

CVAE

Conejo Valley Adult Education School

Educating Adults In Our Community

*English as a Second Language (ESL) | High School Diploma/Equivalency
Community Enrichment | Horizon Hills Parenting Program
Business & Technology Training | Medical Programs*

Summer Catalog 2024



CONEJO VALLEY ADULT EDUCATION

CVAE is a Division of the Conejo Valley Unified School District

MISSION STATEMENT

Conejo Valley Adult Education is dedicated to providing adults with opportunities to improve and enrich their lives, including skills to transition successfully into the workforce, college or vocational programs, and to attain personal goals.

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School closed:

MAY 2024

24-27 Holiday - Memorial Day

JUNE 2024

19 Juneteenth

JULY 2024

4 Independence Day

REFUND POLICY

(unless otherwise noted in class description)

NO REFUNDS will be made to a student who withdraws voluntarily from a class.

REFUNDS will be made only for classes canceled by the Adult School.

BOOK REFUNDS

There are NO refunds on books.

**Conejo Valley
Adult School is a
smoke-free
campus**

CVAE Main Campus

1025 Old Farm Rd., Thousand Oaks, CA
91360

Horizon Hills Campus

33 Greta St., Thousand Oaks, CA 91360
(805) 492-8837.

Conejo Valley Unified School District

1400 E. Janss Rd., Thousand Oaks, CA

ADMINISTRATION

Dr. Mark McLaughlin
Superintendent

Mike Sanders
Principal

COUNSELING SERVICES

Counselors are available by appointment.

TO REGISTER

- Online:**
For Medical, Business & Technology, Community Enrichment and SAT prep classes. Go to www.ConejoAdultEd.org. You may use your credit or debit VISA or MASTERCARD.
- Phone: 805-497-2761**
You may use your credit or debit VISA or MASTERCARD to register by phone.
- In Person:**
On campus at the main office. Use your credit or debit VISA or MASTERCARD, personal check or cash.

Main office hours:

Mon-Thur 8:00 am – 7:30 pm

Fridays 8:00 am – 4:00 pm

REGISTRATION FEES & COSTS

All registration, book, and lab fees must be paid at time of enrollment.

A registration payment is required for all classes.

COMPLIANCE

The Conejo Valley Unified School District complies with the rules and regulations implementing Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA). The District does not discriminate on the basis of race, color, national origin, sex, age, or handicap in admission or access to, or treatment or employment in, its programs or activities. Questions or complaints regarding the existence and location of services, activities, and facilities should be addressed to:

CVUSD Compliance Officer
(805) 497-9511

1400 E. Janss Rd., Thousand Oaks, CA 91362

NOTICE OF NON-DISCRIMINATION

All programs conducted by the Conejo Valley Adult School are made available to all qualified persons without regard to sex, sexual orientation, gender or ethnic group identification, race, ancestry, national origin, religion, color, or mental or physical disability.

BOARD MEMBERS

Lauren Gill, Board President
Cindy Goldberg, Board Vice President
Lisa Evans Powell, Board Clerk
Bill Gorback, Board Member
Karen Sylvester, Board Member
Naima Kahl, Student Board Member

EXECUTIVE CABINET

Mark W. McLaughlin, Ed.D., Superintendent
Victor P. Hayek, Ed.D., Deputy Superintendent, Business Services
Shauna Ashmore, Assistant Superintendent, Human Resources
Kenneth J. Loo, Assistant Superintendent, Instructional Services

WORKFORCE DEVELOPMENT

Vocational training funded by the Ventura County Workforce Development Board. Participants must meet eligibility criteria. For more information, call (805) 497-2761.

CALWORKS

Offered in agreement with the Public Social Services Agency of Ventura County: courses include basic remediation in reading, writing, math, vocabulary and reading comprehension. Other programs: high school diploma, GED, English as a second language, and vocational training.
For more information, call (805) 497-2761.



ACCREDITATION

Conejo Valley Adult School is accredited by the Western Association of Schools and Colleges (WASC). WASC is the accrediting body for schools and colleges in the Western United States and territories.

Community Enrichment

Classes for Absolutely Everyone!

Dream Work Intro

Get acquainted with your dream self! The symbolic language of dreams and exploration of dream images can help you discover patterns, concerns and hidden beliefs in your waking life. Learn how to go to sleep and how to wake up with the intent of remembering a dream, even if it is just a snippet of that dream. Bring a notebook for dream journaling and a pen.

Instructor: Marin Miura is a member of the International Association for the Study of Dreams and is an avid dreamer. With over 25 years of experience, she continues to practice in dream circles. She received certification from the Institute of Dreams.

3 Thursdays, 10:30am - 12:00pm

May 23 - June 6

Conejo Valley Adult School, Room A

Cost: \$55

#8865.101

Dream Work

This class is suitable for those who have completed Intro to Dream Work, have previous study of dreams, or have participated in dream groups.

Instructor: Marin Miura (for bio, see previous listing).

3 Thursdays, 10:30am - 12:00pm

June 13 - 27

Conejo Valley Adult School, Room A

Cost: \$55

#8869.101



The Dragonfly Process™

A Mixed Media Expressive Arts

Journal Program

Students take a journey of self-discovery through art and writing and create a uniquely personal journal to help build emotional resilience and process the turbulence of life. Explore fundamental themes like who we are, how we cope, and live with purpose. Perfect for soul searchers, also teachers, and group leaders to experience and share with the communities they serve; no previous experience required.

Instructor: Susan Stone is a writer, mixed media artist and lifelong journalist. She developed The Dragonfly Process: Making Art and Sense of Life's Miracles, Mishaps and Misadventures.

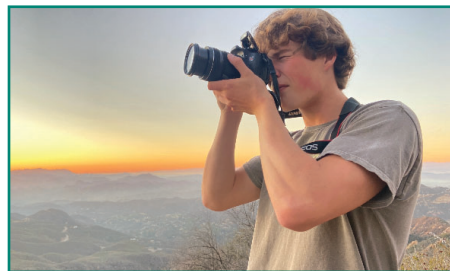
6 Fridays, 10:00am - 12:00pm

June 21 - July 26

Conejo Valley Adult School, Room 5

Cost: \$90 + \$15 material fee to instructor

#8253.101



Digital Photography - Intermediate

This class is for those who have attended Digital Photography Intro or for those familiar with the camera. This class will place more emphasis on the creative process. Topics will cover visualizing, composing, and designing better photographs. Students will learn to control and see light, both existing and flash. Bring your camera to class.

Instructor: Tom Ferguson is both a commercial and fine art photographer. He has appeared in over 100 exhibitions nationwide.

4 Wednesdays, 5:45 - 8:45pm

May 8 - 29

Conejo Valley Adult School, Room 4A

Cost: \$100 + \$5 material fee to instructor

8132.301

Meditation Sampler

Discover and experience different meditation techniques and learn how different meditation practices affect the mind. Explore the neuroscience, spiritual traditions, and benefits of focused attention, intentional, chanting, visualization, mindfulness, and mantra meditations. Gain an understanding of meditation's transformative power and the tools to create a consistent practice for health, happiness, and inner peace.

Instructor: Karen Batten has an MA in Consciousness Studies and is a certified life coach. She has devoted over 40 years to spiritual growth and meditation.

5 Fridays, 11:30am - 1:00pm

May 31 - June 28

Conejo Valley Adult School, Room B

Cost: \$55 + \$5 material fee to instructor

#8079.102

Alexander Technique

Not an exercise in the traditional sense, the Alexander Technique applies body alignment principles to reduce stress, fatigue and muscle tension and to counteract chronic pain due to poor posture, neck and shoulder tension and lower back injuries. Wear comfortable clothing.

Instructor: Barbara Wegher-Thompson, MA (UCLA), has taught Alexander Technique and Dance since 1991 at CLU. Certified in 1991 at the Alexander Foundation in Philadelphia, she is a teaching member of Alexander Technique International.

3 Wednesdays, 5:30 - 7:30pm

May 29 - June 12

Conejo Valley Adult School, Room A

Cost: \$55 + \$5 material fee to instructor

#8831.301



Creative Outlets

Guitar for Beginners

This course is geared towards new students just starting out, and will focus on the basics of guitar playing individually and as a group. Skills include tuning, chords, scales, strumming techniques, and easy melodies. No prior experience is necessary; bring your own guitar.

Instructor: Kevin Longden is a professional guitarist playing in a variety of styles such as rock, jazz, blues, Bach to Beatles and beyond. Kevin's work can be heard on film scores, TV and on his CD By Way of Avalon available on iTunes.

8 Mondays, 5:45 - 7:15pm

May 6 - July 1

(no class May 27)

Conejo Valley Adult School, Room C

Cost: \$95 + \$5 material fee to instructor

#8712.301

AND

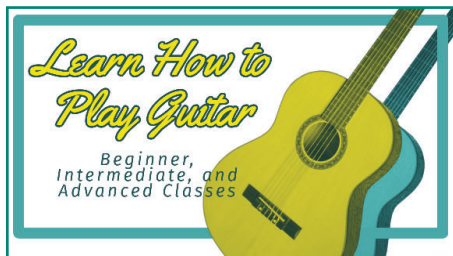
8 Tuesdays, 4:00 - 5:30pm

May 7 - June 25

Conejo Valley Adult School, Room C

Cost: \$95 + \$5 material fee to instructor

#8712.202



Guitar - Intermediate

Study the styles of some classic and contemporary blues and rock artists, including playing songs as an accompanist, playing melodies, and soloing. Students should be comfortable playing basic major/minor chords and the minor pentatonic (blues) scale on guitar. Bring your instrument.

Instructor: Kevin Longden (for bio, see previous listing).

8 Tuesdays, 5:45 - 7:15pm

May 7 - June 25

Conejo Valley Adult School, Room C

Cost: \$95 + \$5 material fee to instructor

#8713.301

Guitar - Advanced

For experienced students who have a working knowledge of major, minor, augmented and diminished chords and scales. Basic music theory and familiarity with different musical genres, is recommended.

Instructor: Kevin Longden (for bio, see previous listing).

8 Mondays, 4:00 - 5:30pm

May 6 - July 1

(no class May 27)

Conejo Valley Adult School, Room C

Cost: \$95 + \$5 material fee to instructor

#8719.201

Bridge Basics Brushup

Declarer's Play

Designed for players who are already playing bridge, but want to improve their skills when declaring the hand. Learn how to take the maximum number of tricks!

Instructor: Diane Gunther has been playing and directing bridge for over 30 years. She teaches students of all ages and skill levels.

