISTRATION INFORMATION

Online registration is convenient, easy and no extra charge. Simply click on the online link. Once you are on the welcome page, simply follow the online prompts.

PARKING (HANDICAPPED PARKING)

On campus parking is available at no charge. Handicapped parking is available. **Students park at their own risk.**

Parking at ABC Adult School is free, however, we do have a few simple rules for the safety and convenience of our students and staff:

- Please obey signs, directional arrows and NO PARKING areas including fire lane markings.
- Parking spaces marked STAFF are for employees only. No students or visitors are to park in these spaces. It is imperative that teachers and staff are able to park and get to their assigned classes on time.
- Visitor parking spaces are available near the Adult School office for 20 minute parking. Other parking is available on the street or in the marked lots adjacent to and across from Cuesta Drive.
- Observe the 5 miles per hour speed limit. Bicycles must be locked in bike racks and are not permitted in buildings. Do not ride bicycles on campus.
- Head in parking only.
- Parking code violations can result in ticketing and/or towing of your vehicle.

PERSONAL PROPERTY DISCLAIMER

ABC Unified School District is not responsible for the loss or damage of personal property.

El Distrito Unificado de ABC no es responsable por la perdida de, o por cualquier daño que pueda sufrir, la propiedad personal que traen los estudiantes a la escuela.

POLICIES AND PROCEDURES

- Students must go to the Assessment Center to complete the pre-assessment prior to attending classes.
- **Due to limited capacity in assessment rooms, arrive early to ensure your space.**
- Students who do not meet the basic skill level requirement for the CTE Program will be referred to a counselor to discuss options.
- Students must be 18 years of age or older to enroll in any program.
- Childcare is not available at ABC Adult School.
- **Test times and locations are subject to change without notice.**
- No minors are allowed without parental/adult supervision in the Assessment Center or on any of our campuses.

REFUND POLICY

ABC Adult School follows a fair and equitable refund policy for the refund of fees and other institutional charges as adopted by the Council on Occupational Education (COE). Refunds are given if the class is canceled. If the student requests a refund, it must be prior to the second class meeting, whether attended or not. Student initiated refunds will be reduced by a \$10 service charge for each class. To receive a refund, students request a refund form from the Front Office. Once the form is completed by the student and an explanation is provided, it must be approved by the Administrator. Once approved, the refund request form is sent to the ABC Adult School Accounting Office where the refund is processed. The refund check is then mailed to the student. The process may take up to six weeks. **No refunds will be given for missed classes, insurance fee, books, materials fee, equipment or cosmetology/barbering kits.**

REFUND POLICY

There are 3 types of refunds processed through ABC Adult School:

1. **Non-Program Students - NOT officially enrolled in a CTE program, ESL, Academics and Older Adults Individual Course Refunds and Community Education**
2. **CTE Program Students - Program withdrawal (students officially enrolled in a program)**
3. **CTE Program Students - Course withdrawal (students officially enrolled in a program)**

Non - Program Students

Students who enroll in a non state funded community education course or do not enroll in a program of study are subject to the following refund policy:

ABC Adult School will refund class and lab fees if a regular class is cancelled by ABC Adult School. Individual requests for refunds must be made at the Adult School office prior to the second class meeting or within two weeks of registration. ABC Adult School reserves the right to cancel any class due to low or declining enrollment.

Students in Community Education classes must decide by the start of the second session whether they wish to continue in the class. NO REFUNDS for Community Education Class will be given after the start of the second session. Student initiated drops and refund requests are subject to a \$10 per class processing fee (or up to \$10 if the class is less than \$10).

It is the student's responsibility to apply for a refund. A student is eligible for a refund after classes have been officially dropped, within the refund policy timeline. Classes must be dropped by the appropriate deadline for the session in order to be eligible for a refund. To request a refund, please go to the office before the second class meeting begins, drop the class and fill out the Refund Request Form. The refund request form is also available online at ABCAdultSchool.edu and can be mailed to the Main Office (Cuesta or Cabrillo campus). It must be postmarked by the appropriate deadline. Stated deadlines are not adjusted due to late enrollment.

If a student paid by credit or debit card and the student has their receipt, an electronic refund will be made to their credit or debit card. Any other form of payment will be refunded by check. Approved refunds will be mailed in approximately four to six weeks. Be sure your current mailing address is on file with the school. All refund checks are made payable to the student.

