

PACIFIC GROVE ADULT EDUCATION

WINTER 2027

COURSE CATALOG

REGISTRATION BEGINS

DECEMBER 2, 2026

SESSION DATES

JANUARY 4 - MARCH 20

NO CLASSES

JANUARY 18

FEBRUARY 15 - 20

MESSAGE FROM THE PRINCIPAL

Welcome to Pacific Grove Adult Education!

Our experienced and supportive teachers and staff are committed to providing you high quality, student-friendly classes and programs designed to help you reach your personal, educational, and career goals.

Whether your goal is to attain your high school diploma or high school equivalency, develop and strengthen your English reading, writing and speaking skills, improve your computer skills, expand your knowledge about effective parenting, or support your health through physical exercise, we have classes for you.

Pacific Grove Adult Education is a proud member of the Monterey Peninsula Adult Education Consortium. As the principal of Pacific Grove Adult Education and an MPAEC team leader, I want to assure you that we will continue to provide quality programs that serve our community.

I am proud to be Principal of Pacific Grove Adult Education and am honored to work with our outstanding staff and community. You can visit our website at pgadulted.pgusd.org to access all of our course offerings.

See you around the campus,

Barbara Martinez

Principal, Pacific Grove Adult Education



Refunds, Waitlists, and Other PGAE Policies

- Refunds will only be provided if the school cancels a class, either for the remainder of the session or in its entirety, due to low enrollment or other unforeseen circumstances.
- Early registration is encouraged to ensure you secure a spot in the class you want and to prevent the class from being cancelled due to low enrollment.
- If a student decides to drop a class, a credit or partial credit may be applied to their account for future classes, depending on the timing of the withdrawal.
- Waitlist Protocol:
    - If a class is full, you may request to be added to the waitlist.
    - If space becomes available, we will contact students in the order they were added to the waitlist by phone and email.
    - Students are given 2 business days to accept or decline the spot.
    - If we do not receive a response within that time, we will offer the space to the next person on the list and remove previous student.
    - For progressive classes, such as language classes, students are generally not added after the first 2 weeks of the session, unless approved by the instructor.

CULTURE OF "WE" AT PGAE

At Pacific Grove Adult Education, we are dedicated to cultivating a learning environment that values and celebrates the diversity of our students, staff, and community. We recognize the importance of diversity in enriching the educational experience and fostering a culture of inclusion and belonging.

We are committed to promoting equity by ensuring that all individuals have access to the resources, opportunities, and support they need to succeed. We actively work to identify and dismantle systemic barriers that may prevent certain groups from fully participating and achieving their educational goals.

Inclusion is at the core of our mission, and we strive to create a welcoming and affirming environment where everyone feels valued, respected, and empowered to contribute their unique perspectives and talents. We embrace diversity in all its forms, including but not limited to race, ethnicity, nationality, gender identity, sexual orientation, age, ability, religion, and socioeconomic status.

Through ongoing education, dialogue, and collaboration, we are committed to fostering a community that embraces diversity, promotes equity, and ensures inclusion for all. Together, we will continue to learn, grow, and work towards creating a more just and inclusive society.





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ENGLISH AS A SECOND LANGUAGE

Our free ESL classes are for adults who want to learn or improve their English skills. We offer a variety of classes. Classes focus on listening, speaking, reading, writing and American culture. Students acquire language skills that will help them in the work-place or enable them to find better jobs and navigate daily life. The Burlington English online program is used in addition to instructional activities.

Contact us at pgae@pgusd.org or (831) 646-6580 for additional information.

ESL Level A - Beginning

In this introductory class students will learn and review basic English grammar, acquire new vocabulary words, and practice how to pronounce them. Students are given daily opportunities to converse in English with the teacher and their classmates.

M-TH 9:00 - 12:00 pm Room 1 Free Morgan/Logue

ESL Level B - Intermediate

Students will review concepts introduced in Level A and learn more complex grammatical structures. They will learn to use an increased vocabulary, and fluency developed through class discussions on everyday topics and reading selections. In addition to practicing listening, speaking, reading, and writing skills, the class will study American civics and culture.

