

CVAE

Conejo Valley Adult Education

Fall Catalog 2025

Adult High School Diploma
Business & Technology
Community Enrichment
ESL Program
Medical Careers
Parenting | Senior Classes



Move Forward

Learn new skills and take your career to the next level

New Classes

A wide variety of options to become a better you

Your Success

We're focused on helping you achieve your goals

Lifelong Learning Starts Here!
Registration begins August 4th, 2025

Scan with your smartphone camera to visit our website.



1025 Old Farm Road
Thousand Oaks, CA 91360
(805) 497-2761
conejoadulted.org

Adult Basic Education/ESL

English as a Second Language

Class Dates: August 18, 2025 - December 11, 2025

ALL ESL CLASSES ARE FREE. We are ready to serve you with 6 levels of ESL, HiSET preparation classes & Literacy tutors. We have online options for students who are unable to attend in person. **All students must enroll and take placement tests in person. Online registration is not available for these classes.** Registration takes approximately 1 hour and includes an interview and test.

Registration dates

August 12 - 14

9:00-11:00am and 5:00-7:00pm

Classes begin August 18, 2025

No registration after September 19

Fechas de Inscripción

12 de Agosto al 14

Horario: 9:00-11:00am y de 5:00-

7:00pm

Las clases comenzarán el 18 de Agosto

No habrá inscripciones después del 19 de Septiembre

ESL CLASSES ARE AVAILABLE M/W OR T/TH

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

No classes on 9/1, 9/23, 10/2, 11/11, 11/24-11/28

Adult School ESL classes focus on communication for work, home, and school to improve listening, speaking, reading, writing, and critical thinking skills in English. Our program offers multiple ESL levels, ranging from basic literacy to advanced language development. Additional classes will be offered for ESL students in Conversation, Pronunciation, Computer Skills, and Word Processing. Class days and times TBD.

CITIZENSHIP

Wednesdays 9:00am - 12:00pm or 5:45 - 8:45pm

September 10 - November 5, 2025

Intermediate level and above English required. Class Includes:

- Application process
- Learn about the requirements for the U.S. Citizenship and Immigration Services (USCIS) Citizenship Exam.
- United States history
- Structure of Federal, State, County and City government
- Rights and Responsibilities of U.S. citizens

Improve your English while you study for an Integrated Education and Training (IET) career.

- Learn English for 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.

COMMUNITY OUTREACH CLASSES FOR PARENTS

We also have classes for parents of our CVUSD English Learner students. These classes support parents in communicating effectively with school and community staff, while also helping children learn.

Contact our office for more information
(805) 497-2761 x1101

Looking for a job teaching ESL? Do you have a CLAD credential?
Call Program Coordinator Laura Cifuentes at (805) 497-2761 x1101
for information on how to join our team!

Literacy

The Adult School's 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
(805) 497-2761 x1105

Volunteers Needed!

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 x1105

LEARNING
ENGLISH

AS A SECOND LANGUAGE

FREE
CLASSES!



Conejo Valley Adult Education

CVAE is a Conejo Valley Unified School District School

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.

TABLE OF CONTENTS

ESL.....Inside Front Cover

Diploma/High School

Equivalency.....2

Career Training.....3-13

 Medical Careers.....3-8

 Office Skills.....9-13

Community Enrichment.....14-28

Senior Adult Enrichment.....28

Parenting.....Inside Back Cover

TO REGISTER

- Online:**
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:**
Visit our main office. Use your credit or debit VISA or MASTERCARD, personal check or cash.
Main Office hours:
8:00am - 6:30pm Monday - Thursday
8:00am - 4:00pm Friday

REGISTRATION FEES & COSTS

- All registration and book fees must be paid at time of enrollment.
- A registration payment is required for all classes.

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.

ADMINISTRATION

Superintendent: Dr. Mark McLaughlin
Principal: Jason Klinger

Main Campus:

1025 Old Farm Rd.
Thousand Oaks, CA 91360
CVAE_Info@conejouisd.org

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 91362
(805) 497-9511
www.conejouisd.org

School closed:

September 1, 2025
September 23, 2025
October 2, 2025
November 11, 2025
November 24 - 28, 2025
December 22, 2025 - January 2, 2026

Conejo Valley Adult School is a smoke-free campus.

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.



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
1400 E. Janss Rd., Thousand Oaks, CA 91362
or call (805) 497-9511.

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. The Conejo Valley Adult School prohibits sexual harassment as a form of sexual discrimination.

CVUSD BOARD MEMBERS

Lisa Evans Powell, DSW, President
Karen Sylvester, Vice President
Bill Gorback, Clerk
Lauren Gill, Member
Cindy Goldberg, Member

EXECUTIVE CABINET

Mark W. McLaughlin, Ed.D., Superintendent
Dr. Victor P. Hayek Deputy Superintendent, Business Services
Kenny Loo, Assistant Superintendent of Instruction
Shauna B. Ashmore, Assistant Superintendent, Human Resources

WORKFORCE DEVELOPMENT

Vocational training funded by the Ventura County Workforce Development Board. Participants must meet eligibility criteria.

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, HiSet, English as a second language, and vocational training.

#ConejoValleyAdultEducation

Classes are open to adults 18 years and older.

Adult High School Diploma/High School Equivalency

Whether you need a high school diploma or high school equivalency certificate (HiSET), we are here to help with these two FREE programs!

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).

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 x1006.**

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:

High School 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
<hr style="border: 1px solid blue;"/>	
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 test. We offer formal HSE prep classes in the evenings. **Students should call the main office (805) 497-2761 x1006 for complete details.**



High School Equivalency Classes

Register in person August 12 - 14, 2025 9-11am or 5-7pm.
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.

Tuesdays/Thursdays 6:30 - 8:00pm

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

Mondays 6:30 - 8:00pm

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

Wednesdays 6:30 - 8:00pm

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 not part of our program but 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.**

Administrative Medical Programs

Successful program completion provides eligibility to sit for National Certifications.
(High School Diploma or equivalent is required for National Certification)
All textbooks included in program cost.

Start Building Your Medical Career Now!

At Conejo Valley Adult School, we prioritize your education and take pride in our exceptional educators and medical programs. Our dedicated team is here to provide quality medical career training tailored to your needs.

Medical Office Assistant (HyFlex)

\$1,599

Coursework includes:

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

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

6001.V203 - Online
12/1/25 - 4/29/26 Mo We 04:00 PM - 07:00 PM

6001.V104 CVAE Main Campus
1/26/26 - 4/2/26 Mo Tu We Th 09:00 AM - 12:00 PM



Clinical Medical Assistant (HyFlex)

\$2,675

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: Students must complete Medical Office Assistant before enrolling for this course.**

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.V101 CVAE Main Campus
10/20/25 - 1/22/26 Mo Tu We Th 09:00 AM - 12:00 PM

6030.V302 CVAE Main Campus
12/1/25 - 4/29/26 Mo We 06:00 PM - 09:00 PM

Medical Assistant (HyFlex)

\$4,075

This program combines the *Medical Office Assistant* and the *Clinical Medical Assistant* at a discounted price. 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.

PREPARES STUDENTS TO SIT FOR THE NCCT EXAM IN MEDICAL ASSISTING.

Daytime and evening classes available. Call for more information.

Externship available for eligible students.

For more information and/or easy payment plans, call (805) 497-2761 x1401

Check online at www.conejoadulted.org for updated catalog details!

Clinical Medical Programs

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

Medical Insurance Billing and Coding (HyFlex)

\$1,975

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

PREPARES STUDENTS TO SIT FOR THE NCCT EXAM IN BILLING & CODING.



6302.V202 - Online

12/2/25 - 3/26/26 Tu Th 04:00 PM - 07:00 PM

Medical Office Assistant Billing & Coding Specialist

\$3,600

Extra skills get you a better job! This program includes the *Medical Office Assistant* class with the *Medical Insurance Billing & Coding* class to give you a well-rounded leg up in the area of front office work.

Call for more information.

Save \$\$ with this combination program!

EKG Technician (HyFlex)

\$1,050

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



6004.V301 CVAE Main Campus

9/3/25 - 12/8/25 Mo We 06:00 PM - 09:00 PM

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!

\$4,800

Clinical Medical Programs

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

Phlebotomy Technician

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.

This program includes both Basic and Advanced coursework:

- 40 hours mandatory didactic instruction
- Circulatory system anatomy and physiology
- Venipuncture procedure
- Learn to make blood slides
- Troubleshoot venipunctures
- Laboratory safety procedures
- Capillary Puncture procedure
- Learn to use butterfly needles and vacutainer
- Specimen handling and processing
- Pre-analytical errors

Phlebotomy Externship also included:

- 1 week/40 hours mandatory practicum
- Immunizations and other screening requirements are required

Basic Phlebotomy - \$1,275

6005.302 CVAE Main Campus
11/4/25 - 12/2/25 Tu Th 06:00 PM - 09:00 PM

Advanced Phlebotomy - \$1,375

Please note: Students must pass Basic Phlebotomy to be eligible to attend Advanced Phlebotomy.
12/4/25 - 1/8/26 Tu Th 06:00 PM - 09:00 PM

Phlebotomy Technician Certificate Program - enroll in both classes for the discounted rate of \$2,375!

M619.302 CVAE Main Campus
11/4/25 - 1/8/26 Tu Th 06:00 PM - 09:00 PM

CVAE offers partial Phlebotomy Technician programs for those seeking LPT certification and CPT1 certification with ten 40 hours of on-the-job experience (OTJE) as well as for those with less than ten 40 hours. Call (805) 497-2761 for more information.

Medical Assistant plus Phlebotomy Technician

Expand your job possibilities! This program combines *Medical Assistant* with *Phlebotomy* 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. Includes medical assistant externship, phlebotomy externship, and all textbooks/materials.

\$5,750



Phlebotomy Skills Workshop - \$45 (paid in cash at class)



This class is a great opportunity 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.

6:00 - 8:00pm

Held the first and last Monday of every month.

Medical Assistant Packages / Medical Programs

Save on our discounted packages that will make you even more valuable to any doctor's office. Includes textbooks and an externship (subject to availability). Successful program completion provides eligibility to sit for National Certification exams. (High School Diploma or equivalent is required.)

Clinical Medical Technician **\$6,800**

This in-depth package focuses on preparing the Medical Assistant for valuable patient care responsibilities in the medical office, clinic, or hospital. This program prepares students for three national certifications!

Includes *Medical Assistant, EKG Technician, Phlebotomy Technician, 160 hour medical assistant externship* (for eligible students) and 40 hour mandatory *Phlebotomy externship*.

PLUS:

- Diagnostic testing including venipuncture, injections, and EKGs
- Pharmacology Recognition
- Anatomy and Physiology
- Technical skills including sterilization, instrument uses, and procedure set-ups

Comprehensive Medical Office Package **\$5,550**

This detailed package focuses on preparing the Medical Assistant to be extremely valuable within the medical office or clinic. Includes *Medical Assistant, Medical Insurance Billing & Coding, EKG Technician*, and a *160 hour Medical Assistant externship* (for eligible students).