Community Education, ESL, Academics and Older Adults, CTE Individual Course Refunds (Students not enrolled in a program)

Students who enroll in an Academics, Older Adults, ESL Community Education or CTE individual course and are NOT officially enrolled in one of the 9 CTE recognized programs (enrollment in an official CTEC Program is done after meeting with the TOSA, Job Developer or Financial Aid Secretary and filling out a declaration form) are subject to the following refund policy:

ABC Adult School will refund class and lab fees if a regular class is cancelled by ABC Adult School. Individual requests for refunds must be made at the Adult School office prior to the second class meeting or within two weeks of registration. ABC Adult School reserves the right to cancel any class due to low or declining enrollment.

Students who enroll in an Academics, Older Adults, ESL Community Education or CTE individual course and are NOT officially enrolled in one of the 9 CTE recognized programs, must decide by the start of the second class meeting whether they wish to continue in the class to receive any

type of refund. Students who decide to drop before the first session begins will be given a refund less a \$10 processing fee per class. Students who cancel up to the start of the second class session can get a school credit minus a \$10 processing fee per class. NO REFUNDS will be given after the start of the second session. No exceptions. All student initiated drops and refund requests are subject to a \$10 per class processing fee (or up to \$10 if the class is less than \$10). A refund will not be processed if academic credit has been awarded for the class. Refunds are not automatically processed.

It is the student's responsibility to apply for a refund. A student is eligible for a refund after classes have been officially dropped, within the refund policy timeline stated in the paragraph above. Classes must be dropped by the appropriate deadline for the session in order to be eligible for a refund. Stated deadlines are not adjusted due to late enrollment. To request a refund, please go to the office before the second session begins, drop the class and fill out the Refund Request Form. The refund request form is also available online at ABCAdultSchool.edu and can be mailed to the Main Office (Cuesta or Cabrillo campus). It must be postmarked by the appropriate deadline as determined by the guidelines in the last paragraph. It is the student's responsibility to apply for a refund.

If a student paid by credit or debit card and the student has their receipt, an electronic refund will be made to their credit or debit card. Any other form of payment will be refunded by check. Approved refunds will be mailed in approximately four to six weeks. Be sure your current mailing address is on file with the school. All refund checks are made payable to the student.

Program Refunds - Program Withdrawal (Students officially enrolled in a CTE program)

Students may withdraw at any time during a term. Refund amounts will be determined by the formulas listed below whether or not the student is receiving financial aid.

We realize that outside circumstances may sometimes impact a student's ability to complete the program of study. When a student stops attending all of his or her classes, depending on the circumstances, it may be classified as a "withdrawal," or "dismissal" from the institution. For the purpose of charges assessed and financial aid eligibility listed below, a dismissal will be handled the same as a withdrawal from the Institution. Students who do not complete at least 60% of the hours of each **pay period listed in the financial aid calendar**, must repay the unearned portion of all awarded aid. This unearned portion is based on the total number of hours scheduled to be completed and divided by the total hours in the pay period (Title IV Refund Process below). Students must repay the amount received as an overpayment. Students who owe repayments or overpayments are ineligible for additional Federal and/or State Aid. When learning of an over-award, ABC Adult School ("ABC Adult") will report the over-award to the funding source.

Program Refunds - Course Withdrawal (Students officially enrolled in a CTE program)

Students who are withdrawing from an individual course but not the entire program may withdraw at any time during a term. Refund amounts will be determined by the formulas listed below whether or not the student is receiving financial aid. If 60% or more of the course has been completed, there is no refund. If 59% or less of the course has been completed, the refund is based on the total number of hours scheduled to be completed and divided by the total hours in the course.

No refunds will be given for missed classes, insurance fee, books, materials fee, equipment or cosmetology/barbering kits.

Refund Policy-Fee-Based Community Education Classes

Make your decisions carefully, refunds will be given only if:

- a class is filled prior to receiving registration
- a class is canceled by the school

Allow 4-6 weeks for processing refund.

Return of Title IV Funds (R2T4) Policy

When a student withdraws or is dismissed from ABC Adult School, a determination of the earned and unearned portion of Title IV aid will be determined. The date of withdrawal or last date attended will be used according to attendance records generated by the School's Attendance System (ASAP). See Student Financial Aid section or the Financial Aid page on the website for further information.

RETURNED CHECKS

There will be a \$35 charge for all returned checks.

NO SMOKING POLICY

Smoking is prohibited on campuses and in school parking lots.

SEXUAL HARASSMENT

Sexual harassment of or by any employee or student shall not be tolerated. The governing board considers sexual harassment to be a major offense which can result in disciplinary action of the offending employee or suspension, or expulsion of students. Sexual harassment is defined in the Education Code section 212.5 and the legal requirements affecting students are found in sections 48900 and 48900.2. Complaint Contact: Dr. Joe Fraser, Assistant Superintendent, Human Resources, 16700 Norwalk Blvd., Cerritos, CA 90703 (562) 926-5566.