6 Wednesdays, 10:00am - 12:00pm

May 8 - June 12

Conejo Valley Adult School, Room A

Cost: \$85 + \$5 material fee to instructor

#8118.101

Mah Jongg

Learn the tiles, the card, and strategy tips that will lead you to a winning hand of Mah Jongg! Embrace the excitement of learning the game that has been around for over 100 years! Come with your 2023 National Mah Jongg League card available from Amazon or at www.nationalmahjonggleague.org.

Instructor: Lorraine Urist has been playing Mah Jongg for over 50 years. She has appeared on the Mah Jongg Mondays Podcast and taught strategy seminars.

Beginning

8 Tuesdays, 12:30 - 2:30pm

May 14 - July 2

Conejo Valley Adult School, Room A

Cost: \$115

#8144.202

AND

Intermediate

8 Tuesdays, 10:00am - 12:00pm

May 14 - July 2

Conejo Valley Adult School, Room A

Cost: \$115

#8146.102



Canasta - Hand/Knee/Foot

If you love card games, you will thoroughly enjoy learning this challenging version of Canasta. This addicting game is from the rummy family, and has been called the most recent card game to become a classic.

Instructor: Lorraine Urist loves games of all kinds and has enjoyed teaching countless people how to play this form of Canasta over the years.

8 Wednesdays, 10:00am - 12:00pm

May 15 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room C

Cost: \$115

#8117.101

Creative Writing Workshop

This class offers exercises in creative expression, improvisation, visualization, and spontaneous writing based on your personal experiences, or not. Story structure, character and grammar will be covered also. Journal writing, class assignments, and at-home writing projects launch you on a journey of discovery. No previous experience required. Suggested text: "Writing Fiction Step by Step" by Josip Novakovich.

Instructor: Kathleen Galloway Rogan is a writer, stand-up comedienne, and creator of one-person shows.

6 Wednesdays, 6:30 - 8:00pm

May 22 - July 3

(no class Jun 19)

Conejo Valley Adult School, Room C

Cost: \$75 + \$15 material fee to instructor

#8930.302

Creative Arts

Leatherworking 2

Previous experience is required for this opportunity to build on your leatherworking skills. Practice pattern making, leather molding, case construction, sewing and bonding, plus dyeing and finishing as you construct a small belt pouch or purse for small items. The skills in this class are scalable and can lead you on to larger and more complex projects.

Instructor: Howard Horwitz is an avid metalworker, woodworker and leatherworker. He specializes in a variety of leather holsters, sheathes, guitar straps, saddle bags, and is excited about passing on this quickly fading art.

4 Wednesdays, 6:30 – 8:30pm

May 8 - 29

Conejo Valley Adult School, Room 5

Cost: \$65 + \$40 material fee to instructor

#8127.301



Ink and Floral Wash

Learn this beautiful and fun technique of creating florals and botanicals. Start with a simple pencil sketch, then refine and add detail with a fine line black pen. Add to your drawing with a couple of tricks, and a pop of watercolor makes your piece glow and come to life. No drawing or watercolor experience is necessary.

Instructor: Shirley LaPorte has appeared on the DIY network craft show and had art projects and articles published in national and international magazines.

5 Tuesdays, 10:00am - 12:00pm

May 7 - June 4

Conejo Valley Adult School, Room 5

Cost: \$85 + \$5 material fee to instructor

#8286.102

Crochet - Beginning and Beyond

Learn how to crochet using the basic stitches in this fun and relaxed class. You will make simple projects that reinforce the basic stitches, while learning to read and follow patterns with confidence. Students need 1 skein of medium 4 weight yarn (preferably acrylic) and a hook (size H, I or K) on the first day, or bring your work in progress for further development.

Instructor: Marcia Bucaro learned the craft from her Grandmothers, and has shown and sold her work in Ventura County for many years. She loves teaching and passing on the art of crocheting.

8 Wednesdays, 9:30 - 11:30am

May 15 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room B

Cost: \$120 Seniors: \$95

Plus \$10 material fee to instructor

#8175.101

Seasonal Simple Stroke Watercolor

Let the brush and paint do the work using the simple stroke watercolor technique. With the simple stroke of a brush you can learn to create pretty summer foliage, flowers, grasses, wreaths and more. No art experience needed. Contact the instructor at sjlaporte@verizon.net for supply list.

Instructor: Shirley LaPorte (for bio, see previous listing).

Beginning

5 Tuesdays, 12:30am - 2:30pm

May 7 - June 4

Conejo Valley Adult School, Room 5

Cost: \$85 + \$5 material fee to instructor

#8211.203

AND

Intermediate

5 Wednesdays, 12:30am - 2:30pm

June 5 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room 5

Cost: \$85 + \$5 material fee to instructor

#8224.201



Knitting for Beginners

Would you like to learn how to knit but don't know where to start? Learn how to cast on, knit and purl stitches, bind off, read a pattern, and choose the correct yarn and needles for a project. Students need to bring one skein of #4 worsted weight/4-ply light color yarn, and size US 8 knitting needles to the first day of class.

Instructor: Penny Atkinson earned a B.A. in Clothing, Textiles & Environmental Arts, and has 25 years of experience as an artisan and costume supervisor in theater, opera, TV and film.

8 Fridays, 1:30 – 3:30pm

May 10 - July 5

(no class May 24)

Conejo Valley Adult School, Room C

Cost: \$120 Seniors: \$95

Plus \$10 material fee to instructor

#8177.202



Knitting to the Next Level

If you already know the knitting basics of knit, purl, cast on, bind off, increase and decrease, you are welcome to join this intermediate class. Penny will help you refresh your knitting skills from years gone by, or assist you with project difficulties. Students need one skein of #4 worsted weight/4-ply light color yarn, and size US 8 knitting needles for the first class, and are welcome to bring a work-in-progress project.

Instructor: Penny Atkinson (for bio, see previous listing).

8 Wednesdays, 1:30 – 3:30pm

May 8 - July 3

(no class Jun 19)

Conejo Valley Adult School, Room C

Cost: \$120 Seniors: \$95

Plus \$5 material fee to instructor

#8178.202

Fine Arts

Create With Colored Pencils

Create high quality drawings through the compact and versatile medium of colored pencil. Bring a set of Prismacolor Premier pencils to first class, additional supplies will be discussed.

Instructor: Beverly Barris is a classically trained fine artist and illustrator with 20+ years teaching adults of all skill levels.

See her website: www.beverlybarris.com

4 Wednesdays, 12:30 - 2:30pm

May 8 - 29

Conejo Valley Adult School, Room 5

**Cost: \$75 + \$10 material fee to instructor
#8233.202**

Pastels

Learn to paint with the expressive medium of soft (chalk) pastels, favored by Impressionist artists. Explore creative mark-making techniques and materials using pastels. Instruction will be provided for beginners; more advanced students will benefit from demos and critiques. Please contact the instructor with questions about materials: v.kamhi@yahoo.com.

Instructor: Virginia Kamhi is a much awarded pastel artist, view her work at www.virginiakamhifineart.com.

4 Wednesdays, 10:00am - 12:00pm

May 8 - 29

Conejo Valley Adult School, Room 5

**Cost: \$65
#8230.103**

AND

4 Wednesdays, 10:00am - 12:00pm

July 3 - 24

Conejo Valley Adult School, Room 5

**Cost: \$65
#8230.104**



Drawing for Beginners

Drawing is a skill which can be learned, just like reading and writing. You will learn basic drawing skills in a step by step approach, working at your own pace. Explore techniques such as drawing contours, the use of basic shapes, structuring drawings, perspective and shading with light and shadow. We will also explore the use of the elements and principles of art to compose expressive drawings. Students will use creativity and imagination to put onto practice the basic principles of drawing. Please bring a no. 2 pencil, drawing paper, small sharpener and eraser.

Instructor: Maryann Thomas is a professional artist and graduate of the Art Center College of Design. Her experience includes work as a fine artist, freelance illustrator, also Disney Studio Background Artist and Art Director.

8 Wednesdays, 3:00 - 5:00pm

May 15 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room 5

**Cost: \$120 + \$5 material fee to instructor
#8236.203**



Painting Like the Masters

Long a tradition in art schools around the world, students will learn techniques, color theory, composition and the thinking behind the master's ability so that the student can create their own masterpiece. Students may also choose to work with acrylic paints.

Instructor: Beverly Barris is a classically trained fine artist and illustrator with 20+ years teaching adults of all skill levels.

See her website: www.beverlybarris.com

8 Fridays, 1:30 - 3:30pm

May 10 - July 5

(no class May 24)

Conejo Valley Adult School, Room 5

**Cost: \$125+ \$15 material fee to instructor
#8229.202**



Oil & Acrylic Beginning 1

This course covers the basic concepts and skills needed to begin a successful approach to Oil or Acrylic Painting. Students will learn the unique aspects of each painting media and choose the approach that is best suited for them. Fundamental concepts and skills covered include learning the correct materials, how to set up your palette and mix paint, basic concepts of color and its application in painting, and how to start and finish a painting. These fundamentals will provide the student with a basic foundation for continuing to develop their own expressive approach to painting. A more detailed course outline can be found at: <https://www.cusworthartstudio.com>

Instructor: Harvey Cusworth is a career art educator and professional artist working in oils, pastels and watercolors. Check out his website www.harveycusworth.com

8 Mondays, 3:15 - 5:15pm

May 13 - July 8

(no class May 27)

Conejo Valley Adult School, Room 5

**Cost: \$125 + \$10 material fee to instructor
#8203.202**

Oil & Acrylic Beginning 2

This class is for students who have taken Level 1 or that already have their painting materials and some experience. Students will continue learning fundamentals with a focus on painting various subject matter, and how to paint from their own photos.

Instructor: Harvey Cusworth (for bio, see previous listing).

8 Mondays, 6:00 - 8:00pm

May 13 - July 8

(no class May 27)

Conejo Valley Adult School, Room 5

**Cost: \$125 + \$10 material fee to instructor
#8204.302**

Oil/Acrylic Workshop

Join master artist Barbara Shannon for an opportunity to paint in her workshop setting. Instruction is provided for new students, and returning students get the benefit of consultation with the instructor for their works in progress.