PLUS:

- Electronic health records & medical office management
- Clinical skills including vital signs, urinalysis, and EKGs
- Communication and interpersonal skills and strategies

Students must attend all sessions.



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. A valid email address is required. People who may need this course include EMS Personnel, Physical Therapists, Doctors/Nurses, Camp Counselors, Physicians Assistants, Medical Assistants, Caregiver/Babysitters, Coaches.

Class Includes Pediatric First Aid/CPR

Pediatric First Aid/CPR training is designed to meet the regulatory and credential 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.

Morning class: 2nd Friday of every month

8:30am - 1:00pm

Evening class: 4th Thursday of every month

4:00pm - 8:30pm

CVAE Main Campus

\$85 per class

\$30 cash day of class for your BLS card (valid for 2 years)

**Expand
Your
Horizons!**

Our Career and Technical Education Classes (CTE) prepare students for national certification exams and employment opportunities.

Flexible schedules available.



Medical Programs

Increase your marketability by adding one of the courses below to your program! We strive to help you with direct patient care and preparation for busy offices, and the below classes serve as a great addition to a program or as a standalone.

Emergency Medical Technician

One of the fastest growing careers today! Our EMT program is taught by current working paramedics and will prepare you for work with an ambulance service, in an emergency room or for work in a clinical setting, as well as being a prerequisite for firefighting or paramedic careers. Upon successful completion of course and final exam, students will receive EMT-1 Course Certificate of Completion and will then qualify to take the National Registry Exam which certifies students as EMT-1 in the State of California for a period of 2 years. *High School Diploma or equivalent required.*

Coursework includes:

152 hours of medical theory combined with practical skills and 24 hours of clinical experience including "ride-alongs" with emergency transport providers in the County of Ventura.

\$1,575

6011.301 CVAE Main Campus

12/2/25 - 5/14/26 Tu Th 05:00 PM - 09:00 PM



Emergency Room Technician

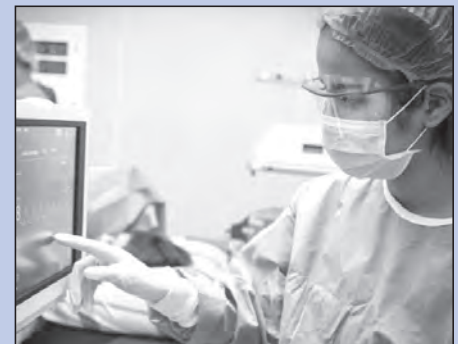
Are you interested in pursuing a career in healthcare? Do you enjoy a fast paced dynamic environment? Become an Emergency Room Technician NOW!! Successful completion of the Emergency Room Technician program qualifies students for the state licensure in EMT and Phlebotomy, and National Certifications in *EMT*, *Phlebotomy*, and *EKG*. We have an outstanding pass rate for the national exams in all three areas that are well above the national average!

Program includes Emergency Medical Technician (EMT), Phlebotomy, EKG

\$3,950

M621 CVAE Main Campus

CALL FOR MORE INFORMATION.



Terminology for the Medical Office (HyFlex)

\$99

The medical terminology 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
- Word roots, suffixes, and prefixes

6031.102 CVAE Main Campus

1/26/26 - 2/5/26 Mo Tu We Th 09:00 AM - 12:00 PM



For more information and/or easy payment plans, call (805) 497-2761 x1401

Check online at www.conejoadulted.org for updated catalog details!

Medical Careers in Demand

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

Pharmacy Technician

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

(National exam prerequisites: High School Diploma or equivalency; no felony convictions. Additional fee of \$129)

6009.V303 CVAE Main Campus
1/6/26 - 5/28/26 Tu Th 06:00 PM - 09:00 PM
\$1899



Certified Caregiver

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? Learn the skills to ensure you are ready to begin your caregiving career now! Caregiving jobs can be in assisted living communities, skilled nursing facilities, or private care.

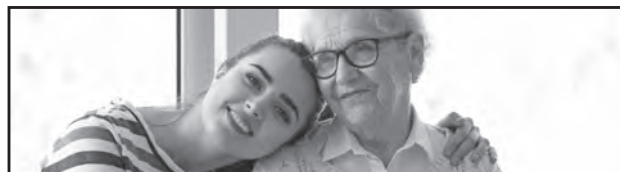
Coursework includes:

- 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

6014.103 CVAE Main Campus
9/8/25 - 11/12/25 Mo We 09:00 AM - 12:00 PM

6014.304 CVAE Main Campus
9/15/25 - 11/19/25 Mo We 06:00 PM - 09:00 PM

\$795
(includes CPR, First Aid, and workbook)



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 in-demand combination!

#M620. Program includes:

Pharmacy Technician: T/Th 6:00 - 9:00PM

plus

Certified Caregiver: Monday and Wednesday Daytime and Evening Options

\$2,400

Call for more information.

Business & Technology Office Administration Programs

*** Please visit our website for the detailed class schedule, including any days off and holidays***

Start a new career or enhance your resume with classes from our business programs!

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.

\$1,185

Program Includes:

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

T502.V201 CVAE Main Campus
9/16/25 - 2/19/26 Tu Th 12:30 PM - 03:30 PM

T502.V302 CVAE Main Campus
9/29/25 - 2/23/26 Mo We 06:00 PM - 09:00 PM

Administrative Coordinator Certificate Program

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

\$1,750

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

T518.V201 CVAE Main Campus
9/16/25 - 4/2/26 Tu Th 12:30 PM - 03:30 PM

T518.V302 CVAE Main Campus
9/29/25 - 4/1/26 Mo We 06:00 PM - 09:00 PM

Social Media Marketing

\$500

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!

Students will learn about:

- Facebook
- Instagram
- X (formerly Twitter)
- YouTube
- SnapChat
- LinkedIn

5355.V302 CVAE Main Campus
Ibarra, Pedro 10/16/25 - 12/11/25 Th 06:00 PM - 09:00 PM

5355.V303 CVAE Main Campus
Ibarra, Pedro 4/30/26 - 6/25/26 Th 06:00 PM - 09:00 PM



Office Manager Certificate Program

\$3,475

Step into leadership and boost your administrative skills—no accounting experience needed to manage an office effectively. All course materials provided. Note: This program requires a PC with Zoom capabilities.

Program Includes:

- Computer Fundamentals
- Word Level 1
- Word Level 2
- Excel Level 1
- Excel Level 2
- Excel Level 3
- PowerPoint Level 1
- QuickBooks (Virtual)
- Accounting Fundamentals (Virtual)
- Outlook Level 1

T512.V101 CVAE Main Campus
9/16/25 - 6/30/26 Tu Th Fr 09:00 AM - 03:30 PM

T512.V202 CVAE Main Campus
9/29/25 - 7/1/26 Mo We Fr 03:00 PM - 09:00 PM

For more information call (805) 497-2761 or email CVAE_Info@conejouad.org

NO REFUNDS Unless Class Canceled by Conejo Valley Adult School

Business & Technology Certificate Programs and Course Schedule

** All classes taught on PCs **

Please check the district calendar for holidays (no school)

Accounting Assistant Certificate Program

Get ready to support an accounting team with essential knowledge and hands-on foundational accounting skills.

All materials included.

No accounting experience needed.

Prerequisite: Computer Fundamentals or equivalent

Note: This class requires a PC with Zoom capabilities.

Program Includes:

- Excel Level 1
- Accounting Fundamentals (Virtual)
- Excel Level 2
- QuickBooks (Virtual)
- Excel Level 3

\$2,075

T509.V202 CVAE Main Campus
2/9/26 - 7/1/26 Mo We Fr 03:00 PM - 09:00 PM

T509.V101 CVAE Main Campus
2/10/26 - 6/30/26 Tu Th Fr 09:00 AM - 03:30 PM

Accounting Fundamentals (Virtual) **\$850**

Basic accounting skills simplify managing finances for business, personal use, or career advancement.

All materials included. No accounting experience needed.

Prerequisite: Computer Fundamentals or equivalent.

Note: This class requires a PC with Zoom capabilities.

Course Includes:

- Acct names & descriptions
- Evaluating transactions
- Debits/Credits
- Journal entries
- Depreciation
- Financial statements
- Financial ratios
- Payroll Taxes

5070.V302 8/25/25 - 9/29/25 M/W/F 6:00 - 9:00 PM

5070.V201 8/28/25 - 9/26/25 T/Th/F 12:30 PM - 3:30 PM

5070.V104 1/6/26 - 2/5/26 T/Th/F 9:00 AM - 12:00 PM

5070.V205 1/7/26 - 2/9/26 M/W/F 3:00 - 6:00 PM

5070.V204 4/13/26 - 5/13/26 M/W/F 3:00 - 6:00 PM

5070.V103 4/14/26 - 5/14/26 T/TH/F 9:00 AM - 12:00 PM

QuickBooks (Virtual) **\$950**

Learn to confidently manage finances using QuickBooks, a leading accounting software. This course covers invoicing, expense tracking, and financial reporting. Ideal for small business owners or anyone seeking to improve bookkeeping skills, you'll gain practical tools to streamline your workflow and make informed financial decisions.

Prerequisites: Computer Fundamentals or equivalent computer skills; Accounting Fundamentals or equivalent experience.

Note: This class requires a PC with Zoom capabilities.

Course Includes:

- Navigating QuickBooks Online
- Company file set up
- Recording sales/vendor transactions
- Receiving customer payments
- Creating reports
- Preparing financial reports
- Tracking inventory

5061.V201 - Online
10/7/25 - 11/14/25 Tu Th Fr 12:30 PM - 03:30 PM

5061.V302 - Online
11/3/25 - 12/17/25 Mo We Fr 06:00 PM - 09:00 PM

5061.V106 - Online
2/17/26 - 3/26/26 Tu Th Fr 09:00 AM - 12:00 PM

5061.V205 - Online
2/18/26 - 3/30/26 Mo We Fr 03:00 PM - 06:00 PM

5061.V103 - Online
5/19/26 - 6/30/26 Tu Th Fr 09:00 AM - 12:00 PM

5061.V204 - Online
5/18/26 - 7/1/26 Mo We Fr 03:00 PM - 06:00 PM

Advance your accounting
career at Conejo Valley
Adult School!

Business & Technology Course Schedule

Computer Fundamentals

\$495

Computer Fundamentals is an entry-level course designed for anyone wanting to understand basic hardware and software management for personal and professional use. It covers selecting computer systems and peripherals, customizing the Windows interface, managing files and programs, and introduces web browsers, email, the Internet, and cloud storage. Ideal for beginners!

5007.V201 CVAE Main Campus
Wilson, Christopher 9/16/25 - 10/14/25 Tu Th 12:30 PM - 03:30 PM

5007.V302 CVAE Main Campus
Wilson, Christopher 9/29/25 - 10/22/25 Mo We 06:00 PM - 09:00 PM

Microsoft Word Level 1 (HyFlex)

\$225

Microsoft Word is a top word processing tool for personal and business use. This beginner class teaches you to create, enhance, and format documents effectively. You'll learn to create, print, and save files, format text and paragraphs, manage lists, create tables, and incorporate graphics and images to make your documents more engaging.