M-TH 9:00 - 12:00 pm Room 2 Free Billets/Sendell

ESL Level C - Advanced

Students in this class will speak with increased vocabulary about complex topics, read more advanced articles and books, and write essays that are well organized and grammatically correct. They will also study American civics and culture.

M-TH 9:00 - 12:00 pm Room 3 Free S. Turell

ESL A/B - Beginning-Low Intermediate

The ESL Level A/B class offers an introduction to oral and written English for beginning students new to the language and helps students with low-intermediate English skills learn more complex grammatical structures. Students will build their vocabulary, improve their pronunciation and speaking skills, and practice listening, reading, and writing skills. The class will also study American civics and culture.

T, TH 5:30 - 7:30 pm Room 1 Free S. Turell

ESL B/C - High Intermediate-Advanced

Students will study English at an intermediate/advanced level and learn complex grammatical structures. They will increase their vocabulary and develop fluency through discussions on everyday topics and reading selections. In addition to practicing listening, speaking, reading, and writing skills, the class will study American civics and culture.

T, TH 5:30 - 7:30 pm Room 3 Free M. Bahou

Conversation Class for English Learners

English Language Learners will have an opportunity to engage in conversation with peers and native English speakers to improve their listening and speaking skills. They will develop the skills needed for effective communication through student-centered activities that improve grammar, vocabulary, pronunciation, and intonation.

W 12:15 - 1:15 pm Room 3 Free S. Turell

ENGLISH AS A SECOND LANGUAGE

Literature for Advanced English Learners

This class provides an opportunity for advanced ESL students to improve English skills through the study of literature. Most selections will be from American literature, but we will also read works from other cultures, including novels, short stories, and poetry. In addition to improving reading skills, students will engage in discussion and write regularly. Vocabulary and grammar lessons will be based on the reading selections. ***Students will purchase their own books.***

T, TH	***12:30 - 2:30 pm***	***Room 2***	***Free***	***J. Billets***

English for Hospitality & Customer Service

This free ESL course supports English learners who want to strengthen their communication skills for work in hospitality and guest-service environments. Students develop the language needed for welcoming guests, describing services, responding to requests, and interacting professionally with supervisors and coworkers. Lessons emphasize clear communication, workplace vocabulary, and cultural expectations common in customer service settings. Instruction is based on adult-learning principles and real job tasks, helping students build the confidence and language skills needed for success in the local hospitality industry. Instruction is offered in person in the classroom but students can also join virtually online. All English levels are welcome.

T	***4:00 - 5:30 pm***	***Butterfly Room/Hybrid***	***Free***	***A. Monfared***

CITIZENSHIP

Pacific Grove Adult Education is proud to offer its Citizenship Preparation class. You will receive materials you need to fully prepare for the exam interview. Each class will feature different lessons to help you gain the knowledge and confidence you need to pass your citizenship interview. In addition to regular class work, all levels use the Burlington English online program for English learners. This program provides every student with lessons that they can complete on their computers at home or at school.

Contact us at pgae@pgusd.org or (831) 646-6580 for additional information.

Citizenship Preparation

This class provides instruction that helps students prepare to apply for U.S. Citizenship, which includes basic English skills (speaking, listening, reading, and writing). Emphasis is placed equally on the questions from the N-400 application and the questions related to U.S. history and government.

M	***5:30 - 7:30 pm***	***Room 2***	***Free***	***McDowell/Arps***
Class Dates:	***1/25, 2/22, 3/22***			
SAT	***9:30 - 11:30 am***	***Room 2***	***Free***	***McDowell/Arps***
Class Dates:	***1/9, 2/6, 3/13***			

HIGH SCHOOL DIPLOMA/EQUIVALENCY

Our free program provides individualized instruction through in-class and online learning and independent study for students who want to obtain an Adult High School Diploma or High School Equivalency Certificate, or improve their basic reading, writing, and/or math skills.

In-person instruction is offered in English, with some tutoring available in English and Spanish. Digital and paper-based study and test materials are available in English and Spanish.