Instructor: Barbara Shannon is a long-time art educator, an award winning artist and author of the textbook, Exploring Art Media.
10 Tuesdays, 3:00 - 5:30pm
May 7 - July 9
Conejo Valley Adult School, Room 5
Cost: \$185 Seniors: \$120
Plus \$12 material fee to instructor
#9340.203

OR

10 Tuesdays, 6:00 - 8:30pm
May 7 - July 9
Conejo Valley Adult School, Room 5
Cost: \$185 Seniors: \$120
Plus \$12 material fee to instructor
#9340.304

Oil & Acrylics Open Studio 1

Practice techniques of oil or acrylic painting, along with learning the basics of color and composition in this open workshop style class. Students will paint subjects of their choosing at their own pace. Bring your own supplies, or for the first class use those furnished by the instructor and learn what to purchase (material fee applies).

Instructor: Stella Violano is a published artist whose artwork is licensed and sold on greeting cards, garden flags and puzzles.
10 Thursdays, 12:00 - 2:15pm
May 9 - July 18
(no class Jul 4)
Conejo Valley Adult School, Room 5
Cost: \$150 + \$15 material fee to instructor
#8200.202

**Oil & Acrylics Open Studio 2**

Build on your artistic skills with oil and acrylic paints in this friendly, ongoing open workshop style class. Go further applying theories of color and composition painting subjects of your choice at your own pace. Painting experience and supplies required.

Instructor: Stella Violano (for bio, see previous listing).
10 Thursdays, 2:45 - 5:00pm
May 9 - July 18
(no class Jul 4)
Conejo Valley Adult School, Room 5
Cost: \$150
#8201.202

**Wet & Wild Watercolor**

The water and pigment are in charge! Learn how to discern what they are telling you, and what steps you might take in developing your work of art. You will need watercolors, brushes, 140 lb. cold press watercolor paper, a container for water, and a plastic table cover. Other supplies will be discussed at the first meeting.

Instructor: Sharon Maguire is a Teacher/Artist who has a passion for helping others discover the sheer wonder of creating art. "There is no always and no never in art! Enjoy the process!"
6 Tuesdays, 10:00am - 12:00pm
June 11 - July 16
Conejo Valley Adult School, Room 5
Cost: \$95 + \$10 material fee to instructor
#8261.101

OR

6 Tuesdays, 12:30 - 2:30pm
June 11 - July 16
Conejo Valley Adult School, Room 5
Cost: \$95 + \$10 material fee to instructor
#8261.202

Watercolor Beginning 1

Students new to the watercolor medium will explore the unique aspects of painting including basic concepts and skills needed to begin a successful approach with watercolors. These include: selecting the correct materials, how to set up your palette and mix paint, basic concepts of color and its application in painting, and how to paint with watercolor washes to create realistic paintings. A more detailed course outline can be found at: <https://www.cusworthartstudio.com>

Instructor: Harvey Cusworth is a career art educator and professional artist working in oils, pastels and watercolors. Check out his website www.harveycusworth.com
8 Mondays, 12:30 - 2:30pm
May 13 - July 8
(no class May 27)
Conejo Valley Adult School, Room 5
Cost: \$125 + \$10 material fee to instructor
#8213.201

**Watercolor Basics Plus**

Explore the unique aspects of watercolor painting including basic skills and practical tips to create personal works of art. Learn about selecting the paint, paper, and brushes, how to set up your palette and mix paint, basic concepts of color and value, and how to paint with watercolor washes to create a range of styles. Demos are offered in each class with individual attention provided for the benefit of students at all levels. These fundamentals will provide the student with a basic foundation for continuing to develop their own expressive approach to watercolor painting.

Instructor: Maryann Thomas (for bio, see previous listing).
5 Wednesdays, 5:30 - 7:30pm
June 5 - July 10
(no class Jun 19)
Conejo Valley Adult School, Room 5
Cost: \$80 + \$10 material fee to instructor
#8247.302

Fitness, Sports and Dance

Hiking Class Information

Your class will meet near the flag pole at the Adult School's front parking lot for the first class. Thereafter the class will meet at designated trailheads. Wear sturdy trail-rated hiking shoes and comfortable clothing in several light layers. Water, sunscreen, trekking poles, and a light-weight backpack or fanny pack are highly recommended. A hat, snack and camera/phone are also a good idea.

Scenic Hiking

No previous experience necessary but capable of hiking 2-3 miles.

Instructor: Barrie Silberberg has enjoyed hiking for many years. She is familiar with many trails in the Conejo Valley and will share interesting details at various hiking locations.

6 Wednesdays, 5:15 – 6:45pm
May 8 – June 12
Cost: \$85
#8310.302



New Summer Hatha Yoga

This class includes a sequence of poses, breath work, and meditation to balance the nervous system, revitalize the body, and center the mind. Please bring a yoga mat, strap, yoga blanket, and two blocks. Knowledge of yoga poses is preferred.

Instructor: Ondrea deVincentis was certified by YogaWorks and has been practicing Yoga for 19 years.

10 Mondays, 9:15 – 10:15am
May 6 – July 22
(no class May 27, Jun 17)
Conejo Valley Adult School MPR
Cost: \$95
#8368.101



Silver and Fit

Do you want to build stronger muscles and reduce body fat while having fun? Then Silver and Fit is for you. Focused on Seniors, but all ages are welcome.

Instructor: Lo-An Rabinowitz is a certified fitness instructor who's been teaching since 2010.

13 Classes, Mon/Wed, 11:15am - 12:15pm
May 6 - June 26
(no class May 27, Jun 12, 19)
Conejo Valley Adult School, MPR
Cost: \$90
#8324.103

8 Classes, Mon/Wed, 11:15am - 12:15pm
July 1 - 24
Conejo Valley Adult School, MPR
Cost: \$55
#8324.104

Dance Fitness

This fun, low impact class is choreographed to music of all genres and improves strength, balance, flexibility, and aids in weight control. Great for all ages! In-person and virtual options available. SPACE IS LIMITED, SIGN UP EARLY

Instructor: Del Herrera has over 15 years of teaching experience and holds numerous fitness certifications.

IN-PERSON:

20 classes, Tue/Thu, 10:45 – 11:45am
May 14 - July 25
(no class Jul 2, 4)
Conejo Valley Adult School, MPR
\$70 for Seniors / \$100 for Non-Seniors
#9020.103

OR VIRTUAL:

\$70 for Seniors / \$100 for Non-Seniors
#9020.V104

Chair Yoga

This 45 minute class is for students who cannot comfortably be on the floor, have arthritis or are recovering from illness or injury. Chairs are used for holding poses while sitting or standing using the chair for support. Please bring a yoga mat and strap.

Instructor: Ondrea deVincentis (for bio, see previous).

Two Days a Week

11 weeks, Tue/Thu, 9:45 – 10:30am
May 7 - July 25
(no class Jul 2, 4)
Conejo Valley Adult School MPR
Cost: \$110
#8341.103

One Day a Week

10 Wednesdays, 9:05 – 9:50am
May 8 – July 24
(no class Jun 12, 19)
Conejo Valley Adult School MPR
Cost: \$70
#8341.104

Tai Chi I

Tai Chi is a Chinese discipline of meditative movements practiced as a system of exercises. Please wear comfortable clothing and footwear.

Instructor: Kimiko Kuwamoto has been teaching Tai Chi since 2000.

9 Tuesdays, 5:15 – 6:10pm
May 7 - July 9
(no class Jul 2)
Conejo Valley Adult School, MPR
Cost: \$85
#8362.302

Tai Chi II

This class requires knowledge of the 24 form as we will jump right into the practice. Please wear comfortable clothing and footwear.

Instructor: Kimiko Kuwamoto (for bio, see previous listing).

9 Tuesdays, 6:15 – 7:10pm

May 7 - July 9

(no class July 2)

Conejo Valley Adult School, MPR

Cost: \$85

#8361.302

Body Conditioning

In this M/W/F class, students will do a range of exercise techniques that include floor work, weights, and resistance training. You'll build core muscle groups while improving posture by performing various exercises that strengthen the abdomen and back muscles and increase flexibility. Forty-five minutes of non-stop fun! Please bring a mat and light weights.

Instructor: Ondrea deVincentis (for bio, see previous listing).

14 classes, M/W/F, 8:15 – 9:00am

May 6 - June 10

(no class May 24, 27)

Conejo Valley Adult School, MPR

Cost: \$75

#8302.101

15 classes, M/W/F, 8:15 – 9:00am

June 21 - July 26

(no class July 5)

Conejo Valley Adult School, MPR

Cost: \$80

#8302.102

Zumba

Great for the mind, body and soul, Zumba has been called "Exercise in Disguise" as it incorporates music and dance and provides an exhilarating and effective workout. You don't need to be a dancer or do it "right"!

Instructor: Mary Anne Martone is a certified Zumba instructor who's been teaching since 2019.

7 Wednesdays, 6:00 – 7:00pm

May 8 - June 26

(no class Jun 19)

Conejo Valley Adult School, MPR

Cost: \$65

#8317.302

Barre Fusion

This invigorating class combines ballet barre work and Pilates mat to strengthen, stretch, and tone your whole body. The integration of barre and Pilates helps increase body awareness, reduce stress, and relieve muscular tension in the body. Energize, renew, and transform your mind and body! This class is for all skill levels. Yoga mat is required.

Instructor: Erica Church has over 20 years of experience as a dancer and instructor with a background in ballet, jazz, modern, and Caribbean dance. She's also a classically trained and certified Pilates instructor.

8 Thursdays, 12:00 - 1:00pm

May 9 - June 27

Conejo Valley Adult School, MPR

Cost: \$75

#8391.202

Jazz Dance

Students will learn basic jazz technique, style, and movement skills. This class will improve the precision of your movements to musical tempo. This fun dance class is for everyone! Recommended: jazz shoes or dance sneakers.

Instructor: Erica Church (for bio, see previous listing).

8 Thursdays, 1:15 - 2:15pm

May 9 - June 27

Conejo Valley Adult School, MPR

Cost: \$75

#8379.202

Restorative Yoga

Restore balance to body and mind with slow moving and nurturing poses. Props are used to aid relaxation and conscious breathing. Required: yoga mat, a yoga bolster or two large pillows, 2 beach towels or yoga blankets and a yoga block.

Instructor: Anyez Klevecz is a Yoga Alliance certified instructor and has been teaching since 2007.

7 Thursdays, 4:45 – 5:45pm

May 9 - June 27

(no class Jun 20)

Conejo Valley Adult School, MPR

Cost: \$65

#8350.202

Beginning Yoga

This class is suitable for beginners and for those who want to refresh and deepen their understanding. We will explore foundational poses, breathing, and relaxation techniques. Required: yoga mat, block, a strap, and a towel.