5011.V201 CVAE Main Campus
Wilson, Christopher 10/21/25 - 10/30/25 Tu Th 12:30 PM - 03:30 PM

5011.V302 CVAE Main Campus
Wilson, Christopher 11/10/25 - 11/19/25 Mo We 06:00 PM - 09:00 PM

Microsoft Word Level 2 (HyFlex)

\$225

The Intermediate Microsoft Word course builds on Level 1, enhancing your skills and confidence in document creation. You'll learn to add headers and footers for longer documents, use styles for automatic formatting, and insert footnotes, references, and tables of contents. Additionally, the course covers Mail Merge for creating form letters for bulk mailing, making document management even easier!

5015.V201 CVAE Main Campus
Wilson, Christopher 11/4/25 - 11/18/25 Tu Th 12:30 PM - 03:30 PM

5015.V302 CVAE Main Campus
Wilson, Christopher 12/1/25 - 12/10/25 Mo We 06:00 PM - 09:00 PM

Microsoft Outlook Level 1 (HyFlex)

\$175

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.V201 CVAE Main Campus
Wilson, Christopher 12/2/25 - 12/11/25 Tu Th 12:30 PM - 03:30 PM

5041.V302 CVAE Main Campus
Wilson, Christopher 1/7/26 - 1/21/26 Mo We 06:00 PM - 09:00 PM

Microsoft PowerPoint Level 1 (HyFlex)

\$175

PowerPoint is the premier tool for creating professional and visually engaging presentations. In this class, you'll learn to captivate audiences using built-in themes, animation features, and presentation modes. You'll also master slide formatting, organizing graphics, tables, and charts, adding multimedia and SmartArt, and integrating with Microsoft Office files for a polished final product.

5031.V201 CVAE Main Campus
Wilson, Christopher 1/13/26 - 1/22/26 Tu Th 12:30 PM - 03:30 PM

5031.V302 CVAE Main Campus
Wilson, Christopher 1/26/26 - 2/4/26 Mo We 06:00 PM - 09:00 PM

Microsoft Excel Level 1 (HyFlex)

\$215

Microsoft Excel is the leading spreadsheet application used for budgets and reports. This introductory class covers the basics of creating simple budgets with tables, formatting, and charts. You'll learn to create tables with labels and values, use formulas for calculations, generate various chart types (like pie, line, and column), sort and filter data, and apply functions to calculate totals and averages. Perfect for beginners looking to enhance their Excel skills.

5020.V303 CVAE Main Campus
Wilson, Christopher 2/9/26 - 2/23/26 Mo We 06:00 PM - 09:00 PM

5020.V202 CVAE Main Campus
Wilson, Christopher 2/10/26 - 2/19/26 Tu Th 12:30 PM - 03:30 PM

Microsoft Excel Level 2 (HyFlex)

\$215

Our Intermediate Microsoft Excel course is an extension of the Microsoft Excel Level 1 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", create calculations using date and time values, use data-oriented functions such as "VLOOKUP" and "HLOOKUP", use conditional formatting.

5022.V303 CVAE Main Campus
Wilson, Christopher 3/2/26 - 3/11/26 Mo We 06:00 PM - 09:00 PM

5022.V202 CVAE Main Campus
Wilson, Christopher 3/3/26 - 3/12/26 Tu Th 12:30 PM - 03:30 PM

Microsoft Excel Level 3 (HyFlex)

\$225

This advanced capstone course builds on Microsoft Excel Level 2, focusing on the most sophisticated tools, formatting, and formulas. Students should know basic formulas, tables, and charts. Topics include nested functions, automated tables, financial functions like "PMT" and "FV," Pivot Tables, Pivot Charts.

5025.V304 CVAE Main Campus
Wilson, Christopher 3/23/26 - 4/1/26 Mo We 06:00 PM - 09:00 PM

5025.V203 CVAE Main Campus
Wilson, Christopher 3/24/26 - 4/2/26 Tu Th 12:30 PM - 03:30 PM

IT Career Certificates

*** All classes taught on PCs ***

IT Support Technician I (HyFlex)

\$850

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
- Maintenance
- Installations
- Troubleshooting
- Networking Concepts
- Applied Networking
- Laptop Computers

This class is for everyone already using computers.

5300.V301 CVAE Main Campus
Ray, Marschell 1/21/26 - 3/25/26 We 6:00 - 9:00 PM

IT Support Technician II (HyFlex)

\$850

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
- Configuring Laptops and Mobile Devices
- Installation of Printers
- Cloud Computing
- Virtual Computers
- Operating Systems
- Call Center & Professional Conduct

Prerequisite: IT Support Technician 1

5301.V301 CVAE Main Campus
Ray, Marschell 4/22/26 - 6/24/26 We 6:00 - 9:00 PM

Communication Infrastructure Installation Technician

\$595

Get hands-on with the essential skills for network infrastructure! This comprehensive course introduces you to the fundamentals of network cabling, the backbone of modern communication systems.

You will gain practical knowledge and experience in:

- Understanding network cabling standards and best practices
- Mastering different cable types and connectors
- Hands-on cable installation and termination
- Testing and troubleshooting network cabling

By the end of this course, you will be able to:

- Confidently design, install, and maintain basic network cabling systems.
- Select appropriate cables and connectors for different network applications.
- Perform proper cable termination and patching techniques.
- Conduct basic network cabling tests and troubleshoot connectivity problems.
- Practice ladder and tool safety procedures

This course is ideal for:

- Individuals seeking entry-level positions in IT infrastructure and network support.
- Homeowners and DIY enthusiasts interested in understanding and managing their own network cabling.
- Anyone looking to expand his or her technical skillset and gain valuable practical experience.

No prior IT experience is required. Come prepared to learn!

5303.302 CVAE Main Campus
Ray, Marschell 10/15/25 - 11/19/25 We 6:00 PM - 9:00 PM

IT Support Technician Certificate Program

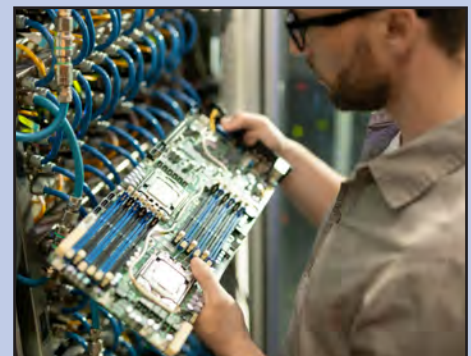
\$1,585

Get ready to start working in IT as a Field Service Technician or Help Desk! By successfully completing the IT Support Technician I and II courses, you will be ready to sit for the CompTIA+ exam. This industry recognized certification will solidify your place in the IT market! This package includes:

- IT Support Technician I
- IT Support Technician II

T550.V301 CVAE Main Campus
Ray, Marschell 1/21/26 - 6/24/26 We 6:00 PM - 9:00 PM

Call for more information or register online.



Computer Basics

Website Development & Design

*** All classes taught on PCs ***

Computer Basics 1.0

FREE

This beginner class covers logging on and off, using attachments and storage devices, creating and saving files, basic mouse and keyboard skills, computer terminology, and emailing. Perfect for newcomers!

5002.202 CVAE Main Campus
Wilson, Christopher 10/3/25 - 10/24/25 Fr 12:30 PM - 03:30 PM

5002.203 CVAE Main Campus
Wilson, Christopher 2/27/26 - 3/20/26 Fr 12:30 PM - 03:30 PM

Computer Basics 2.0

\$205

Enhance your confidence by learning to organize information, search the internet, manage files, back up to the cloud, improve email skills, and get an introduction to Windows.

5003.201 CVAE Main Campus
Wilson, Christopher 11/14/25 - 12/12/25 Fr 12:30 PM - 03:30 PM

5003.202 CVAE Main Campus
Wilson, Christopher 4/17/26 - 5/8/26 Fr 12:30 PM - 03:30 PM

Computer Basics 3.0

\$205

Learn how to connect with family, friends and the community through the use of the social media. Class includes account setup, logging in, Facebook, X (formerly Twitter), Instagram, Pinterest, do's and don'ts, and security and privacy,

5004.201 CVAE Main Campus
Wilson, Christopher 1/16/26 - 2/6/26 Fr 12:30 PM - 03:30 PM

5004.202 CVAE Main Campus
Wilson, Christopher 5/29/26 - 6/26/26 Fr 12:30 PM - 03:30 PM

Video Basics & Creation For Beginners

\$75

Take your photographs and video footage from your phone, digital camera, or printed stills and compose these into memorable video presentations. 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. Classes are available live in person, virtual and blended! Prerequisite: Remote students must use a PC or Laptop running Windows 10 or 11.

5391.302 CVAE Main Campus
Ray, Marschell 9/24/25 - 9/24/25 We 6:00 PM - 9:00 PM



Adobe Photoshop Elements

\$275

Showcase your photos by learning Photoshop Elements! Fix images, add artistic effects, and combine photos. Prerequisites: Digital Photo Basics, Computer Basics, or basic computer skills.

5216.101 CVAE Main Campus
Ferguson, Tom 9/24/25 - 10/22/25 We 10:00 AM - 12:00 PM

Website Design

\$475

Explore how to choose a website host, register a domain name, and optimize your website so search engines show it (SEO). Master the details that are important for your website to present a professional, polished image to your audience.

Prerequisite: Computer Fundamentals or proficient computer skills

5261.301 CVAE Main Campus
Thompson, Robert 10/30/25 - 12/11/25 Th 06:00 PM - 09:00 PM

HTML

\$500

Learn HTML5 and CSS3 and create portable websites that run on any web host. Fill your pages with titles, paragraphs, pictures, and more! Unravel the techniques that make your web pages look great on any device.

Prerequisite: Website Design or equivalent experience

5505.301 CVAE Main Campus
Thompson, Robert 1/15/26 - 2/19/26 Th 06:00 PM - 09:00 PM

JavaScript

\$525

Bring your web pages to life with JavaScript! Learn to use variables, functions, control program flow, handle events, process forms, and more—all with a programming language supported by modern browsers.

Prerequisite: Beginning algebra and HTML or equivalent

5270.301 CVAE Main Campus
Thompson, Robert 2/26/26 - 4/2/26 Th 06:00 PM - 09:00 PM

Website Development Certificate Program

\$1,350

Equip yourself with the skills you need to begin a new career in Website Development all at a discounted price!

Prerequisites: Computer Fundamentals or proficient computer skills; algebra

- Website Design
- HTML
- JavaScript

T522.301 CVAE Main Campus
10/30/25 - 4/2/26 Th 06:00 PM - 09:00 PM

Community Enrichment

Classes for Absolutely Everyone!

Notary in One Day with Exam

Whether you want to boost your income, qualify for a new job, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. In this Secretary of State approved class, learn how to perform valuable services by certifying or witnessing signatures on official documents. Notary skills are important in almost any industry: real estate, legal, medical and banking to name just a few. This class gives you the knowledge to pass the exam and practice as an effective Notary. Participants take the official Notary exam directly following the seminar.