IDENTIFICATION CARDS

Students ID cards are available in the Main Office at the Cuesta front office, and Cabrillo Lane front office. Current registration form is required. Must show proof of registration. CTEC, ESL, and Academics Students are required to wear ID during class at all times! (\$15 ID replacement fee.)

STUDENT SERVICES

ABC Adult School offers ability and aptitude assessment screening, career guidance counseling, job placement, and student financial aid services. The school works in close association with the State of California Employment Development Department (EDD). Special support is provided for clients referred from the State Department of Rehabilitation. Please visit Career Center for more information.

SERVICES TO BUSINESS

Businesses may contract with ABC Adult School to provide customized computer training and retraining for their employees, English Language Work Place Literacy training and services in support of business operation. Please contact Career Center at (562) 229-7960 Ext. 25022 for more information.

TOBACCO FREE/WEAPON FREE/DRUG FREE

The ABC Unified School District has enacted a tobacco free district and workplace environment policy. California Health and Safety Code, Section 24167, requires that all school districts receiving Tobacco Use Prevention Education Funds adopt a tobacco free policy. Current policy prohibits the use of tobacco on school property owned, leased or rented and within all school vehicles in order to provide a tobacco free environment.

WAIVER AND RELEASE AGREEMENT

As a student in the ABC Adult School, you may be photographed or filmed for campus or district displays and for other publicity and public relations purposes. Signature on the registration form or by completing your registration online indicates your agreement for these purposes and you also hereby agree to indemnify and hold harmless the ABC Unified School District, Council members of Artesia, Cerritos, and Hawaiian Gardens, its agents, officers, employees and volunteers from all harm, accidents, personal injury or property damage which may be suffered by the aforementioned individual, arising out of, or in any way connected with, participation in the class or activity. By your signature on the registration form or by clicking on the "terms and conditions" online, you verify that all information is true and also have read and agreed to the District Acceptable Use Policy, terms and conditions of the above mentioned agreement.

MISSION STATEMENT

The Mission of the ABC Adult School is to provide quality education to our diverse community with meaningful opportunities for success in career, academic, and personal goals.

SCHOOLWIDE LEARNER OUTCOMES (SLOs)

Self-Directed Lifelong Learners who:

- acquire knowledge and skills appropriate to their goals in life
- set and achieve career, educational, and/or personal goals
- seek continuing career training and/or educational opportunities

Effective Communicators who:

- demonstrate appropriate language, digital literacy, computational skills and/or technical skills
- apply communication skills to professional, technical, creative, and other real-life situations
- enhance and improve their ability to understand and be understood by others

Critical Thinkers and Problem-Solvers who:

- exercise their powers of judgment, perception, and inference
- assess and fulfill their own needs by finding appropriate resources.
- apply knowledge to professional, technical, and other real-life situations



ABC Adult School Assessment Center

Become Certified!

Looking for a Pearson VUE Testing Center near you? ABC Adult School Assessment Center is the best choice! Conveniently located in the City of Cerritos by the 605/91 freeways with free parking!!!

ABC Adult School has established a new Assessment Center which is approved as a Pearson VUE Testing Center and fully equipped for the Computer-Based GED test.