Instructor: Anyez Klevecz (for bio, see previous listing).

7 Thursdays, 6:00 – 7:00pm

May 9 - June 27

(no class Jun 20)

Conejo Valley Adult School, MPR

Cost: \$65

#8340.302

**Qigong**

Qigong is an ancient Chinese exercise that promotes relaxation and inner peace. Qigong is easy to learn and takes no special equipment. Chairs are available for those who prefer to practice while sitting. Please wear comfortable clothing and footwear.

Instructor: Kimiko Kuwamoto (for bio, see previous listing).

9 Fridays, 10:00 – 11:00am

May 10 - July 19

(no class May 24, July 5)

Conejo Valley Adult School, Room A

Cost: \$85 Seniors: \$70

#8365.101

**REGISTER
EARLY**

Class sizes are limited.

Language

Italian

Italian Beginning 1

Join us for a fun introduction to the Italian language and culture. This virtual class focuses on practical communication and essential grammar as students develop basic speaking, listening and reading skills in la bella lingua. This class is for those with no previous exposure to Italian.

Instructor: Bonnie Taylor has an MA in French and a certificate from the Università per Stanieri in Perugia, Italy.

8 Fridays, 9:00- 10:45am

May 17 - July 12

(no class May 24)

Conejo Valley Adult School, Room C

Cost: \$100+ \$25 material fee to instructor

#8631.103

Italian Beginning 2

For those who desire to continue their study of Italian language and culture, this virtual class will build on basic speaking, listening and reading skills. Suitable for students with at least 15 hours of previous instruction.

Instructor: Bonnie Taylor (for bio, see previous listing).

8 Thursdays, 6:00 - 7:45pm

May 16 - July 11

(no class Jul 4)

Conejo Valley Adult School, Room C

Cost: \$100+ \$25 material fee to instructor

#8632.301

Italian Beginning 3

Are you ready to become more proficient in Italian? Bene! This class will introduce more complex grammar while building on your speaking skills and knowledge of Italian culture. Assumes at least 30 hours of previous instruction.

Instructor: Elisa Degli Angeli-Henke is a native Italian with a Foreign Languages degree from Bologna University. She is also co-author of the language learning podcast Postcards from Italy.

7 Mondays, 9:00 - 10:45am

May 6 - June 24

(no class May 27)

Conejo Valley Adult School, Room B

Cost: \$95 + \$25 material fee to instructor

#8633.102

Italian Beginning Conversation

This course is designed for students who have already learned basic phrases in the beginning levels and would like to practice conversing in Italian in a fun, relaxing environment. New vocabulary and topics of everyday conversation will be introduced.

Instructor: Elisa Degli Angeli-Henke (for bio, see previous listing).

7 Thursdays, 9:30 - 11:15am

May 9 - June 20

Conejo Valley Adult School, Room B

Cost: \$95+ \$15 material fee to instructor

#8636.102

Italian 4

A continuation of our engaging Italian series, this class will help students advance and writing skill in la bella lingua. A new program is offered each session to help students build on different aspects of Italian language and culture. Class is appropriate for those with 1-2 years of previous experience.

Instructor: Elisa Degli Angeli-Henke (for bio, see previous listing).

7 Mondays, 11:00am – 12:45pm

May 6 - June 24

(no class May 27)

Conejo Valley Adult School, Room B

Cost: \$95 + \$25 material fee to instructor

#8634.101

**Italian 5 (V)**

This virtual class is designed for more advanced students who have been studying Italian for a few years and are already familiar with *Presente, Futuro, Passato Prossimo, Imperfetto* and *Condizionale* tenses. A new program is offered each session to help students build on different aspects of Italian language and culture.

Instructor: Elisa Degli Angeli-Henke (for bio, see previous listing).

8 Tuesdays, 6:00 - 7:45pm

May 7 - June 25

Cost: \$100

#8639.V302

Italian Conversation

Parliamone insieme! A fun and engaging course designed for intermediate and advanced Italian students who wish to improve their speaking skills while learning new vocabulary. With a new topic presented every week, students will be encouraged to talk about different aspects of Italian culture, current events, traveling and everyday life. Classes will be held entirely in Italian.

Instructor: Elisa Degli Angeli-Henke (for bio, see previous listing).

7 Thursdays, 11:30am - 1:15pm

May 9 - June 20

Conejo Valley Adult School, Room B

Cost: \$95+ \$15 material fee to instructor

#8635.101

German

German Beginning 1

Learn the basics of German in a fun and interactive environment. Essential grammar, key phrases, listening and reading skills and simple conversation will be practiced. This class is for you if you've never spoken German before, or if you know bits and pieces.

Instructor: Sabine Vosskuehler is native German speaker who loves bringing the language closer to others as a teacher and tutor.

9 Fridays, 1:30 - 3:00pm

May 10 - July 26

(no class May 24, Jun 28, Jul 5)

Conejo Valley Adult School, Room B

Cost: \$100+\$20 book fee to instructor

#8660.202

German Beginning 2

This class is for students with at least 15 hours of instruction to continue building speaking, listening and reading skills. New parts of grammar will be introduced and more vocabulary studied. Learn how to handle common situations like going to a restaurant, grocery shopping and much more.

Instructor: Sabine Vosskuehler (for bio, see previous listing).

9 Mondays, 1:00 - 2:30pm

May 6 - July 22

(no class May 27, Jun 24, Jul 1)

Conejo Valley Adult School, Room B

Cost: \$100+\$20 book fee to instructor

#8661.202

Spanish

Spanish Beginning 1

Learn the basics of Spanish which are useful for travel, work or personal enrichment. Topics include: greetings, pleasantries, and basic communication. This class is designed for those with no previous study.

Instructor: Jill Murch has a degree from CSUN in Spanish Language and Culture and is a credentialed teacher. She has lived in Spain and teaches ESL and Spanish at all levels.

10 Mondays, 9:00 - 10:30am

May 6 - July 15

(no class May 27)

Conejo Valley Adult School, Room C

Cost: \$105

#8640.101

OR

Instructor: Valentin Castillo and Josue Hernandez. Josue is a native Spanish speaker from El Salvador. He is a graduate of UCSB majoring in Language Acquisition.

9 Wednesdays, 5:45 - 7:15pm

May 8 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room B

Cost: \$100

#8640.302

Spanish Beginning 2

This class is suitable for those who have completed Spanish Level 1 (15 hours of instruction) or have previous study of the language.

Instructor: Judy Gold is a very motivating teacher with years of experience. She acquired Spanish living in Mexico and Central America.

8 Mondays, 2:00 - 3:45pm

May 6 - July 1

(no class May 27)

Conejo Valley Adult School, Room C

Cost: \$100 + \$5 material fee to instructor

#8641.201

OR

Instructor: Valentin Castillo and Josue Hernandez (for bio, see previous listing).

9 Wednesdays, 7:30 - 9:00pm

May 8 - July 10

(no class Jun 19)

Conejo Valley Adult School, Room B

Cost: \$100

#8641.302

Spanish Beginning 3

This class is suitable for those who have completed Spanish Level 2 (30 hours of instruction) or have previous study of the language. The class will build on reading, speaking and listening skills.

Instructor: Judy Gold (for bio, see previous listing).

8 Thursdays, 2:45 - 4:30pm

May 9 - June 27

Conejo Valley Adult School, Room C

Cost: \$100

#8642.202

OR

Instructor: Valentin Castillo and Josue Hernandez (for bio, see previous listing).

10 Tuesdays, 5:45 - 7:15pm

May 7 - July 9

Conejo Valley Adult School, Room B

Cost: \$105

#8642.301

Spanish Level 4

This class continues to advance the material covered in previous sessions. One or two years of study is recommended

Instructor: Judy Gold (for bio, see previous listing).

9 Tuesdays, 12:30 - 2:00pm

May 7 - July 2

Conejo Valley Adult School, Room C

Cost: \$100

#8643.201

Spanish Level 5

This class is for students with 2 plus years of Spanish and will highlight verb tenses and vocabulary.

Instructor: Judy Gold (for bio, see previous listing).

9 Tuesdays, 10:45am - 12:15pm

May 7 - July 2

Conejo Valley Adult School, Room C

Cost: \$100

#8644.102

Spanish Level 6

This class is for students with 3 plus years of Spanish study and will focus on complex verb tenses and grammar.

Instructor: Judy Gold (for bio, see previous listing).

9 Tuesdays, 2:15 - 3:45pm

May 7 - July 2

Conejo Valley Adult School, Room C

Cost: \$100

#8645.202

Spanish Level 7

This class is for students who have studied these tenses: Present, Preterit, Imperfect, Future, Conditional and Present Perfect.

Instructor: Judy Gold (for bio, see previous listing).

8 Thursdays, 12:45 - 2:30pm

May 9 - June 27

Conejo Valley Adult School, Room C

Cost: \$100

#8651.202

Spanish Level 8

This class is for students who are very comfortable with the tenses listed in the Level 7 description and are ready to progress to more advanced tenses.

Instructor: Judy Gold (for bio, see previous listing).

8 Thursdays, 10:45am - 12:30pm

May 9 - June 27

Conejo Valley Adult School, Room C

Cost: \$100

#8652.102

Beyond Spanish Level 8

This class is for students who have progressed beyond Spanish Level 8.

Instructor: Judy Gold (for bio, see previous).

8 Mondays, 12:00 - 1:45pm

May 6 - July 1

(no class May 27)

Conejo Valley Adult School, Room C

Cost: \$100

#8653.202

Spanish Conversation (V)

This virtual class is the ideal opportunity to practice Spanish in a comfortable and relaxed setting by participating in instructor facilitated discussions. Current events, culture and history of Spanish speaking countries will be topics. Intermediate and advanced students welcome!

Instructor: Valentin Castillo and Josue Hernandez. Josue is a native Spanish speaker from El Salvador. He is a graduate of UCSB majoring in Language Acquisition.

10 Saturdays, 9:00 - 10:30am

May 11 - July 20

(no class May 25)

Cost: \$105

#8646.V102

Textbook required for levels 1 - 5. Please refer to the book information listed on our website

French

French Beginning 1

Bonjour! This course is for anyone who has not taken French before or would like to learn the basics. It's fun and relaxed...perfect for travel, work or personal enrichment.

Instructor: Emmanuelle Lipsky is a credentialed teacher and native French speaker who hails from Paris.

10 Tuesdays, 10:45am - 12:15pm

May 7 - July 9

**Conejo Valley Adult School, Room B
Cost: \$105 + \$15 material fee to instructor
#8621.104**

OR

Instructor: Soraya Thenoz is a native French speaker who teaches the language locally to students of all ages.