Seminar: 8:00am - 4:00pm
Exam check-in: 4:00 - 5:00pm
Exam: 5:00 - 6:00pm

Friday, November 14, 2025
Conejo Valley Adult School, Room 5
Cost: \$99 registration fee plus
\$45 material fee to instructor
\$40 exam fee/Secretary of State
#8040.101

See website for important details
Presented by Notary Public Seminars, Inc

Renew Your Notary Commission

This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. You will take the official notary exam directly following the class. You are required to take the exam and be fingerprinted again. **Your commission must be current to qualify for the 3 hour seminar.**

Seminar: 12:15 - 4:00pm
Exam check-in: 4:00 - 5:00pm
Exam: 5:00 - 6:00pm

Friday, November 14, 2025
Conejo Valley Adult School, Room 5
Cost: \$50 registration fee plus
\$45 material fee to instructor
\$40 exam fee/Secretary of State
#8041.201

See website for important details
Presented by Notary Public Seminars, Inc

New

Investing 101

Learn the fundamentals of investing from stocks and bonds to ETFs and diversification. We'll start with market cycles, and long-term strategies to build wealth. This course simplifies investing concepts so you can confidently grow your financial future.

Instructor: Hayden Rutter, a lifelong Ventura County resident is a licensed financial professional specializing in Wealth Management.

Thursdays, 7:00 - 8:00pm
September 11, 18
Conejo Valley Adult School, Room C
Cost: \$60
#8024.301

ABCs of Medicare

Medicare – We all pay into it and as we reach 65 we are entitled to enjoy its benefits. There are choices to make, and making the wrong choices at the wrong times can be very costly and potentially unhealthy. Discover how to make the best choices for you. Workshop is purely educational; no insurance products will be discussed.

Instructor: Daniel Ruben, MD, MBA, MPH is a medical physician and business professional with a passion for teaching.

Tuesday, September 9, 12:30 - 2:30pm
Conejo Valley Adult School, Room 5
Cost: \$35
#8094.201

Wednesday, Sept. 24, 6:00-8:00pm
Conejo Valley Adult School, Room C
Cost: \$35
#8094.302

Smart Social Security Strategies

Many people leave money on the table by making mistakes when it comes to their social security retirement benefits. Learn to make smart decisions to enhance this inflation-sensitive lifetime benefit.

Instructor: Daniel Ruben (for bio, see previous listing).

Tuesday, September 16, 12:30 - 2:30pm
Conejo Valley Adult School, Room 5
Cost: \$35
#8088.201

Wednesday, October 1, 6:00 - 8:00pm
Conejo Valley Adult School, Room C
Cost: \$35
#8088.302

New

Public Speaking and Debate for Beginners

Find your voice and overcome the fear of public speaking through supportive practice and simple, effective tools. Each class includes confidence-building speaking drills. You'll also learn core techniques from debate to become a more engaging, efficient, and persuasive speaker—whether you're presenting, pitching, or simply making your point.

Instructor: Audrey Israel is a licensed attorney and founder of Prestige Debate Academy. She is donating proceeds from the class to Star Animal Rescue.

Wednesdays 5:45 - 7:15pm
October 2, November 12
Conejo Valley Adult School, Room C
Cost: \$60
#8841.301

Wills & Trusts

Protect yourself and your family from the stress and high cost of probate. This seminar will explain the use and interaction of essential estate planning documents, such as a personal will, revocable living trust and a durable power of attorney. Other topics to be covered include community property laws, taking title to real estate, probate, and conservatorships.

Instructor: Roger Lyon has been practicing law in Ventura County for over 30 years. He is a graduate of Pepperdine Law School.

Wednesday, September 17, 6:00 - 8:00pm
Conejo Valley Adult School, Room C
Cost: \$35
#8060.301

Thursday, September 25, 10:00am - noon
Conejo Valley Adult School, Room 5
Cost: \$35
#8060.102

Loan Signing Agent

After attending a Notary workshop, learn how to build and maintain your signing business as a Loan Signing Agent. Learn the skills and obtain the necessary tools to properly notarize loan packages in this one day course.

Friday, November 21, 9:00am – 4:00pm
Conejo Valley Adult School, Room 5
Cost: \$99+\$60 cash or check material fee to instructor
#8045.101
Presented by Notary Public Seminars, Inc.

Creative Arts

Drawing and Painting on the iPad for Artists

A class to explore traditional style painting and drawing on the iPad using the app Procreate. We will learn the basic tools and how to manage layers and colors as well as composition. Bring your iPad (must be capable of running Procreate); an Apple Pencil is recommended, NOT USB-C type.

Instructor: Stella Violano was a beta tester for Procreate, and as an artist, her work is licensed and sold on greeting cards, garden flags and puzzles.

**3 Thursdays, 9:30 - 11:30am
September 4 - 18**

Conejo Valley Adult School, Room 5

**Cost: \$50
#8199.101**



Hand Building With Clay

Create special decorative and functional pottery pieces with hand building. Instruction will be given in the pinch pot, coil and slab construction techniques and students will learn how to use household objects as molds for "hump" and "slump" construction. Final projects will be bisque fired, then painted with glaze in class before a final firing to make them shiny and functional!

Instructor: Anu Subramanian has been a clay artist and instructor since 2004, selling her work worldwide.

**6 Thursdays, 5:45 - 8:45pm
September 4 - October 16
(no class Oct 2)**

**Conejo Valley Adult School, Room 5
Cost: \$130 + \$45 material fee to instructor
includes 4 medium projects
#8265.301**

**6 Fridays, 9:00am - 12:00pm
September 5 - October 17
(no class Oct 3)**

**Conejo Valley Adult School, Room 5
Cost: \$130 + \$45 material fee to instructor
includes 4 medium projects
#8265.102**

Digital Photography Intro

Learn the essential skills needed to get started with digital photography. Topics include camera controls, shooting modes, file formats, resolution, memory cards, electronic flash, white balance and downloading images to your computer. Additionally, course covers composition and selecting digital image-editing software. Bring your camera and the instruction manual.

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

**5 Wednesdays, 2:00 - 4:30pm
October 1 - 29**

**Conejo Valley Adult School, Room C
Cost: \$105 + \$5 material fee to instructor
#8131.201**

Crochet Beginning and Beyond

Learn the basic crochet stitches in this fun and relaxed class, and learn 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), 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.

**8 Wednesdays, 9:30 - 11:30am
September 3 - October 22**

**Conejo Valley Adult School, Room C
Cost: \$120 Seniors: \$95
Plus \$10 material fee to instructor
#8175.102**

Crochet - Amigurumi

Discover the joy of creating charming, handcrafted toys and small decorative items using crochet stitches! In this course, you'll refine your skills while bringing delightful creations to life. Participants should have basic crochet knowledge and come prepared with a size G or H crochet hook and a skein of worsted-weight yarn. Amigurumi kits are also welcome for those eager to craft adorable, stuffed figures

Instructor: Marcia Bucaro (for bio, see previous listing).

**4 Wednesdays, 9:30 - 11:30am
October 29 - November 19
Conejo Valley Adult School, Room C
Cost: \$75+\$5 material fee to instructor
#8188.101**

New

Color Theory and Design

Explore the fundamentals of color theory and principles of the color wheel—harmony, contrast, and relationships between hues. Using simple design projects, you'll visualize key concepts and practice techniques that bring color to life. By experimenting with color combinations, you'll gain the skills to enhance your artwork, making it more vibrant, balanced, and expressive. Let's explore, experiment, and elevate your creativity—one shade at a time!

Instructor: Nancy Ulene is an accomplished animation color artist and Adjunct Professor at CSU Northridge.

**3 Tuesdays, 9:30 - 11:30am
September 2 - 16**

**Conejo Valley Adult School, Room 5
Cost: \$60+ \$10 material fee to instructor
#8189.101**



Chinese Calligraphy

Join us for this fun class about Chinese calligraphy and culture. Continue your practice or learn the basics. Chinese symbols, characters, and brush skills step-by-step. It's a relaxing paper. Students will use the basic Chinese characters to create simple calligraphy works. No experience is required.

Instructor: Huimin Long loves passing on the art of Chinese calligraphy, and has taught the practice for more than 20 years at a local Chinese school.

**6 Mondays, 9:30 - 11:30am
September 10 - October 27
Conejo Valley Adult School, Room 5
Cost: \$95 + \$15 material fee to instructor
#8275.101**

Leatherworking 1

This class requires no prior experience with the creative art. Get a foundation and hands-on introduction to leatherworking skills and tools by making a custom tool belt. This class covers leather types, grades and weights, leatherworking tools and their applications, fasteners and hardware, and dyeing leather.

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

Wednesday, 6:00 – 8:00pm
October 22 - November 12

Conejo Valley Adult School, Room 5

Cost: \$70 + \$40 material fee to instructor
#8142.301

**New****Zentangle© - A Meditative Drawing Experience**

Zentangle art is a deeply calming and enjoyable form of drawing that involves creating intricate patterns using simple, repetitive strokes while encouraging mindfulness, reducing stress, and fostering creative expression. To immerse in the meditative process, students work quietly, allowing for focus, relaxation, and the natural flow of creativity. No prior art experience is necessary—just a willingness to slow down, be present, and embrace the tranquility of Zentangle.

Instructor: Heather Rasnick is Zentangle certified teacher, fused glass artist that worked as an Art Director in the Film & TV industry.

4 Thursdays, 9:30 - 11:30am

October 9 - November 9

(no class October 30)

Conejo Valley Adult School, Room 5

Cost: \$70+ \$20 material fee

#8259.101

New**Uncovering Meaning in Art: Secrets & Symbols**

Artists have long filled their works with symbols meant to convey precise messages to the viewer. This course will explore the rich world of symbolism in art, with a particular focus on the Medieval and Renaissance period. We will explore flower symbolism, delve into the depiction of animals, both real and fantastical, look at the language of food and drink, analyse memento mori, and examine how portraits could convey legitimacy or allegiance through the use of carefully placed objects, fashions or colors. After taking this course you will be able to walk into any museum or gallery and interpret the hidden language of the paintings on view.

Instructor: Dr. Sarah Bercusson grew up in Florence, Italy and completed her PhD at the University of London. She is an experienced lecturer at the college level.

6 Mondays, 7:30 - 9:00pm

October 13 - November 17

Conejo Valley Adult School, Room B

Cost: \$90+\$10 material fee to instructor

#8533.301

New**The History of Animation**

The history of animation dates back to caves, film, robotics, photography, clock works, books, advertising and even comics. There is so much to discover in this class that will astound you. Lectures, videos and discussions will guide this class of cartoons. Come learn some interesting new things about film.

Instructor: Nancy Ulene is a career animation color artist and has worked for Disney, Netflix, Warner Bros., and more. She is an Adjunct Professor at CSUN.

4 Wednesdays, 6:00 - 8:00pm

September 10 - October 1

Conejo Valley Adult School, Room 5

Cost: \$75

#8049.301

**Creative Outlets****New****The Songs of Tom Waits: "Rain Dogs"**

September 30, 2025 will mark the 40-year anniversary of the release of the album "Rain Dogs" by Tom Waits. "Rain Dogs" is considered by many critics to be Waits' best album; certainly, its release reinforced the innovative and daring direction in his work that began with 1983's "Swordfishtrombones." In this class, we will critically examine this brilliant and enduring album in detail, as well as explore Waits' career path before and after "Rain Dogs."