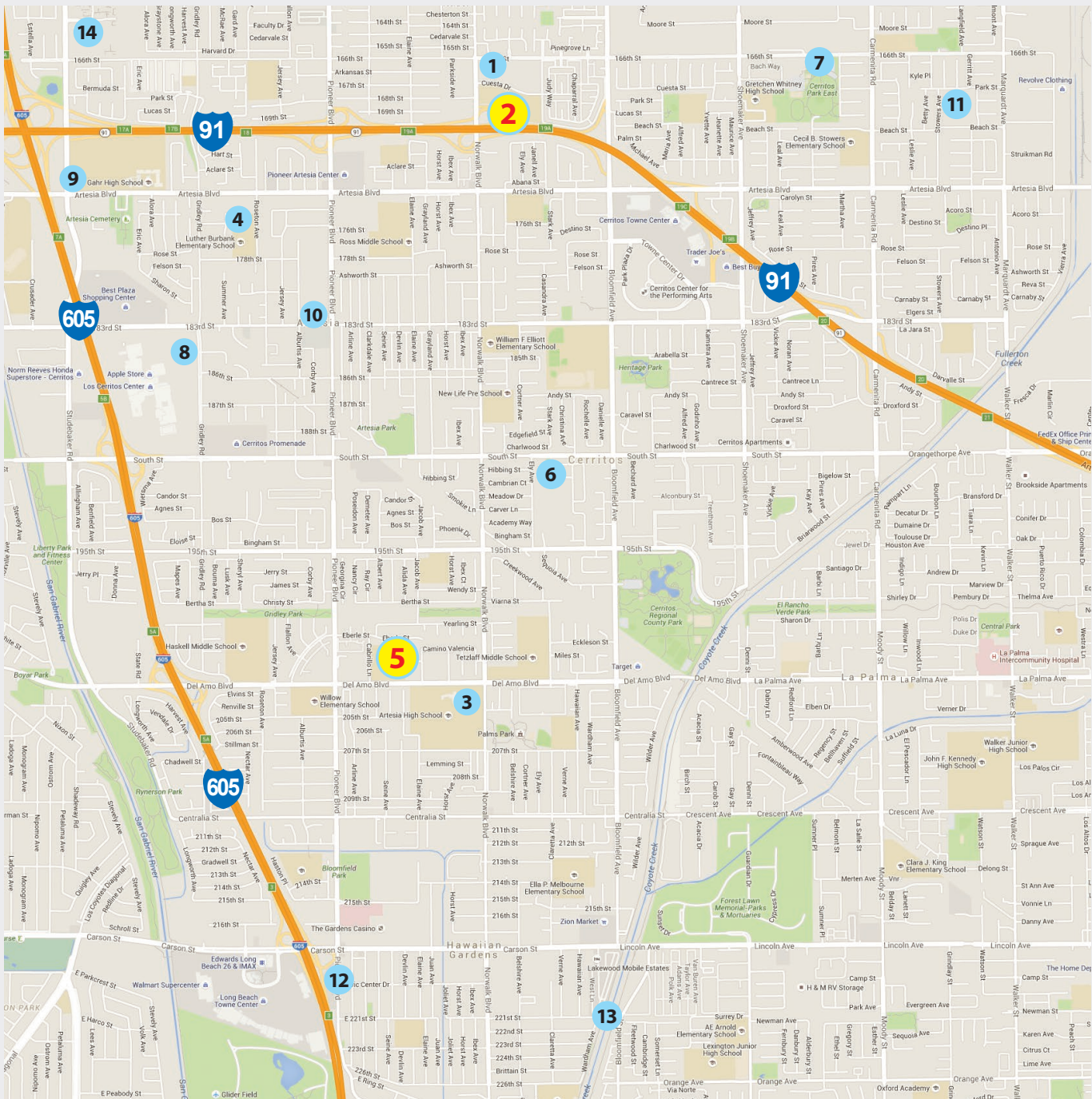
As a Pearson VUE Authorized Testing Center, the Assessment Center offers various standardized tests required by state regulations or as part of industry certifications. Currently, Adult School is an authorized official testing center for Adobe, Microsoft Certification, IC3 (Internet and Computer Core Certification), QuickBooks, Medical Services National Exams (Medical Assistant), GED, Evaluation Systems, CompTIA Testing, Cisco Systems, CBEST, RICA, VMware, and we have expanded our offerings to industry examinations in information technology, construction, finance, legal services, real estate, etc. The Assessment Center is also available for HiSET (for High School Equivalency tests), typing speed certification certificates, and TOEFL exams.

No minors are allowed without parental/adult supervision in the Assessment Center or on any of our campuses.

ABC Adult School Assessment Center:

12254 Cuesta Drive, Cerritos, CA 90703 • (562) 229-7960.





1. ABCUSD Central Offices 16700 Norwalk Blvd., Cerritos
2. **Cuesta Adult Education Center 12254 Cuesta Dr., Cerritos**
3. Artesia High School 12108 Del Amo, Lakewood
4. Burbank Elementary 17711 Roseton Ave., Artesia
5. **Cabrillo Lane Education Center .. 20122 Cabrillo Lane, Cerritos**
6. Cerritos Senior Center 12340 South St., Cerritos
7. Cerritos Park East 13234 166th St., Cerritos
8. Clontarf Manor 18432 Gridley Rd., Cerritos
9. Damron Parent Education Center (Damron PEC) 11111 Artesia Blvd., Cerritos
10. Founders House of Hope 18025 Pioneer Blvd., Artesia
11. Gonsalves Elementary 13650 Park St., Cerritos
12. Hawaiian Gardens Senior Center 21815 Pioneer Blvd., Hawaiian Gardens
13. Helen Rosas Center 22150 Wardham St., Hawaiian Gardens
14. Ivy Park 11000 New Falcon Way, Cerritos



STUDENT FINANCIAL AID AVAILABLE!