9 Mondays, 5:45 – 7:15pm

May 6 - July 8

(no class May 27)

**Conejo Valley Adult School, Room B
Cost: \$100+\$15 material fee to instructor
#8621.303**

French Beginning 2

This course is suitable for those with a minimum of 15 hours previous exposure to French language study. Build on basic skills related to speaking, listening, reading and writing and increase proficiency in grammar and vocabulary.

Instructor: Soraya Thenoz (for bio, see previous listing).

9 Tuesdays, 12:30 - 2:00pm

May 7 - July 9

(no class May 28)

**Conejo Valley Adult School, Room B
Cost: \$100+ \$15 material fee to instructor
#8622.204**

OR

9 Mondays, 7:30 - 9:00pm

May 6 - July 8

(no class May 27)

**Conejo Valley Adult School, Room B
Cost: \$100+\$15 material fee to instructor
#8622.303**

**French Beginning 3**

This class is for those with a minimum of 30 hours of study or extensive travel to a French-speaking country. The class will build on skills learned in previous levels, with a focus on reading, writing, listening and speaking. Students will have the opportunity to improve their grammar, pronunciation and vocabulary. The class will help students gain confidence and proficiency.

Instructor: Soraya Thenoz (for bio, see previous listing).

9 Tuesdays, 2:15 - 3:45pm

May 7 - July 9

(no class May 28)

**Conejo Valley Adult School, Room B
Cost: \$100+ \$15 material fee to instructor
#8623.203**

French 4 (V)

This virtual class continues to advance the material covered in previous sessions. Students in this level have generally had a few years of study or exposure to French. The class will continue to cover grammar, pronunciation and vocabulary, plus listening, reading and writing skills. Students will be exposed to real-life situations, and will become more proficient in their ability to communicate.

Instructor: Soraya Thenoz (for bio, see previous listing).

9 Wednesdays, 5:45 - 7:15pm

May 8 - July 17

(no class May 29, Jun 19)

Cost: \$100

#8629.V302

French Beginning Conversation

Do you want to learn more about French culture and language? This course is designed for French students who have studied the beginning levels and want to feel more comfortable conversing in the language. The class will explore how to have basic everyday conversations.

Instructor: Emmanuelle Lipsky (for bio, see previous listing).

10 Mondays, 3:00 - 4:30pm

May 6 - July 15

(no class May 27)

**Conejo Valley Adult School, Room B
Cost: \$105 + \$15 material fee to instructor
#8626.201**

French for Travelers

Planning a trip to a French speaking country? This class will give beginning students the confidence and skills needed to interact while traveling. Focus will be on key phrases, vocabulary, French culture and customs. Bon voyage!

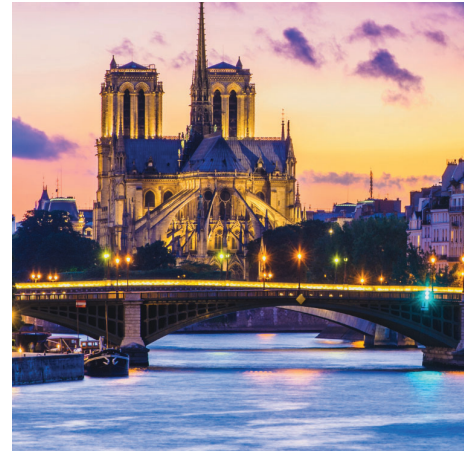
Instructor: Emmanuelle Lipsky (for bio, see previous listing).

10 Wednesdays, 12:00 - 1:30pm

May 8 - July 17

(no class Jun 19)

**Conejo Valley Adult School, Room B
Cost: \$105 + \$20 material fee to instructor
#8620.202**

**French Conversation**

This class is the ideal opportunity for intermediate and advanced students to practice speaking French in a comfortable, relaxed setting. With a new topic introduced each week, you will develop new vocabulary and improve fluency. Appropriate for people with a good command of basic verbs in present, past and future tenses who would like to participate in discussions held entirely in French.

Instructor: Soraya Thenoz (for bio, see previous listing).

9 Tuesdays, 4:00 - 5:30pm

May 7 - July 9

(no class May 28)

**Conejo Valley Adult School, Room B
Cost: \$100+ \$15 material fee to instructor
#8625.203**

Senior Adult Enrichment

Advanced Spanish (V)

Learn reading, speaking and listening skills which are useful for travel, work or personal enrichment. This virtual class is for those who are able to express themselves verbally and maintain a conversation primarily in Spanish.

Instructor: Hillary Villa is a career Spanish Language teacher who recently retired from Thousand Oaks High School.

10 Mondays, 11:30am – 1:00pm

May 6 - July 15

(no class May 27)

\$80 for Seniors / \$105 for Non-Seniors

#9100.V101



Dance Fitness

This fun, low impact class is choreographed to music of all genres and improves strength, balance, flexibility, and aids in weight control. Great for all ages! In-person and virtual options available. SPACE IS LIMITED, SIGN UP EARLY

Instructor: Del Herrera has over 15 years of teaching experience and holds numerous fitness certifications.

IN-PERSON:

20 classes, Tue/Thu, 10:45 – 11:45am

May 14 - July 25

(no class Jul 2, 4)

Conejo Valley Adult School, MPR

\$70 for Seniors / \$100 for Non-Seniors

#9020.103

OR VIRTUAL:

\$70 for Seniors / \$100 for Non-Seniors

#9020.V104



Tone and Balance (V)

Improve your strength, balance, and mobility. Some exercises are done sitting on a chair and some standing. You will need a set of hand-held weights, a small inflated ball, and a Thera-band.

Instructor: Jenny Klossner is a certified yoga and Pilates instructor specializing in senior fitness.

11 weeks, Mon/Wed, 8:45 – 9:45am

May 6 - July 31

(no class May 27, Jun 17, 19, Jul 3)

\$80 for Seniors / \$110 for Non-Seniors

#9010.V102

Gentle Yoga

Virtual and In-Person Options

SPACE IS LIMITED, SIGN UP EARLY
Become stronger, more flexible, and improve your balance and sense of well-being. Bring a mat, a Mexican blanket or thick towel, 2 yoga blocks, and a yoga strap.

Virtual Morning Class

Instructor: Jenny Klossner (for bio, see previous listing).

11 weeks, Mon/Wed, 10:00 – 11:00am

May 6 - July 31

(no class May 27, Jun 17, 19, Jul 3)

\$80 for Seniors / \$110 for Non-Seniors

#9000.V104

In-Person Morning Classes

Instructor: Ondrea deVincentis was certified by YogaWorks and has been practicing Yoga for 19 years.

11 weeks, Tue/Thu, 8:30 – 9:30am

May 7 - July 25

(no class July 2, 4)

Conejo Valley Adult School, MPR

\$80 for Seniors / \$110 for Non-Seniors

#9000.105

Instructor: Anyez Klevecz is a Yoga Alliance certified instructor and has been teaching for over ten years.

10 weeks, Wed/Fri, 10:00 – 11:00am

May 8 - July 26

(no class May 24, Jun 12, 19, Jul 5)

Conejo Valley Adult School, MPR

\$70 for Seniors / \$100 for Non-Seniors

#9000.106

Oil/Acrylic Workshop

Join master artist Barbara Shannon for an opportunity to paint in her workshop setting. Instruction is provided for new students, and returning students get the benefit of consultation with the instructor for their works in progress.

Instructor: Barbara Shannon is a long-time art educator, an award winning artist and author of the textbook, Exploring Art Media.

10 Tuesdays, 3:00 - 5:30pm

May 7 - July 9

Conejo Valley Adult School, Room 5

Cost: \$185 Seniors: \$120

Plus \$12 material fee to instructor

#9340.203

OR

10 Tuesdays, 6:00 - 8:30pm

May 7 - July 9

Conejo Valley Adult School, Room 5

Cost: \$185 Seniors: \$120

Plus \$12 material fee to instructor

#9340.304

Qigong

Qigong is an ancient Chinese exercise that promotes relaxation and inner peace.

Qigong is easy to learn and takes no special equipment. Chairs are available for those who prefer to practice while sitting. Please wear comfortable clothing and footwear.

Instructor: Kimiko Kuwamoto (for bio, see previous listing).

9 Fridays, 10:00 – 11:00am

May 10 - July 19

(no class May 24, July 5)

Conejo Valley Adult School, Room A

Cost: \$85 Seniors: \$70

#8365.101



**Note: Each class/session uses same code #
for Seniors (62+) and Non-Seniors**

Administrative Medical Programs

Successful program completion provides eligibility to sit for National Certification
(High School Diploma or equivalent is required for National Certification.)

All books and scrubs, if required for class, included in program cost.

Start Building Your Medical Career Now!

Medical Office Assistant

Become a Nationally Certificated Administrative Medical Assistant.
Learn all the skills needed to handle a busy and demanding medical office.

Includes:

- Computerized Appointment Scheduling
- Electronic Health Records
- Phone Techniques & Triage
- Intro to Insurance Billing & Coding
- Ethics, Legal issues & HIPAA
- Pharmacology Recognition
- Medical Terminology for the Medical Office

\$1,599 [click here for dates](#)

PREPARES STUDENTS TO SIT FOR THE NCCT EXAM IN MEDICAL OFFICE ASSISTANT

Medical Insurance Billing and Coding (Live online course!)

This certificate course will teach you to effectively and efficiently maintain and process medical claims forms correctly, handle patient invoices, and obtain reimbursement for both patients and doctors.

Coursework includes:

- Accurate code assignment
- Insurance claims & billing; Reading EOB's
- HIPAA laws
- Intro to Electronic Health Records
- Use of ICD-10, CPT & HCPCS coding
- Charge, Payment & Adjustment of Postings
- Medical Terminology & Anatomy
- Accounting & business applications

6002.V303 - Online

Lewis, Amber 4/16/24 - 8/6/24 Tu Th 06:00 PM - 09:00 PM

\$1,975 *PREPARES STUDENTS TO SIT FOR THE NCCT EXAM IN BILLING & CODING*

Medical Office Assistant Billing & Coding Specialist

Extra skills get you a better job and
a well-rounded leg up in the area of
front office work.

This program includes:

- Medical Office Assistant
- Medical Insurance Billing & Coding

\$3,400

Call to Enroll!