Instructor: Larry Smith is an aficionado of Tom Waits music and has a background in English Literature and Poetry.

4 Mondays, 6:00 - 8:00pm

September 29 - October 20

Conejo Valley Adult School, Room A

Cost: \$75

#8072.301

**Mah Jongg for Beginners**

This hands on class will teach you the basics of Mah Jongg: the tiles, the card, and the play. Mah Jongg is a fun and fascinating game that is part skill, part strategy and a little bit of luck. This is a class for beginners new to American Mah Jongg. Students are required to purchase a 2025 NMJL card at www.nationalmahjonggleague.org

Instructor: Andrea Daniels has been playing Mah Jongg for over 10 years, and is a MahjLife Instructor Guild member.

6 Tuesdays, 6:30 - 8:30pm

September 9 - October 21

(no class Sept 23)

Conejo Valley Adult School, Room A

Cost: \$100

#8144.301

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, 4:00 - 5:30pm

September 8 - November 3

(no class Sept 22)

Conejo Valley Adult School, Room C

**Cost: \$105 + \$5 material fee to instructor
#8712.202**

Guitar Intermediate

Enroll early to ensure your seat!

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 Mondays, 5:45 - 7:15pm

September 8 - November 3

(no class Sept 22)

Conejo Valley Adult School, Room C

**Cost: \$105 + \$5 material fee to instructor
#8713.301**

8 Tuesdays, 12:30 - 2:00pm

September 9 - November 4

(no class Sept 23)

Conejo Valley Adult School, Room B

**Cost: \$105 + \$5 material fee to instructor
#8713.202**

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 required.

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

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

September 9 - November 4

(no class Sept 23)

Conejo Valley Adult School, Room B

**Cost: \$105 + \$5 material fee to instructor
#8719.102**

Improve Your Chess

Many of us know the basics of chess, but perhaps little more. The Queen's Gambit (currently airing on Netflix) shows the high end of chess, but what's in store for the casual player? Our National Master instructor will improve your game with tips and tricks to help score more victories and make your chess more fun!

Instructor: Larry Smith, a 5-time champion of the Thousand Oaks Chess club, is currently the 59th highest rated player in the U.S. over the age of 64.

6 Mondays, 3:30 - 5:30pm

September 22 - October 27

Conejo Valley Adult School, Room A

Cost: \$100

#8112.202

Make Some Magic

Join us for an exciting 4-week journey into the world of magic! In this hands-on class, you'll learn the basics of card handling, gain confidence in performing tricks, and discover the secrets of sleight of hand.

Instructor: Melissa Wolfson is a magician member at Hollywood's Magic Castle and performs close-up and strolling magic for parties. Check out her website: melissawolfson.com

4 Tuesdays, 5:45 - 7:15pm

September 9 - October 7

(no class Sept 23)

Conejo Valley Adult School, Room C

**Cost: \$65+\$20 material fee to instructor
#8107.302**

Bridge for Beginners

Bridge is one of the three great mind games of world! Unlike Chess and Go, bridge offers close, personal and social interactions with other players. Learn the fundamentals of play and bidding, expand your mind and meet new friends as you play with a variety of partners.

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

October 8 - November 12

Conejo Valley Adult School, Room A

**Cost: \$90+\$5 material fee to instructor
#8108.101**

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, 7:30 - 9:00pm

October 8 - November 12

Conejo Valley Adult School, Room C

**Cost: \$80+ \$15 material fee to instructor
#8930.302**



New

The Life and Works of Antoni Gaudí (V)

The visionary works of Antoni Gaudí have left an unmistakable imprint on the architecture of Barcelona. His flamboyant designs earned him during the Spanish Art Nouveau period of Modernisme came to characterize a city and its people through his use of brightly colored tiles and tactile materials, religious metaphors, and structural innovations in his architecture.

Instructor: Eleanor Schrader is an award-winning educator, lecturer, and author. She has been named a distinguished instructor at UCLA Extension, where she teaches history of architecture in her design, furniture and decorative arts. She is also a Professor Emerita of Art and Architectural History at Santa Monica College.

Wednesday, Sept 10, 10:00am - 12:00pm

Cost: \$35

#8078.V101

Fine Arts

Exploring Techniques in Oil and Acrylics

Students will explore essential techniques in both oil and acrylic painting, with a focus on color theory, composition, and the creative process behind the works of master artists. Through hands-on practice, students will gain the skills and knowledge needed to develop their own unique artistic style and create their own masterpieces.

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 Mondays, 12:30 - 2:30pm
September 22 - November 10
Conejo Valley Adult School, Room 5
Cost: \$130 + \$10 material fee to instructor
#8244.201

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
September 4 - November 20
(no class Sep 25, Oct 2)
Conejo Valley Adult School, Room 5
Cost: \$150+ \$15 material fee to instructor
#8200.201

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. Previous experience and supplies required.

Instructor: Stella Violano (for bio, see previous listing).
10 Thursdays, 2:45 – 5:00pm
September 4 - November 20
(no class Sep 25, Oct 2)
Conejo Valley Adult School, Room 5
Cost: \$150
#8201.201

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 with a Masters in Fine Art Painting. View her work at www.VirginiaKamhiFineArt.com.

8 Wednesdays, 10:00am - 12:00pm
September 24 - November 12
Conejo Valley Adult School, Room 5
Cost: \$130
#8230.101



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. Space is limited so register early.

Instructor: Barbara Shannon is a long-time art educator, an award winning artist and author of the multimedia textbook, Exploring Art Media.
10 Tuesdays, 3:00 - 5:30pm
September 2 - November 18
(no class Sep 23, Nov 11)
Conejo Valley Adult School, Room 5
Cost: \$185 Seniors: \$125
Plus \$12 material fee to instructor
#9340.201

10 Tuesdays, 6:00 - 8:30pm
September 2 - November 18
(no class Sep 23, Nov 11)
Conejo Valley Adult School, Room 5
Cost: \$185 Seniors: \$125
Plus \$12 material fee to instructor
#9340.302

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. Please bring a no. 2 pencil, drawing paper, 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
September 24 - November 12
Conejo Valley Adult School, Room 5
Cost: \$130
#8236.201

Drawing Intermediate

Building on the foundational skills acquired in our Drawing for Beginners class, this course invites you to deepen your artistic practice. You'll explore the principles of design and enhance your composition skills, enabling you to elevate your artwork and prepare for further artistic exploration. Please bring a No. 2 pencil, drawing paper, and an eraser to each class.

Instructor: Maryann Thomas (for bio, see previous listing).
8 Wednesdays, 12:30 – 2:30pm
September 24 - November 12
Conejo Valley Adult School, Room 5
Cost: \$130
#8271.202

Create With Colored Pencils

Learn how to create stunning, high-quality drawings using the versatile and compact medium of colored pencil. Whether you're a beginner or looking to refine your skills, this class offers step-by-step guidance to help you achieve beautiful results. We recommend the Kalour Colored Pencil Set (180 piece), available on Amazon.

Instructor: Beverly Barris (for bio, see previous listing).
6 Fridays, 1:00 - 3:00pm
September 26 - October 31
Conejo Valley Adult School, Room C
Cost: \$95 + \$10 material fee to instructor
#8233.201

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.

8 Mondays, 3:15 - 5:15pm
September 15 - November 3
Conejo Valley Adult School, Room 5
Cost: \$130+ \$10 material fee to instructor
#8213.202

New Watercolor Beginning 3

Building upon skills developed in levels 1 and 2, this class is designed for students who have foundational experience and are ready to explore new techniques and deepen color understanding. This course encourages personal artistic growth, helping students develop their unique style while tackling a variety of challenging subject matter.

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

8 Mondays, 6:00 - 8:00pm
September 15 - November 3
Conejo Valley Adult School, Room 5
Cost: \$130 + \$10 material fee to instructor
#8256.301

Portrait Drawing and Painting

This intermediate, individually focused and interactive course on pencil portraits will concentrate on the fundamentals - covering general shapes and facial features, proportions and shading with the goal of capturing the subject's personality. **Prerequisite:** completion of a basic drawing course. Please bring your own reference photo, HB pencil, drawing paper and eraser.

Instructor: Barbara Shannon (for bio, see previous listing).

8 Fridays, 1:00 - 3:00pm
September 19 - November 7
Conejo Valley Adult School, Room 5
Cost: \$130 + \$12 material fee to instructor
#8278.202

Sharon's Watercolor Paint-a-long

Join in a two-hour escape to the world of watercolor. Follow step-by-step demos to create beautiful paintings. You will need watercolors, brushes, 14x18 cold press paper, and a container for water. Other supplies 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!"

7 Tuesdays, 10:00am - 12:00pm
September 30 - November 18
(no class Nov 11)
Conejo Valley Adult School, Room 5
Cost: \$125 + \$10 material fee to instructor
#8263.101

7 Tuesdays, 10:00 - 12:00pm
September 30 - November 18
(no class Nov 11)
Conejo Valley Adult School, Room 5
Cost: \$125 + \$10 material fee to instructor
#8263.202

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 and walking for many years. She is familiar with many areas in the Conejo Valley and will share interesting details at various class locations.

6 Wednesdays, 5:15 - 6:45pm
September 10 - October 22
(no class Sept 24)
Cost: \$85
#8310.302

Walking Tours of the Conejo

Join us as we walk hidden paths around Thousand Oaks. There will be gentle slopes involved. We will stop and learn history and details about our community. Make-up classes will be scheduled if walk is affected by weather.

Instructor: Barrie Silberberg (for bio, see previous listing).

6 Tuesdays, 3:00 - 4:30pm
September 9 - October 21
(no class Sept 23)
Cost: \$85
#8294.201

New Trail Hiking

This is an intermediate/moderate hike based on a 30 minute/mile avg. pace. Visit some of the many trail choices we have in the Conejo Valley and surrounding areas. Learn to use phone apps to track and save hikes, and to identify plants and animals. Hikes are planned for 3-5 miles and will take 2-3 hours to complete.

Instructor: Jeff Jones has been hiking the trails in and around the Conejo Valley, Simi Hills and Santa Monica Mountains for 13 years.

Level 2: 3 - 5 Miles
6 Wednesdays, 9:00 - 11:30am
October 1 - November 5
Cost: \$95
#8288.101

New Native Plant Hike

Two Forests, One Story! Chaparral Forest Hike - Step into California's chaparral — sunny, aromatic, and teeming with life. Discover how shrubs, insects, birds, and mammals support one another in this rich ecosystem. **Oak Grove Woodland Hike** - Explore California's oak woodland. Walk the towering oak canopy filled with a vibrant world of birds, mammals, fungi, insects, and native understory plants. Must be able to hike 1-3 miles. This class will start at designated locations.

Instructor: Laura Pasetta, owner of Wild-Rootz, is a California Naturalist, trained in herbal medicine. With deep knowledge and passion for California's natural world, she leads immersive hikes exploring native ecosystems, plants, wildlife, and their therapeutic uses — connecting people to both wild and urban landscapes.