PELL GRANT OF UP TO \$7,395 IS AVAILABLE FOR THOSE WHO QUALIFY. Fill out the 25-26 FAFSA at www.studentaid.gov. Our school code: 042270.



ABC Unified School District
16700 Norwalk Boulevard
Cerritos, CA 90703



California Adult Schools

Non-Profit Org
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Artesia, CA 90701
Permit No. 72

*****ECRWSEDDM*****

Residential Customer

**Register
Online!**

www.abcadultschool.edu

Online Registration Begins: Friday, June 20, 2025, 8 am

Walk-in Registration Begins: Monday, August 4, 2025, 8 am

Cuesta Campus: 8 am – 4 pm | Cabrillo Lane Campus: 8 am – 4 pm

Classes Begin: Tuesday, August 12, 2025



2025-2026 School Year Calendar

Fall Online Registration Begins June 20, 2025 @ 9:00 am
Legal Holiday (Independence Day) July 4, 2025
Fall Walk-in Registration Begins..... August 4, 2025 @ 8:00 am

Fall Semester Begins August 12, 2025
First Quarter August 12 – October 10, 2025
First Trimester August 12 – October 31, 2025
Fall Semester August 12 – December 19, 2025
Legal Holiday (Labor Day)..... September 1, 2025
2nd Quarter Registration Begins..... September 22, 2025 @ 8:00 am
Student Free Day (CTE 9-week classes, HSD) October 10, 2025
Local Holiday (Indigenous Peoples' Day)..... October 13, 2025

Second Quarter October 14 - December 19, 2025
Student Free Day (ESL) October 31, 2025

Second Trimester November 3, 2025 – February 20, 2026
Legal Holiday (Veteran's Day)..... November 11, 2025
Fall Break November 24 – 26, 2025
Thanksgiving Holiday November 27 – 28, 2025
3rd Quarter Registration Begins December 1, 2025 @ 8:00 am
Student Free Day (Academics, AWD, CTE 9-week classes) ... December 19, 2025
Winter Break..... December 22, 2025 – January 2, 2026

Spring Semester January 5 – May 21, 2026
Third Quarter January 5 – March 6, 2026
Legal Holiday (Martin Luther King, Jr.'s Day) January 19, 2026
Legal Holiday (President's Day)..... February 16, 2026
4th Quarter Registration Begins February 9, 2026 @ 8:00 am
Student Free Day (ESL) February 20, 2026

Third Trimester February 23 – May 21, 2026
Student Free Day (CTE 9-week classes, HSD) March 6, 2026

Fourth Quarter..... March 9 – May 21, 2026
Local Holiday April 3, 2026
Spring Break April 6 – 10, 2026
Graduation May 20, 2026
Last Day for All Teachers May 21, 2026
(Student Free Day - Academics, AWD, CTE 9-week classes, ESL)
Legal Holiday (Memorial Day) May 25, 2026

Summer School June 1 – June 25, 2026
Legal Holiday (Juneteenth)..... June 19, 2026

ABC Adult School is accredited by the Western
Association of Schools and Colleges.

ABC Adult School is accredited by the
Commission of the Council on Occupational Education,
7840 Roswell Road, Building 300, Suite 325,
Atlanta, GA 30350,

Telephone: 770-396-3898 Fax: 770-396-3790 www.council.org

ABC Adult School Main Campuses

CUESTA CAMPUS • (562) 229-7960

12254 Cuesta Drive, Cerritos, CA 90703

Monday - Thursday 7:30 am - 8:00 pm
Friday 7:30 am - 4:00 pm

CABRILLO LANE CAMPUS • (562) 229-7965

20122 Cabrillo Lane, Cerritos, CA 90703

Monday - Thursday 8:00 am - 8:00 pm
Friday 8:00 am - 4:00 pm

ABC Unified School District

Board of Education

Mrs. Tatiana Yokoyama Bui, Esq.

Mrs. Jean McHatton

Mrs. Leticia Mendoza

Mr. Ernie Nishii

Mr. Francisco Noyola

Dr. Olga Rios

Mrs. Soo Yoo

Dr. Gina Zietlow, Superintendent

ABC Adult School Administrators

Mrs. Nancy Amara, Principal

Mrs. Melissa Baumunk, Assistant Principal

Mr. Sergio Gumucio, Assistant Principal

Dr. Jeff Heilig, Assistant Principal