Discount expires 5/15/2024



Patient Service Representative Certificate Program (PSR)

As the primary point of contact for patients, physicians, clinic staff, and other stakeholders, the Patient Service Representative (PSR) delivers prompt, accurate, and courteous assistance across multiple communication channels. Duties encompass managing demographics, verifying insurance eligibility, scheduling appointments, and utilizing electronic systems for efficient operations. Prioritizing optimal patient experiences and first contact resolution, the PSR may also support referrals and authorizations. PSRs will be ready to handle calls from diverse locations and specialties.

Gain confidence with data entry, computer systems, and web based applications. Prepare for a customer service-centric role!

Coursework includes:

- Medical Office Assistant
- Medical Insurance Billing & Coding
- Computer Fundamentals*
- Word Level 1*
- Outlook Level 1*

\$3,975

Discount expires 5/15/2024

Medical Insurance Billing & Coding is an evening class held live online with an instructor.

**See Pages 20-21 for class details.*

Clinical Medical Programs

Many certificates are approved for funding by
WIOA, DOR, CTB, and Worker's Comp

Clinical Medical Assistant **\$2,550**

Combine your clinical and procedural knowledge to aid inpatient treatments and clinical operations. Prepare to work directly with patients while supporting doctors and other health care professionals.

Prerequisite: *Medical Office Assistant Certificate of Completion or equivalent training. Online students must be able to attend class on campus once per month.*

Detailed *clinical work* training includes:

- Patient Prep & Assessment
- Intro to EKGs & Phlebotomy
- Basic Instrument Recognition
- Injections
- Back Office Medical Charting
- Sterilization Techniques & Procedure set-ups
- Vitals, Triage, Point of Care Tests
- Basic Anatomy & Physiology

6030.104 CVAE Main Campus Room 1 or Online: Edgerly, Vania 5/20/24 - 7/11/24 Mo Tu We Th 09:00 AM - 12:00 PM

Medical Assistant

Medical assistants are critical to healthcare teams!

Be more marketable! Get your full Medical Assisting certificate with front and back office coursework. A Medical Assistant is responsible for assisting the physician with patient care as well as being responsible for administrative and clerical tasks.

This program includes the *Medical Office Assistant* (see Pg. 16) and the *Clinical Medical Assistant*.

PREPARES STUDENTS TO SIT FOR THE NCCT EXAM IN MEDICAL ASSISTING

Externship available for eligible students.

\$3,999

Discount expires 5/15/2024

Call to enroll

Clinical Medical Assistant online students must be able to attend class on campus once per month.

EKG Technician **\$1,025**

EKG Technicians are vital in physician offices, hospitals, clinics, and other healthcare facilities.

Their specialized knowledge can also aid insurance companies in providing data for health and life insurance policies.

This class includes:

- *Detailed Anatomy & Physiology of the heart*
- *Introduction to components, function, and proper use of the EKG machine*
- *Medical disease processes & terminology*
- *Recording and measuring heart rate and rhythms*
- *Medical ethics & legal aspects of patient contact*
- *12-lead placement & other practices*
- *Vital Signs and procedure preparation*

[click here for class dates](#)



Prepares Students for
National Certification!

Medical Assistant plus EKG Technician

The heart is where it's at! Further your job possibilities by including EKG mastery into your MA curriculum. This program elevates your marketability and is ideal for individuals who enjoy further clinical training. Save \$\$ with this combination!

\$4,750

Discount expires 5/15/2024

Call to enroll



Phlebotomy Technician Certificate Program

Phlebotomy Technicians work in independent labs, hospitals, and physician's offices, or as mobile phlebotomists. They play a crucial role in quality specimen collection and processing.

Certificate Program includes:

Basic Phlebotomy

- 20 hours mandatory didactic instruction
- Circulatory system anatomy and physiology
- Capillary Puncture procedure
- Laboratory safety procedures
- Learn to use butterfly needles and vacutainer

Advanced Phlebotomy

Students must pass Basic Phlebotomy to be eligible to attend Advanced Phlebotomy.

- 20 hours mandatory didactic instruction
- Pre-analytical errors
- Troubleshoot venipunctures
- Specimen handling and processing

Phlebotomy Skills Workshops

- Phlebotomy Skills Workshops are free to students while enrolled in the Phlebotomy Technician Certificate Program.

Phlebotomy Externship

- 40 hours mandatory practicum
- Immunizations, negative COVID test, and other screening requirements not included in fee.



Upon successful completion of Basic and Advanced, students are eligible to sit for the national exam. After passing the exam and completing the externship, students are qualified to apply for State Licensing.

Students must provide proof of high school graduation or equivalent for national certification and to the State of California to obtain a license.

All students must wear scrubs.

Total cost: \$2,050

Medical Assistant plus Phlebotomy Technician Certificate Program

Expand your job possibilities!

This program combines *Medical Assistant* with *Phlebotomy Technician Certificate Program*

to prepare you for work as a Medical Assistant and Phlebotomist, and is ideal for

individuals who enjoy clinical work with patients and for those planning to further their medical education into nursing or physician assisting.

\$5,999 Discount expires 5/15/2024 Call to enroll

Clinical Medical Assistant online students must be able to attend class on campus once per month.

Phlebotomy Skills Workshops



This class is a great opportunity for you to brush up on your Phlebotomy skills!

For all eligible students who are currently enrolled in our Advanced Phlebotomy class OR anyone who has already completed a Phlebotomy program.

Prerequisites:

For those not currently enrolled in a class at CVAE, a current phlebotomy license is required. All students must wear scrubs.

\$45 per workshop

Medical Careers in Demand

Requirements: 18 years or older, High School diploma or equivalent required for National

Pharmacy Technician \$1,899

Learn the skills necessary to work as a licensed Pharmacy Technician! Technicians work in retail stores, hospitals and other healthcare facilities, contributing to the overall well-being of patients before, during, and after care. This class combines book work with hands-on skills to prepare students for the optional national certification. A 120 hour externship is also available for eligible students.

Coursework includes:

- Transcribing physician's orders
- Name brand, generic, OTC meds
- Dosages/abbreviations
- Correct medication packaging
- Preparing IVs
- Labeling prescriptions
- Laws & Ethics
- Drug distribution systems

National exam pre-requisites:

High School Diploma or equivalency; no felony convictions.



Scan QR Code for dates

Certified Caregiver \$795

Caring for our aging population is both rewarding and in high demand! Do you enjoy working with people? Do you like doing work that has the potential to make a difference in someone's life? Do you like making someone smile and doing little things to make a person's day better? Learn the skills to ensure you are ready to begin your caregiving career right now! Caregiving jobs can be in assisted living communities, skilled nursing facilities, or private care.

Coursework includes:

- Care for the bed-bound
- Effective communication skills
- Elder abuse & neglect prevention
- Measuring & recording vital signs
- Fall prevention
- First Aid, CPR, & HIPAA training
- Proper nutrition for specific diets
- Activities of daily living
- Medication management
- Aid with wheelchairs and walkers



[click here for dates](#)

Medication Technician

Combine Pharmacy Technician and **Certified Caregiver** to become a **Medication Technician!**

Extra Skills get you a better job!

A Medication Technician assists in coordinating the delivery of medication and health related items to residents within an assisted living community. Successful completion of our Certified Caregiver and our Pharmacy Technician program qualifies students for state licensure as a Pharmacy Technician and a Certificate of Completion in Caregiving (see program descriptions and specific dates above) Save \$\$ with this

\$2,300

Discount expires 5/15/2024

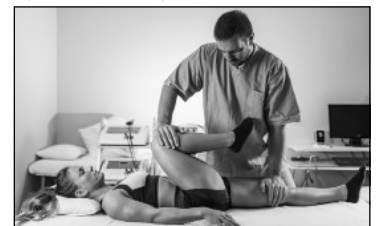
Physical Therapy Aide \$1,025

Physical Therapy Aides are employed in nursing homes, hospitals, sports rehabilitation centers and orthopedic clinics. This dynamic course prepares you for an introductory role in the vital and patient-focused field of physical therapy.

Coursework includes:

- Basic anatomy and physiology
- Measuring vital signs
- Medical terminology/abbreviations
- Physical therapy modalities
- Range of motion exercises
- Effective communication
- Common anatomical injuries
- Ambulation and Gait training
- Ethical and legal issues

Call (805)497-2761 for available classes



Many certificates are approved for funding by WIOA, DOR, CTB, and Worker's Comp!

Business & Technology Office Administration Programs

**Start a new career with these skills or add more classes
with our management certificate programs to make yourself more marketable!**

Office Assistant *Essential Office Skills*

Get ready to get back into the workforce
and into an office career!
Become an Office Assistant or a Receptionist
with the skills you will learn in this
engaging and informative class!

Program Includes:

- Computer Fundamentals*
- Attachments
- Correspondence
- Customer Service
- Resume Basics
- Digital File Management
- Cloud Storage
- Keyboarding
- Microsoft Basics

\$475 * See page 20 for class details

Administrative Assistant Certificate Program

Be the support needed to help run a busy office!
Become an Administrative Assistant and learn the
facets of the Microsoft Office Suite. Upon successful
program completion, you will have the skills necessary
to carry out administrative duties in an office setting.

Program Includes:

- Computer Fundamentals*
- Word Level 1*
- Outlook Level 1*
- PowerPoint Level 1*
- Excel Level 1*

\$1,025

Discount expires 5/15/2024

** See page 20-21 for class details*

For Flexible Class Schedules, call (805) 497-2761 ext. 1401

Private group training available!

**minimum of 5 students*

Administrative Coordinator Certificate Program

\$1,499

Prepare for a job assisting a busy department! This program gives you
the knowledge to obtain a strong proficiency in MS Office

Program Includes:

- Computer Fundamentals*
- Word Level 1*
- Word Level 2*
- Outlook Level 1*
- PowerPoint Level 1*
- Excel Level 1*
- Excel Level 2*
- Excel Level 3*

Discount expires 5/15/2024

** See page 20-21 for class details*



**Easy payment plans available!
For more information call (805) 497-2761**

Business & Technology Certificate Programs

Call (805) 497-2761 to learn more about our Certificate Programs

Accounting Assistant Certificate Program \$1,799

Prepare for a job assisting a busy accounting department!
This program gives you the foundation of accounting and the knowledge to put those foundations to work!

Program Includes:

- Excel Level 1*
- Excel Level 2*
- Excel Level 3*
- Accounting Fundamentals*
- QuickBooks*
- **All Material Included**

No accounting experience needed.

Discount expires 5/15/2024

** See page 18-21 for class details*



Marketing Assistant Certificate Program \$1,950

It is becoming vital for any business to have a social media presence! Learn how to use the most popular social media applications and become the “go-to” person in any office!