2 Saturdays, 9:00 - 11:30am
October 4, 11
Cost: \$35
#8313.101

Silver and Fit

Do you want to build stronger muscles and reduce body fat while having fun? Then Silver and Fit is for you. This class is designed to increase metabolism and to teach balancing techniques by incorporating half the class to build strength using your exercise band and light weights, while the other half is focused on dancing to a variety of music. Let's get fit together and have fun. Focused on Seniors, but all ages are welcome.

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

**20 Classes, Mon/Wed, 11:15am - 12:15pm
September 8 - November 19
(no class November 3, 5)
Conejo Valley Adult School, MPR
Cost: \$135
#8324.101**

Therapeutic Yoga

Join our therapeutic yoga class to enhance relaxation and healing. This gentle practice focuses on breathwork, restorative postures, and mindfulness, tailored to individuals who may have back injuries, knee issues or other physical limitations. Perfect for all levels, it promotes balance and overall well-being. Yoga mat, block, a strap, and a towel required.

In-Person

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

**11 Mondays, 9:30 - 10:45am
September 8 - November 17
Conejo Valley Adult School, MPR
Cost: \$115
#8355.101**

Virtual

Instructor: Katlen Ebert is a German license PT and Yoga Therapist, C-IAYT, and a member of the International Association for Yoga Therapists.

**Thursdays, 9:00 - 11:30am
October 4 - November 20
Cost: \$75
#8355.102**

New**Strength & Stability**

This program focuses on enhancing core strength, balance, and coordination to support everyday activities. Suitable for all fitness levels, our instructor will guide you through safe and effective exercises in a supportive environment. Join us to feel stronger and more empowered in your daily life! Bring a yoga mat, strap, and towel.

Instructor: Aimee Sturges is a longtime fitness instructor and CVUSD physical education teacher.

**8 Mondays, 4:15 - 5:15pm
September 8 - October 27
Conejo Valley Adult School, MPR
Cost: \$75
#8382.201**

Zumba

Zumba is a fun dance fitness class that is great for the mind, body and soul! It 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" - it is designed to motivate everyone!

Instructor: Berenice Navarrete is a Certified Zumba instructor and fitness enthusiast.

**9 Mondays, 5:45 - 6:45pm
September 15 - November 17
(no class October 13)
Conejo Valley Adult School MPR
Cost: \$85
#8317.301**

Folk Dance Traditions

Travel the world through dance! Participant will explore the wide variety of dance traditions of Eastern Europe and the Balkans. This energetic class will focus on line and folk dances from such countries as Bulgaria, Croatia, Greece, Romania, and Serbia. No experience or partner is needed. Please wear comfortable clothing and shoes.

Instructor: Paula D. Davis has been a dancer for many years. She taught folk dance at Arizona State and Bucknell University as well as with the Folk Dance Federation of California and the Conejo Valley Folk Dancers. Recently moved, she's excited to share her knowledge with students.

**Tuesdays, 3:00 - 4:00pm
September 2 - September 30
(no class September 23)
Conejo Valley Adult School, MPR
Cost: \$40
#8381.202**

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!

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

**19 classes, Tue/Thu, 10:45 - 11:45am
September 2 - November 20
(no class Sept 23, Oct 2, Nov 11)
Conejo Valley Adult School, MPR
Cost: \$65 for Seniors / \$95 for Non-Seniors
#9020.101**

Chair Yoga - Two Options!

Designed for those who have never taken yoga before, cannot comfortably be on the floor, have arthritis or are recovering from illness or injury. Chairs are used for support. Please bring a yoga mat and strap.

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

**45 Minute Class / Twice a Week
21 classes, Tue/Thu, 9:45 - 10:30am
September 2 - November 20
(no class Sept 23, Oct 2, Nov 11)
Conejo Valley Adult School, MPR
Cost: \$105
#8341.101**

**One Hour Class / Once a Week
12 Wednesdays, 8:45 - 9:45am
September 3 - November 19
Conejo Valley Adult School, MPR
Cost: \$115
#8341.102**

Urban Zen

If you're experiencing pain, anxiety, stress, insomnia, or exhaustion, Urban Zen makes the body feel more at ease, rested, mentally clear, and emotionally balanced in no time. Experience Gentle and Restorative Yoga, breathing practices, essential oil therapy, healing touch, and meditation. Bring a yoga mat, yoga bolster, 2-3 Mexican blankets or thick towels, 2 yoga blocks.

Instructor: Jenny Klossner, MA, Certified Yoga and Pilates Instructor, has been teaching for 16 years to "every" body, regardless of age, prior experience, and/or physical ability.

**10 Thursdays, 12:00 - 1:30pm
September 11 - November 20
(no class October 2)
Conejo Valley Adult School, Room A
Cost: \$105
#8387.201**

Gentle Stretch

Learn tips to ease neck and back pain naturally. Del will introduce students to gentle stretches to help to relieve stress, improve range of motion, and help with posture. Bring your Yoga mat.

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

8 Tuesdays, 12:00 - 12:30pm
September 9 - November 8
 (no class Sept 23, Oct 4, Nov 11)
 Conejo Valley Adult School, MPR
 Cost: \$60
 #8820.204

Tai Chi I

Tai Chi is a Chinese discipline of meditative movements practiced as a system of exercises. The 24 form is a natural movement like that of water and wind. The instructor also incorporates Qigong, a practice that cultivates the body's natural energy. Please wear comfortable clothing and footwear.

Instructor: Kimiko Kuwamoto has been teaching Tai Chi since 2000 and is certified by a San Francisco master instructor.

10 Tuesdays, 5:15 - 6:15pm
September 2 - November 18
 (no class Sept 23, Nov 11)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8362.301

10 Fridays, 11:15am - 12:15pm

September 12 - November 21
 (no class Oct 3)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8362.102

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).

10 Tuesdays, 4:15 - 5:15pm
September 2 - November 18
 (no class Sept 23, Nov 11)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8361.201

Laughter Wellness for Health

Experience the truth of the statement "Laughter is the Best Medicine!" This class is a unique exercise routine which combines purposeful laughter with yoga breathing and childlike playfulness. The numerous health benefits include lessened depression, pain relief, and immune system boosting. Join this fun and social class! Wear comfortable clothes and sneakers.

Instructor: Janice Melone is certified in Laughter Yoga. After having health issues, she discovered the healing power of laughter and wishes to spread it to all!

6 Wednesdays, 5:15 - 6:15pm
October 1 - November 5
 Conejo Valley Adult School, Room A
 Cost: \$60
 #8378.301

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: Gloria Escover is a longtime instructor and former Yoga Studio owner.

10 Wednesdays, 5:30 - 6:30pm
September 10 - November 19
 (no class October 1)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8340.301

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 muscle 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.

10 Thursdays, 12:00 - 1:00pm
September 11 - November 10
 (no class October 2)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8391.201

Pilates Mat

This elevating class is a whole-body system of exercise that will improve core strength, flexibility, balance, coordination and body awareness. This class is for all skill levels. You will need a Pilates Band, and an exercise ball if you have one.

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

10 Thursdays, 1:00 - 2:15pm
September 11 - November 10
 (no class October 2)
 Conejo Valley Adult School, MPR
 Cost: \$95
 #8367.204

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 Thursdays, 5:30 - 7:30pm
October 9, 16, 23
 Conejo Valley Adult School, Room A
 Cost: \$55 + \$5 material fee to instructor
 #8831.302

Managing Osteoporosis

This course emphasizes the importance of strong bones as we age. Osteoporosis, affecting over 200 million people, leads to millions of fractures annually. While more common in women, men are also diagnosed. Regular exercise, good posture, and proper nutrition can reduce fracture risk and preserve bone tissue. This class covers safe exercise techniques, posture tips, and discusses nutrition and medications so you can be at home in your bones. Bring a Yoga mat.

Instructor: Dr. Risa Potters has been a Chiropractic Physician for over 30 years. She ran the Yoga Therapy program at the Getty Museum and is a Whole Foods educator.

6 Fridays, 12:30 - 2:00pm
September 19 - October 24
 Conejo Valley Adult School, Room A
 Cost: \$85
 #8059.202

Language

Italian

Italian for Travelers

This is the class for those who want "just enough Italian" to enhance a trip to Italy. Students will learn key phrases, develop essential vocabulary and practice short conversations. Topics will also focus on Italian culture, customs and travel tips. Buon viaggio!

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

10 Fridays, 11:15am - 12:45pm

September 12 - November 14

Conejo Valley Adult School, Room C

Cost: \$125 + \$25 material fee to instructor #8630.102

Italian Beginning 1

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

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

10 Thursdays, 5:45 - 7:15pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room C

Cost: \$125 + \$25 material fee to instructor #8631.301

10 Fridays, 9:30 - 11:00am

September 12 - November 14

Conejo Valley Adult School, Room C

Cost: \$125 + \$25 material fee to instructor #8631.102

**Italian Beginning 2**

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

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

10 Thursdays, 9:00 – 10:30am

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room B

Cost: \$125 + \$25 material fee to instructor #8632.103

OR

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

10 Thursdays, 7:30 - 9:00pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room C

Cost: \$125 + \$25 material fee to instructor #8632.302

Italian Beginning 3

Are you ready to become more proficient in Italian? Bene! This class introduces 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 (for bio, see previous listing).

10 Mondays, 9:00 - 10:30am

September 8 - November 10

Conejo Valley Adult School, Room B

Cost: \$125 + \$25 material fee to instructor #8633.101

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).

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

September 8 - November 10

Conejo Valley Adult School, Room B

Cost: \$125 + \$25 material fee to instructor #8634.102

Italian 5

This 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).

10 Tuesdays, 9:00 - 10:30am

September 2 - November 18

(no class Sep 23, Nov 11)

Conejo Valley Adult School, Room B

Cost: \$125 + \$25 material fee to instructor #8639.101

Italian Beginning Conversation

This course is designed for students who have already completed Italian 2, and would like to practice conversing in Italian in a fun, relaxing environment. New vocabulary and topics of everyday conversation will be introduced regularly throughout the course.

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

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

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room B

Cost: \$125 + \$15 material fee to instructor #8636.102

Italian Conversation

Parliamone insieme! A fun, 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).

10 Thursdays, 12:30 - 2:00pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room B

Cost: \$125 + \$15 material fee to instructor #8635.202

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. Please go to website listing for textbook information.

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 Spanish at all levels.

10 Mondays, 12:30 - 2:00pm

September 8 - November 10

Conejo Valley Adult School, Room B

Cost: \$125

#8640.201

10 Wednesdays, 9:00 - 10:30am

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125

#8640.102

OR

Instructor: Valentin Castillo, a native of Costa Rica with a Master's in Spanish Literature, has taught Spanish since 2001.

10 Thursdays, 5:45 - 7:15pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room B

Cost: \$125

#8640.303

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. Please go to website listing for textbook information.

Instructor: Judy Gold is an inspiring and highly experienced teacher. She acquired Spanish living in Mexico and Central America.

10 Mondays, 2:15 - 3:45pm

September 8 - November 10

Conejo Valley Adult School, Room C

Cost: \$125

#8641.201

OR

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

10 Thursdays, 7:30 - 9:00pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room B

Cost: \$125

#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. Please go to website listing for textbook information.

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

10 Thursdays, 2:15 - 3:45pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room C

Cost: \$125

#8642.202

OR

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

10 Wednesdays, 5:45 - 7:15pm

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125

#8642.301

Spanish Level 4

This class continues to advance the material covered in previous sessions. Students in this level have generally had 1-2 years of study. Please go to website listing for textbook information.

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

10 Thursdays, 12:30 - 2:00pm

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room C

Cost: \$125

#8643.201

OR

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

10 Wednesdays, 7:30 - 9:00pm

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125

#8643.302

**Spanish Level 5**

This class is for students with 2 plus years of Spanish and will highlight verb tenses and vocabulary. Please go to website listing for textbook information.

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

10 Tuesdays, 12:30 - 2:00pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room C

Cost: \$125

#8644.201

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).

10 Tuesdays, 10:45 - 12:15pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room C

Cost: \$125

#8645.101

Free

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? Come to this informative seminar and learn how classes are developed. No teaching credential is required although experience is a plus. Ideas and course proposals will be discussed.

Instructor: Anne Bartholomew is Coordinator of the Community Enrichment Program.

Saturday, October 4, 9:30 - 11:00am

Conejo Valley Adult School, Room C

Cost: FREE

(Pre-registration required)

#8068.101

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).

10 Tuesdays, 2:15 - 3:45pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room C

Cost: \$125

#8651.201

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).

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

September 11 - November 20

(no class Oct 2)

Conejo Valley Adult School, Room C

Cost: \$125

#8652.101

Beyond Spanish Level 8

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

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

10 Mondays, 12:30 - 2:00pm

September 8 - November 10

Conejo Valley Adult School, Room C

Cost: \$125

#8653.201

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 (for bio, see previous listing).

10 Saturdays, 9:00 - 10:30am

September 13 - November 15

Cost: \$125

#8646.V101

New**Spanish Reading Class**

New interactive course designed for Intermediate and Advanced students who wish to increase conversational and comprehension skills by exploring engaging short stories. Works by famous modern and celebrated authors will be read and discussed in class.

Instructor: Cecilia Dighero hails from Chile and taught at Santa Monica College. She also subtitled foreign films and served as an interpreter at the United Nations.

10 Wednesdays, 12:00 - 1:30pm

September 10 - November 12

Conejo Valley Adult School, Room C

Cost: \$125+\$20 material fee to instructor.

#8659.201

Japanese**Japanese for Beginners**

This class is perfect for people who are new to the language. Focus is on practical topics and vocabulary introducing students to basic communication skills in Japanese.

Instructor: Michelle Malizaki is a native of Japan and has been teaching Japanese for over 10 years. She is a Second City graduate and makes learning Japanese fun!

10 Tuesdays, 7:30 - 9:00pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room C

Cost: \$125 + \$15 material fee to instructor

#8650.301

**German****German Beginning 1**

This course is designed for true beginners – no prior knowledge of German needed. Whether you've never spoken a word or just picked up a few phrases from apps or travel, you're in the right place. From day one, we'll focus on speaking: through interactive exercises, simple dialogues, and practical vocabulary. You'll also work on pronunciation, listening, and essential grammar – all in a relaxed, supportive setting that makes learning fun and engaging.

Instructor: Denise Ilktac is a native speaker from Berlin. She teaches students of all ages and currently serves as Principal of Ventura's German Saturday School.

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

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125+\$20 material fee to instructor

#8660.101

German Beginning 2

This course is for everyone who's no longer a complete beginner. If you can already take part in simple conversations and want to take your German to the next level, this is for you. We'll build on what you know: longer sentences, more vocabulary, new grammar topics, and more fluid speaking. Through interactive activities and real-life situations, you'll grow your confidence and skills – all in a relaxed, supportive setting where learning stays fun and engaging.

Instructor: Denise Ilktac (for bio, see previous listing).

10 Wednesdays, 12:30 - 2:00pm

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125 + \$20 material fee to instructor

#8661.201

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. **Required book:** 15-Minute French: Learn in Just 12 Weeks (DK 15-Minute Language Learning) 2nd Edition.

Instructor: Saritha Swamy is fluent, having lived most of her life in the French speaking province of Quebec. Her teaching experience is as a French instructor with the Berlitz Language company.

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

September 12 - November 14

Conejo Valley Adult School, Room B

Cost: \$125 +\$10 material fee to instructor #8621.102

10 Tuesdays, 5:45 - 7:15pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room B

Cost: \$125 +\$10 material fee to instructor #8621.301

French Beginning 2

This class is suitable for students who have had a minimum of 15 hours previous exposure to French language study. It is designed to build on basic skills related to speaking, listening, reading and writing and to increase proficiency in grammar and vocabulary. **Required book:** 15-Minute French: Learn in Just 12 Weeks (DK 15-Minute Language Learning) 2nd Edition.

Instructor: Saritha Swamy (for bio, see previous listing).

10 Fridays, 12:30 - 2:00pm

September 12 - November 14

Conejo Valley Adult School, Room B

Cost: \$125 +\$10 material fee to instructor #8622.202

10 Tuesdays, 7:30 - 9:00pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room B

Cost: \$125 +\$10 material fee to instructor #8622.301

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: Corinne Weitzmann is a native French speaker, a language teacher for over 15 years, and an award-winning member of the American Association of Teachers of French.

10 Tuesdays, 2:15 - 3:45pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room B

Cost: \$125+\$20 material fee to instructor #8623.201

10 Mondays, 5:45 - 7:15pm

September 8 - November 10

Conejo Valley Adult School, Room B

Cost: \$125+\$20 material fee to instructor #8623.302

French 4

This 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 communicating.

Instructor: Corinne Weitzmann (for bio, see previous listing)

10 Mondays, 4:00 - 5:30pm

September 8 - November 10

Conejo Valley Adult School, Room B

Cost: \$125+\$20 material fee to instructor #8629.201

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: Saritha Swamy (for bio, see previous listing).

10 Wednesdays, 2:15 - 3:45pm

September 10 - November 12

Conejo Valley Adult School, Room B

Cost: \$125 +\$15 material fee to instructor #8626.201

French Conversation

This 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. This conversation course is 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: Corinne Weitzmann (for bio, see previous listing).

10 Tuesdays, 4:00 - 5:30pm

September 2 - November 18

(no class Sept 23, Nov 11)

Conejo Valley Adult School, Room B

Cost: \$125+\$20 material fee to instructor #8625.201

Sign Language

Basic Sign Language

Sign language can be rewarding and fun! Learn basic sign language vocabulary and fingerspelling in this interactive class.

Instructor: Betsy Ceurvorst is a graduate of the Pierce Sign Language Program and has experience working with the Deaf community.

7 Mondays, 7:30 - 9:00pm

October 6 - November 17

Conejo Valley Adult School, Room C

Cost: \$85 #8601.301



Home & Cooking

21 Ways to Whole Food Plant Based Eating

Join this three class series to explore solutions to making the transition to Plant Based eating. The first class will cover how to start on the journey, including a few recipes to help. The second class will explore kitchen tools, modifying your favorite recipes, and meal planning. The third class will cover batch cooking, sauces and finish with food samples. Instructor's cookbook is optional. No cooking is done in class.

Instructor: Dr. Kaaren Douglas, MD, MSPH is a geriatric specialist and author of Amazon #1 seller: 21 Ways to Go Plant-Based in 30 Days or Less. She has a passion for cooking and creating plant-based recipes.

3 Mondays, 6:00 - 7:30pm

September 8 - 22

Conejo Valley Adult School, Room A

Cost: \$55

#8292.301

Fun with Fermented Foods

This interactive class will teach you how to make sauerkraut, kimchi, kombucha and sourdough bread. We will prepare these international delicacies and discuss the health and nutritional benefits of fermented foods. You will learn the science behind fermented foods and understand why and how cultures have been fermenting for centuries.

Instructor: Paul Hudak has been deeply entrenched in the world of organic farming and gardening for 25 years. His experience has included managing large scale organic farms to teaching these practices to audiences around the world. He currently works with schools nationwide setting up sustainable farm/garden programs.

Thursday, October 23, 6:00 – 8:00pm

Conejo Valley Adult School, Room 5

Cost: \$35+\$10 material fee to instructor

#8445.301

New

Gather In Style: Thanksgiving

Tablescapes

Transform your Thanksgiving gathering into a memorable celebration with a table that wows. This 2-hour class teaches you how to design and set a formal and beautiful Thanksgiving table with confidence and flair. From understanding traditional table-setting etiquette to discovering creative tips and tricks, you'll learn how to strike the perfect balance between classic elegance and personal style.

Instructor: Johan Gyllenrok, also known as lifestyle influencer "The Dapper Swede" is North American Retail Director for Christofle. He speaks and writes about the art of setting beautiful tables, as well as style and etiquette.

Thursday, October 30, 6:00 - 8:00pm

Conejo Valley Adult School, Room 5

Cost: \$40

#8512.301

New

Gather In Style: Holiday Entertaining

Celebrate the season in style by learning how to design and host unforgettable holiday dinners. In this 2-hour immersive class, you'll discover how to create a warm, elegant, and memorable dining experience for your guests - from the first impression to the final toast.

Instructor: Johan Gyllenrok (for bio, see previous listing).

Thursday, November 6, 6:00 - 8:00pm

Conejo Valley Adult School, Room 5

Cost: \$40

#8524.301

Raising Backyard Chickens

Chickens have become a popular pet and eggs, so expensive. They are fun and rewarding, and easier than you might think to raise and maintain. This class will answer your questions and give you the guidance you need to get started confidently.

Instructor: Howard Horwitz has a small hobby farm where he raises chickens and goats. He has designed and built a variety of coops and raised a wide variety of chicken breeds.

2 Wednesdays, 6:00 - 8:00pm

October 8 - 15

Conejo Valley Adult School, Room 5

Cost: \$60

#8505.301

How to Enjoy and Appreciate Chocolate

Do you love chocolate? Join this popular class to learn about the characteristics that make chocolate tasty, fun, and possibly even good for you. We'll talk about history, production, eating, and cooking with chocolate. Oh, and did we mention that we'll taste an interesting variety of chocolate? Join us for a few fun hours of all things chocolate.

Instructor: Andy Binsley, @cacaoageek, retired software executive and chocolate geek, has searched for chocolate around the world. He recently drove cross-country searching for chocolate, ice cream, and Tesla Superchargers.

2 Saturdays, 9:30 - 11:00am

October 4 - 11

Conejo Valley Adult School, Room B

Cost: \$35 + \$15 materials fee to instructor

#8528.101

Kitchen Design Workshop

This one day workshop will introduce a new way to look at your kitchen whether you are remodeling or just doing a facelift. Come and learn all about new kitchen products, design layout, the latest colors, and how to hire the best contractor. We will discuss how to stage your kitchen for resale as well.

Instructor: Eileen Gould is owner of Eileen Gould Design & Construction, Inc. A credentialed teacher and licensed General Contractor, Eileen practices both commercial and residential design, and retrofits homes and offices for clients who are aging, handicapped or disabled.