Program Includes:

- Computer Fundamentals*
- Word Level 1*
- Word Level 2*
- Excel Level 1*
- Excel Level 2*
- Excel Level 3*
- All Material Included
- Social Media Marketing*
- Outlook Level 1*
- PowerPoint Level 1*

Discount expires 5/15/2024

** See page 18-21 for class details*

Office Manager Certificate Program \$2,999

Take on a leadership role and enhance your administrative skills to be that individual responsible for managing the office!

Program Includes:

- Computer Fundamentals*
- Word Level 1*
- Word Level 2*
- Outlook Level 1*
- PowerPoint Level 1*
- Excel Level 1*
- Excel Level 2*
- Excel Level 3*
- Accounting Fundamentals*
- QuickBooks*
- **All Material Included**

Discount expires 5/15/2024

** See page 18-21 for class details*



Many certificates are approved for funding by WIOA, DOR, CTB, and Worker's Comp!
No Refunds for a student who withdraws voluntarily from a class.
Refunds will be made only for classes canceled by Conejo Valley Adult Education.



Business & Technology Course Schedule

**** Enrollments close 5 days prior to class start date ****



No accounting experience needed.

Accounting Fundamentals

\$725

Whether for your own business, personal use or career advancement, understanding basic accounting will give you the skills to manage finances easily and efficiently.

Course Includes:

- Debits/Credits
- Journal entries
- Accounts Payable
- Payroll Setup
- Financial Statements
- Accounts Receivable
- Inventory
- Cost of Goods Sold
- Accruals
- Deferrals
- Depreciation
- **All Material Included**

5070.V305 Online Lewis, Amber 4/15/24 - 6/3/24 Mo We 06:00 PM - 09:00 PM

[click here for all available classes](#)



QuickBooks

\$850

QuickBooks is one of the most widely used business accounting and bookkeeping software programs in the market.

Course Includes:

- Company File Set Up
- Online Bank Feed
- Sales Tax & Inventory
- Invoicing & Paying Bills
- Payroll Setup & Processing
- Creating Reports
- Estimating
- Purchase Orders

Note: This class requires a PC.

5061.V305 Online Lewis, Amber 6/10/24 - 7/31/24 Mo We 06:00 PM - 09:00 PM

[click here for all available classes](#)

Social Media Marketing

\$475

Already have administrative skills? Be the company's go-to-person when it comes to maintaining an online social media presence. You will learn how to promote the business through the most popular social media platforms. Learn to publicize the business using social media and navigate through each one to reach your specialized audiences!

Course includes learning how to navigate and promote through:

- Facebook
- YouTube
- Instagram
- SnapChat
- Twitter
- LinkedIn



5355.V302 CVAE Main Campus Ibarra, Pedro 4/18/24 - 6/6/24 Th 06:00 PM - 09:00 PM

Easy payment plans available! Call (805) 497-2761



IT Career Certificates

All classes taught on PCs. Be ready for the A+ exam!

IT Support Technician I \$750

Welcome to the beginning of a career in Information Technology!

There is a growing need for those who understand how computers work and how to keep them working!

This introductory course will examine the basics of computer:

- Components
- Installations
- Virtual Computers
- Maintenance
- Troubleshooting

This class is for everyone already using computers.

5300.102 CVAE Main Campus Ray, Marschell 4/10/24 - 6/12/24 We 09:00 AM - 12:00 PM

**Train for work and
your certification!
Cisco® certified teacher**

IT Support Technician II \$750

After taking IT Basics, get ready to dig deeper!

In this intermediate course, you will be able to present yourself as an IT Professional and will learn:

- Network Security
- Installation of Printers
- Configuring Laptops and Mobile Devices
- Advanced Troubleshooting

5301.102 CVAE Main Campus Ray, Marschell 6/26/24 - 8/28/24 We 09:00 AM - 12:00 PM



IT Support Technician Certificate Program

Get ready to start working in IT as a Field Service Technician or Help Desk!

By successfully completing the IT Basic and Intermediate courses, you will be ready to sit for the CompTIA A+ exam.

This industry recognized certification will solidify your place in the IT market!

This package includes:

- **IT Support Technician I**
- **IT Support Technician II**
- **Free CompTIA A+ Test Prep Workshop**

T550.102 CVAE Main Campus Ray, Marschell 4/10/24 - 8/28/24 We 09:00 AM - 12:00 PM

\$1,375 Discount expires 4/15/24

Creativity & Design

All classes taught on PCs

Video Basics & Creation For Beginners \$60

Take your photographs and video footage from your phone, digital camera, or printed stills and compose these into memorable video presentations. Learn the terminology, best practices, and tips from an experienced instructor using free software for Windows, Mac OSX, Linux, and Google Chrome based computers!

You will also learn how to create, edit and use your own voice to narrate the videos that you compose with free available software tools.

From weddings, family, travel, business, and adventure, all of us have memories captured in photos and videos. Learn how to make these come alive in a remarkable presentation!

5391.302 CVAE Main Campus Ray, Marschell 4/22/24 - 4/22/24 Mo 06:00 PM - 09:00 PM

Adobe Photoshop Elements \$145

You love your photos! Learn to use Photoshop Elements to show them off!

Fix your photos, add artistic effects, and even combine images with Photoshop Elements!

Note: Digital Photo Basics, Computer Basics, or some basic computer skills.

5216.301 CVAE - CVAE Main Campus Ferguson, Tom 1/10/24 - 2/7/24 We 06:00 PM - 08:00 PM



NO REFUNDS Unless class is canceled by Conejo Valley Adult School

Business & Technology

**** Enrollments close 5 days prior to class start date ****

Computer Fundamentals

\$425

Computer Fundamentals is an entry-level class for those interested in learning about the basics of hardware and software management for both personal and professional use. The course includes information that will help guide you in the selection of a computer system and peripherals as well as using the Windows operating system to customize the Windows interface and manage files and programs. Finally, this course will discuss web browsers, email, the Internet and cloud storage.

5007.V201 CVAE Main Campus Wilson, Christopher 7/9/24 - 7/25/24 Tu Th Fr 12:30 PM - 03:30 PM

More dates classes coming soon. Call for more information.

Microsoft Word Level 1

\$195

Microsoft Word (Introduction)

Introduction to Microsoft Word is the leading word processing and document creation tool for both personal and business use. This beginning level class will show students how to create, improve, and enhance written materials and build compelling documents

You will learn to:

- Create, print and save documents
- Create, edit, and format text
- Control paragraph formatting such as line and paragraph spacing as well as numbered and bulleted lists
- Create and edit tables to display information in a concise manner
- Create and modify graphics, drawing shapes, and pictures in a document

5011.307 CVAE Main Campus Wilson, Christopher 5/13/24 - 5/22/24 Mo We 06:00 PM - 09:00 PM

Microsoft Word Level 2

\$195

Microsoft Word (Intermediate)

The Intermediate Microsoft Word course is an extension of the Introduction to Microsoft Word course and extends students competence and confidence as well as introduce additional tools to make document creation even easier!

You will learn to:

- Create headers and footers for longer documents such as reports
- Use styles to automatically format and re-format documents
- Insert footnotes, references, and tables of contents for reports and manuals
- Use Mail Merge to create form letters for bulk mailing

5015.307 CVAE Main Campus Wilson, Christopher 6/3/24 - 6/12/24 Mo We 06:00 PM - 09:00 PM

Microsoft Outlook Level 1

\$150

Outlook is more than email. It enables you to manage calendars and appointments, create tasks, take notes, manage contacts and browse the web from a single, user friendly interface. This class requires a PC.

You will learn to:

- Use Outlook features efficiently
- Organize and compose emails
- Work with Contacts
- Use Calendar Features
- Complete Outlook Tasks

5041.306 CVAE Main Campus Wilson, Christopher 6/24/24 - 7/3/24 Mo We 06:00 PM - 09:00 PM



Course Schedule

Microsoft PowerPoint Level 1

\$150

PowerPoint is the leading tool for creating professional and visually engaging presentations. Learn how to captivate and persuade audiences with beautiful built-in themes, animation features and professional presentation mode. This class requires a PC.

You will learn to:

- Create engaging multimedia presentations
- Format and Organize slides
- Add Multimedia and SmartArt
- Graphics, Tables and Charts
- Integrate with Microsoft Office files

5031.301 CVAE Main Campus Wilson, Christopher 7/15/24 - 7/24/24 Mo We 06:00 PM - 09:00 PM

Microsoft Excel Level 1

\$185

Microsoft Excel (Introduction)

Many businesses use Microsoft Excel to create budgets and reports which include calculations and charts. Excel is the most commonly used spreadsheet application in the world. This introductory level class gives you the basics to create simple budgets using tables, formatting, and charts.

You will learn to:

- Create a table with different types of information such as labels and values
- Create a formula to calculate results using information in tables
- Create different sorts of charts such as pie charts, line charts, and column charts
- Sort and filter data
- Use Functions to calculate totals, averages, and other common requests

5020.301 CVAE Main Campus Wilson, Christopher 8/19/24 - 8/28/24 Mo We 06:00 PM - 09:00 PM

Microsoft Excel Level 2

\$185

Microsoft Excel (Intermediate)

The Intermediate Microsoft Excel course is an extension of the Introduction to Microsoft Excel course and extends students competence and confidence as well as introduce additional tools to make worksheet creation even easier!

You will learn to:

- Work with customized styles and themes and other intermediate level formatting.
- Use conditional functions such as "IF" and "SUMIF"
- Use data-oriented functions such as "VLOOKUP" and "HLOOKUP"
- Create calculations using date and time values
- Use conditional formatting

5022.V207 Online Soliz, Allie 4/16/24 - 4/22/24 Mo Tu We Th Fr 12:30 PM - 04:00 PM

Microsoft Excel Level 3

\$190

Microsoft Excel (Advanced)

The Advanced Microsoft Excel course is a capstone class and an extension of the Intermediate Microsoft Excel course. Students will learn the most advanced-level tools, formatting, and formulas available in Excel. Students should have a solid understanding of creating basic formulas, tables, and charts.