Wednesday, September 10, 9:00am-noon

Conejo Valley Adult School, Room 5

Cost: \$40

#8520.101

Bath Design Workshop

This one day workshop will give you the basics to tackle your bathroom makeover or re-design. Learn about new products, new color, and design trends and give your bath a fresh new look increasing your home value.

Instructor: Eileen Gould (for bio, see previous listing).

Wednesday, September 17, 9:00am-noon

Conejo Valley Adult School, Room 5

Cost: \$40

#8505.101

Personal Interest

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 20 years to spiritual growth and meditation.
5 Mondays, 11:00am - 12:30pm
September 22 - October 27
Conejo Valley Adult School, Room A
Cost: \$65 + \$5 material fee to instructor
#8079.101

Guided Meditation

This 30-minute class offers the opportunity for both novice and experienced meditators to practice guided meditations to enter in a group setting. Explore various techniques that can enhance your meditation practice and foster personal growth.

Instructor: Karen Batten (for bio, see previous listing).
5 Mondays, 12:45 - 1:15pm
September 29 - October 27
Conejo Valley Adult School, Room A
Cost: \$25
#839.201

Astrology Introduction

Learn the fundamentals, how they apply to your chart, and create opportunities for awareness and growth in our fun, fact-filled class. This ancient art has never been more alive and popular! Contact becky_zemlyn@yahoo.com regarding class materials.

Instructor: Becky Zemlyn has been an astrology student and practitioner since the 1970s.
4 Tuesdays, 5:45 - 7:15pm
October 14 - November 4
Conejo Valley Adult School, Room C
Cost: \$60
#8881.301

Tarot Introduction

Journey down the "royal road to wisdom". Develop intuition and symbolic knowledge of these special cards. On the path you will discover more about yourself and others, and learn to use the tarot as a powerful tool for personal growth, insight and creativity. Contact becky_zemlyn@yahoo.com for info about cards and book for class.

Instructor: Becky Zemlyn is a member of the American Tarot Association and has read for parties and private clients.
4 Thursdays, 4:00 - 5:30pm
September 18 - October 16
(no class Oct 2)
Conejo Valley Adult School, Room C
Cost: \$60
#8169.202

Tarot II, Mastering the Cards

Students will focus on readings, strengthening intuition and developing accuracy. Join us to learn more about layouts, archetypes and symbols. Bring your skill up to the next level! You will need Tarot cards, a pen and a notebook.

Instructor: Becky Zemlyn (for bio, see previous listing).
4 Thursdays, 4:00 - 5:30pm
October 23 - November 13
Conejo Valley Adult School, Room C
Cost: \$60
#8173.202

New The Hopes and Heartaches of Vincent van Gogh (V)

In his short yet prolific career of 10 years, Vincent van Gogh created hundreds of works of art and continuously became one of the most famous Western painters and mainstays of modern art. Through the correspondence with his younger brother, art dealer Theo van Gogh, most of what is known of Vincent's thoughts, hopes, disappointments, and struggles, and flashes of inspiration are preserved in the hundreds of letters that he exchanged. As we view his work through the lens of his correspondence with his brother, we'll cover his work through his early years, through his focused studies on the South of France, and ultimately his tragic final period.

Instructor: Eleanor Schrader (for bio, see previous listing)
Wednesday, Oct 8, 10:00am - 12:00pm
Cost: \$35
#1069.101

Couples Connection Through Massage

Join with your partner and see how you can create space to connect any time - by learning (and practicing together) the art of loving touch with massage. Each week we will focus on a new area - shoulders, scalp and hands - while exploring the basic massage techniques. This class is a great antidote to another expensive evening out where you are both on your phones!

Instructor: Beacon Miodovsky graduated from The Finger Lakes School of Massage and has a private practice. She loves teaching people to connect to the wisdom of their bodies.
3 Wednesdays, 6:30 - 8:30pm
October 22 - 29
Conejo Valley Adult School, Room A
Cost: \$35 per person + \$20 material fee (per couple) to instructor
#8122.301



Genealogy Research Online

Research your own genealogy using free U.S. based online resources from all 50 states. Discover census, birth, death, marriage, obituary and other documents as well as gravestone details that will inform your family history. Learn how to interpret and save this important research for your family. **Students need to bring a laptop computer with wireless internet capability.**

Instructor: Jeff Jones has been researching his family for many years tracing family lines from their first immigration to the U.S., through the Revolutionary, Civil and World Wars, and Westward Expansion.
5 Tuesdays, 1:00 - 2:30pm
September 30 - October 28
Conejo Valley Adult School, Room A
Cost: \$65
#8542.202

New **Protecting California's Forests**

This course explores major pests and diseases impacting our California's forests. Students will learn identification, monitoring, and management strategies. Ideal for anyone interested in learning about our state's efforts to protect the forest resources from native and introduced pests.

Instructor: Kim Corella, CAL Fire Forest Pathologist with the Forest Entomology and Pathology Program.

Thursday, September 25, 1:00 – 2:30pm
Conejo Valley Adult School, Room 5
Cost: \$35
#8027.201

Electric Vehicle: To Buy or Not to Buy?

This course offers an understanding of EV technology so you can decide if it is a good option for your next car purchase. The course will include: environmental advantages and tradeoffs; basic design; driving characteristics; economic considerations; battery technology and servicing.

Instructor: Paul Fargostein is an engineer who worked on EV's and taught Engineering at Cal State Fullerton.

Saturday, October 11, 9:30am - 12:00pm
Conejo Valley Adult School, Room 5
Cost: \$35
#8054.101

New **Humanity - Who are We? Who am I?**

Examine the origins, nature, and destiny of humanity through the lens of anthropology, and philosophy. Explore how people shape identity, beliefs, and society across time. Engage with diverse perspectives—scientific, historical, and symbolic—to better understand what it means to be human. Facts, myths, and metaphors all contribute to the conversation on existence and purpose.

Instructor: Bob Brown has a master's degree in theology. He taught mathematics and English at Royal High School in Simi Valley. Thousand Oaks has been his home since 1994.

4 Thursdays, 2:30 – 4:00pm
October 9 - 30
Conejo Valley Adult School, Room B
Cost: \$60
#8011.201

New **Taxes in Retirement: What You Don't Know Can Hurt You**

Many retirees are surprised to find that their tax burden doesn't go down—in some cases, it gets worse. From unexpected taxes on IRA withdrawals, to Medicare IRMAA surcharges and the so-called "widow's penalty," retirement can bring costly surprises. In this class, you'll learn how the tax system impacts retirees and explore smart strategies that may help you keep more of your hard-earned savings.

Instructor: Daniel Ruben, MD, MBA, MPH is a physician and business professional with a passion for teaching.

Saturday, October 11, 9:30 - 11:30am
Conejo Valley Adult School, Room C
Cost: \$35
#8097.101

Wednesday, November 19, 6:00-8:00pm
Conejo Valley Adult School, Room C
Cost: \$35
#8097.302

Advanced Spanish (V)

Learn reading, speaking and listening skills which are useful for travel, work or personal enrichment. This virtual class is for those with previous instruction or exposure to Spanish through travel.

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

10 Mondays, 11:30am – 1:00pm
September 8 - November 10
\$90 for Seniors / \$125 for Non-Seniors
#9100.V102

**Dance Fitness**

This fun, low impact class is choreographed to music of all genres and improves strength, balance, flexibility, and aids in weight control for all ages!

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

19 classes, Tue/Thu, 10:45 – 11:45am
September 9 - November 20
(no class Sept 23, Oct 2, Nov 11)
Conejo Valley Adult School, MPR
\$65 for Seniors / \$95 for Non-Seniors
#9020.101

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 resistance band.

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

11 Weeks, Mon/Wed, 8:45 – 9:45am
September 8 – November 19
\$80 for Seniors / \$110 for Non-Seniors
#9010.V101

Gentle Yoga**In-Person and Virtual Options**

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).

11 Weeks, M/W, 10:00 - 11:00am
September 8 – November 19
\$80 for Seniors / \$110 for Non-Seniors
#9000.V103

In-Person Morning Classes

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

21 Classes, T/Th, 8:30 – 9:30am
September 2 - November 20
(no class Sept 23, Oct 2, Nov 11)
Conejo Valley Adult School MPR
\$75 for Seniors / \$105 for Non-Seniors
#9000.101

24 Classes, Wed/Fri, 10:00 – 11:00am

September 3 - November 21
Conejo Valley Adult School MPR
\$90 for Seniors / \$120 for Non-Seniors
#9000.102

Qigong

Qigong is an ancient Chinese exercise that promotes relaxation and inner peace. Qigong is easy to learn and takes no special equipment. Please wear comfortable clothing and footwear.

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

10 Fridays, 10:00am – 11:00am
September 12 - November 21
(no class Oct 3)
Conejo Valley Adult School, Room A
\$75 for Seniors / \$90 for Non-Seniors
#8365.102



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 Older Infant
Infants born December 2024-May 2025
Fridays 9:30am-11:30am

Parenting Your Younger Toddler
Toddlers born July 2024-December 2024
Tues or Thurs 9am-12pm

Parenting Your Older Toddler
Toddlers born January 2024-July 2024
Once per week T-F 9am-12pm

Parenting Your Two Year Old
Born between January 2023-December 2023
Once per week M-F 9am-12pm

Parenting Your Two Year Old
Born between January 2023-December 2023
Twice per week T/Th 9am-12pm

Call Now to Register!
(805) 492-8837

Visit our website for
schedule and fees
www.ConejoAdultEd.org
tbattlejohnson@conejo.usd.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 skilled parenting teachers.



Find Us Online!

Instagram:
[@horizonhillsparenting](https://www.instagram.com/horizonhillsparenting)
Facebook:
Horizon Hills Parenting Program



Horizon Hills Campus
33 Greta Street
Thousand Oaks, CA 91360

Parenting Ages 3+

Parenting Your Preschooler

Parents and their children
3+ by December 31, 2025
Attend 2, 3, or 5 days per week 9am-12pm
(Parent Participation at least once a week)

Parenting Your Homesteader

4 - 10 years old
Attend 2, 3, or 5 days per week 9am-12pm
(Parent Participation at least 4 days
per quarter)



Parenting Workshops

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



Classes begin August 25, 2025 - Enrollment is ongoing throughout the year.

Check online at www.conejoadulted.org for updated catalog details!

Conejo Valley
Unified School District
1400 E. Janss Road
Thousand Oaks, CA 91362

RESIDENTIAL CUSTOMER

NonProfit Org.
U.S. Postage
PAID
Thousand Oaks, CA
Permit 307
ECRWSS



Conejo Valley Adult Education, 1025 Old Farm Road, Thousand Oaks, CA 91362 - (805) 497-2761
www.ConejoAdultEd.org - [Facebook.com/ConejoValleyAdultEducation](https://www.facebook.com/ConejoValleyAdultEducation)



Learn CPR & First Aid

Several Class Options Per Month

Phlebotomy Training

Work with hospitals and doctors!



EMT Classes

Prepare for the EMT-1 exam

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.

HyFlex Classes

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.