This course covers:

- Nested functions in formulas
- Usage of financial functions such as "PMT" and "FV"
- Creating Macros
- Creating special tables with automated tools and formatting
- Creating Pivot Tables and Pivot Charts
- Using Analysis tools such as Goal Seek

5025.V207 Online Soliz, Allie 4/23/24 - 4/29/24 Mo Tu We Th Fr 12:30 PM - 04:00 PM



Conejo Valley Adult School Horizon Hills Parenting Program

A place where both parents
and children learn through PLAY

Parenting Infants, Toddlers & 2 Year Olds



Parenting your Younger Infant

Infants born May 2023 - Sept 2023
Fridays 9:30am-11:30am

Parenting your Older Infant

Infants born December 2022-May 2023
Tuesdays 9:30am-11:30am

Parenting your Younger Toddler

Toddlers born July 2022-December 2022
Wed or Thurs 9am-12pm

Parenting your Older Toddler

Toddlers born January 2022-July 2022
Once per week M-F 9am-12pm

Parenting your Two Year Old

Born between Jan 2021 - Dec 2021
Once per week T-W-Th-F 9am-12pm

Parenting your 2 Day Two's

Born between Jan 2021 & Dec 2021
Twice per week M/F or T/Th 9am-12pm

Call Now to Register!

(805) 492-8837

Visit our website for
schedule and fees
www.ConejoAdultEd.org

Parent co-operative
classes where experiences
are structured so
parents and children
learn together

It's Your Turn to Learn

- How to help your children prepare for school in a developmentally appropriate, play-based environment.
- How to model social-emotional skills, conflict resolution, and positive discipline
- With the support and guidance of Credentialed Parenting Teachers



Horizon Hills Campus
33 Greta Street
Thousand Oaks, CA 91360

Parenting 3-4 Year Olds

Multi-Age Classes

Parents and their children
born between Mar 2, 2019 - Dec 31, 2020
Attend 2-5 days per week 9am-12pm
(Parent Participation at least once a week)

Afternoon Art with Ms. Carolyn

Extend your day with lunch, an art project and
continued learning through play!

Tues/Thurs 12pm-2pm



Parenting Workshops

- Conflict Resolution
- Compassionate Parenting
- Positive Discipline
- Parent Support Groups



2023-2024 Enrollment is ongoing

Adult High School Diploma/High School Equivalency

Adult High School Diploma

Our Learning Center offers independent-study-based courses for students needing credits toward an **Adult High School Diploma**. The courses offered are at Standard level and meet the California State Standards. Upon successful completion, the student will receive five credits per course, unless otherwise noted. Students take courses via the APEX online learning system, completing assignments at home and taking tests either in our Learning Center or via Zoom/FaceTime at home, depending on various circumstances (check website) for current way of test administration).

Program Dates & Location

Dates: Ongoing

Days: Monday through Thursday

Time: See website: ConejoAdultEd.org

Location: Online

A student age 18 years or older aspiring to earn an **Adult High School Diploma** should make a phone appointment to have high school transcripts evaluated before registering for classes. **For a phone appointment please call the main office at (805) 497-2761.**

Both of these requirements must be met:

- Earn 180 credits (at least three classes to be taken at the Adult School).
- Pass subject-specific courses in the these areas:

CREDITS REQUIRED

<u>Subject</u>	<u>Credits</u>
English	40
U.S. History	10
World History	10
American Government	5
Economics	5
Mathematics (including 10 credits Algebra)	30
Life Science	10
Physical Science	10
Fine Arts/Foreign Language	10
Electives	50
Total	180

High School Equivalency (HSE)

An alternative to an Adult High School Diploma is earning a High School Equivalency (HSE) Certificate by passing the HiSET or GED test. We offer formal HSE prep classes in the evenings. **A student should call the main office (805) 497-2761** to discuss the program and options .



High School Equivalency Classes

Register in Person

HiSET & GED test: By passing either of these exams you can earn a High School Equivalency (HSE) Certificate in the state of California. We offer Prep Classes focused on the HiSET high school equivalency test. These Test Prep Classes are offered with instructor led coursework on the concepts and procedures of taking a High School Equivalency Exam as well as specifics in the five core subject areas. These classes will help you prepare and register for the HiSET exam.

HSE Test Reading: There are 5 sections of the HiSET test. In this class we will help you prepare to take the Reading, Science, and Social Studies Sections of the test.

HSE Writing: generate and organize ideas in writing. Prepare for the essay portion of the HiSET test.

HSE Math Prep: numerical operations, measurement, estimation, and data interpretation.

Students enrolled in the HSE classes will have the opportunity to take the HiSET exam at the end of the semester.

HiSET test

If you take the HiSET courses at our school, you will have the opportunity to take the HiSET test at the end of the semester.

GED test

The GED is currently administered online. To register to take the GED: **Go to www.GED.com and establish a free MyGED® account**, and follow the onscreen directions. (We do not do GED registration at our school office.)

As part of the GED online registration process, you will be informed of dates/times and locations of local GED test center availability or how to take the test online.

Adult Basic Education/ ESL

English as a Second Language



ALL ESL CLASSES ARE FREE

We are ready to serve you with 6 levels of ESL, HiSET preparation classes & Literacy tutors

We have a few online options for students who are unable to attend in person.

All Students must enroll in person and come to school to take tests.

Registration dates coming soon!
call (805) 497-2761 for more information
Para más información llámenos al (805) 497-2761

ESL CLASSES

The ESL classes focus on communication for work, home, and school in the community, to improve listening, speaking, reading, writing, and critical thinking skills in English. The program offers ESL levels, ranging from basic literacy to advanced language

ESL Classes are available M/W or T/Th. Students must register in person. The registration process takes approximately 1 hour and includes an interview and test.

- Morning classes from 9:00 - 12:15 pm
- Evening classes from 5:45-8:45 pm

Additional Classes will be offered for ESL students in Conversation, Pronunciation, Computer Skills and Word Processing. Class days and times TBD.

Free English Classes
Clases de Inglés Gratis

Improve your English while you study for a career in IET.

Study skills with English language support

- Learn English for career communication in the medical field.
- Weekly assignments, feedback and answers to your questions
- Students must be enrolled in an ESL Course at the same time.

Looking for a job teaching ESL?
Do you have a CLAD credential?
Call (805)497-2761 x1101

CITIZENSHIP

Citizenship Class Includes:

- application process
 - Learn about requirements for U.S. Citizenship and Immigration Services (USCIS) Citizenship Exam.
 - United States history
 - structure of Federal, State, County and City government
 - Rights and Responsibilities of US citizens
- Intermediate Level and above English required.

CLASS IS FREE!

Wednesdays 9:00am-12pm or 5:45 -8:45 pm
February 7 to April 17, 2024

LITERACY

The literacy center provides one-on-one tutoring for adults who need help in basic literacy skills to meet the needs of English-as-a-second-language (ESL) students in reading comprehension, writing, spelling or math skills or to help English speakers with language processing difficulties, who read and spell below expected level. Tutoring is offered by trained volunteers. Interested students please call **for information (805) 497-2761 ext. 1105.**

Volunteer Opportunity

We are always looking for new volunteer tutors. We will train you. Tutors work for 2 hours each week with one student. It is an opportunity to make a real difference in someone's life.

for information call (805) 497-2761 ext. 1105.

COMMUNITY OUTREACH CLASSES FOR PARENTS

We also have classes for parents of our CVUSD English Learner students. These classes help parents with their communication with school and community staff and help children learn. Classes held in the community.

Contact our office for more information (805)497-2761 ext. 1101





Free Computer Basics Class

Computer Basics 1.0 - *Free call (805) 497-2761 to enroll*
5002.201: 4/23/24 - 4/30/24 Tu Th Fr 12:30 PM - 03:30 PM

Computer Basics 2.0 05/07/24 - 05/14/24 Tu Th Fr 12:30 PM - 03:30 PM
Computer Basics 3.0 05/21/24 - 05/30/24 Tu Th 12:30 PM - 03:30 PM
Computer Basics 4.0 06/04/24 - 07/22/24 Tu Th Fr 12:30 PM - 03:30 PM

BLS Healthcare Provider CPR

This Basic Life Support (BLS) Course teaches you how to recognize life-threatening emergencies, provide CPR, use an AED, and relieve choking. Hands-on practice with “smart” manikins assures proper technique.

People who may need this course:

- EMS Personnel
- Physicians Assistants
- Physical Therapists
- Medical Assistants
- Doctors/Nurses
- Caregivers/ Babysitters
- Camp counselors
- Coaches

A valid email address is required.



Class Includes Pediatric First Aid/CPR

Pediatric First Aid/CPR training is designed to meet the regulatory and credentialed training requirements for childcare workers in all 50 states. You will learn basic first aid, CPR, and AED skills for children. Hands-on practice is done with “smart” manikins!



Includes provider manual
**\$25 CASH card fee due to instructor in class.*
Scan QR Code for dates.



FREE Terminology for the Medical Office

This course covers the medical language and terminology used by healthcare professionals for every body system. This is a GREAT addition to any of our medical classes or an introduction to the wonderful world of medical terms and phrases.

Coursework includes:

- Recognize and understand basic medical terms
- Identify and decipher medical abbreviations
- Spell and pronounce basic medical terminology

call (805) 497-2761 for more information

Become a Community Enrichment Instructor

Do you have a hobby, talent or knowledge of a foreign language that you would love to share with others? No teaching credential is required although experience is a plus.

Contact Anne Bartholomew, Coordinator of the Community Enrichment Program.

Be a Literacy Tutor!

The CVAE Literacy Center is looking for engaged people who really want to give back to our wonderful community. We are always in need of new tutors who love meeting and getting to know great people from a very diverse background. No experience needed. Tutor training for interested new volunteers available. For more information, call 805 497-2761 ext. 1105.

Join the CVAE Career and Technical Training Team!

Become Medical Department Instructor and/or Business & Technology Department Instructor
Contact Jenny Cardona, CTE Coordinator at jennyc@conejoadulted.org

General Information

Classes will be delivered in a number of ways:

Traditional Instruction

On-campus, in-person classes.

Physical attendance is required.

The facility location and room numbers are noted in class description.

Face coverings are recommended, but not required.

Virtual Classes (V)

Classes are live online via Zoom.

No physical attendance is required.

Students must be available at the designated class time to “attend” the class virtually.

Students must have access to a digital device with internet access, an email address, camera and microphone capabilities.

Distance Learning

Coursework is posted online and delivered virtually by the teacher.

Students can participate in the coursework based on their personal schedule.

Students must have access to a digital device with internet access, and an email address.

Blended Classes/ HyFlex

A combination of traditional classroom teaching together with online lectures.

Some physical on-campus attendance is required together with some elements of the course being taught online.

Students must have access to a digital device with internet access an email address, camera and microphone capabilities.