Steps:

1. Call to make an Intake Appointment with the lead teacher, Greg Ludwa, at **(831) 646-6580 x8404** or **gludwa@pgusd.org**
2. During the Intake Appointment, you will register, talk about your educational background & goals, and work with the teacher to develop an Individualized Education Plan. **(Please bring any high school transcripts you have with you to your Intake Appointment if applicable.)**
3. Take a placement test within the first week. (Subsequent post tests are also required.)
4. Commit to spending at least 3 hours per week and a minimum of 40 hours total on school work, either at the adult school or independently (tracking those hours in a Distance Learning Log), and communicate regularly with the teachers.
5. Achieve your goals and celebrate!



In-Person Instruction Schedule

M, W	*9:00 am - 1:00 pm*	*Room 4*
T	*4:00 pm - 8:00 pm*	*Room 4*
TH	*2:00 pm - 6:00 pm*	*Room 4*

¡Ahora ofrecemos instrucción en español!

Lunes 12:00 - 2:00pm

ADULT HIGH SCHOOL DIPLOMA GRADUATION REQUIREMENTS

To earn your High School Diploma, you must complete 200 credits:

- English: 40 credits
- Social Studies: 40 credits
- Math: 20 credits
- Science: 20 credits
- Fine Art or Foreign Language: 10 credits
- Graduation Portfolio: 5 credits
- Electives: 65 credits (Can use work experience)

HIGH SCHOOL EQUIVALENCY

PGAE is a HiSET Testing Center. The HiSET is an approved High School Equivalency Certificate. It consists of 5 separate subject-area tests:

Reading, Writing, Math, Science, and Social Studies.

- Testing is by appointment. Call (831) 646-6580 to schedule.
- Testing is paper-based only and is available in English or Spanish.
- Test fees are waived for active PGAE students who have accumulated at least 12 hours of instruction in the current school year.
- For non-students, the full battery of 5 tests costs $140, or $105 for the first test and $15 for each subsequent test. Retakes cost $20.

CAREER PREPARATION & LIFE SKILLS

ADULTS WITH DISABILITIES



FINANCIAL SKILLS

Personal Finance: Part A

Personal Finance: Part A gives adult learners practical, no judgment tools for managing money with confidence. Students learn how to set financial goals, understand income and paychecks, make sense of taxes, choose and use bank and credit union accounts, make smart choices about big purchases like a car or a home, and build a plan to save for short and long term goals. Each week connects to real decisions in students' own lives. No prior experience is needed, and the class is open to all adult learners.

Learning Outcomes: Set SMART financial goals, explain how values/emotions shape money decisions, weigh the costs and benefits of a financial choice, describe common sources of income, read a paycheck, recognize common taxes and forms, compare banks, credit unions, use checking, savings, and online banking, make informed choices about big purchases, save for short and long term goals.

TH	***6:00 - 7:15 pm***	***Room 4/Hybrid***	***$30***	***J. Damon***

ONLINE CAREER TRAINING

ONLINE COURSES *Career Training Programs*

Accelerate your career or find a new one with any of our more than 800 online courses!

PACIFIC GROVE ADULT EDUCATION

PGAE - Ed2Go Courses
Call 831-646-6580 or explore via our website
pgadulted.pgusd.org/Programs/Online-Career-Training-Programs

CAREER PREPARATION & LIFE SKILLS

TECHNOLOGY CLASSES

Fundamental Computer Skills

Designed for students with limited or no computer skills. The goal is to introduce fundamental computer concepts, internet basics and staying safe online, email using Gmail, file management and use of word processing. This is a Northstar Digital Literacy certificate program.

M 1:00 - 2:30 pm Room 7 $50 M. Villagomez

Graphic Design with Canva

This course provides hands-on experience using Canva, a powerful, user-friendly digital design platform. Tailored specifically for modern work environments, small business marketing, and personal projects. This class guides students through key graphic design principles, brand kit management, visual presentation creation, digital publication, and AI-powered Canva features.

T 4:00 - 5:30 pm Room 7 $50 M. Villagomez

Intermediate Google Workspace w/ AI

In this course, students build advanced skills in Google Suite by creating and refining documents, spreadsheets, and presentations using Google Docs, Sheets, and Slides, with emphasis on organization, design, and real-world use. They will complete collaborative, project-based tasks that involve problem-solving, communication, data collection using Google Forms, basic analysis in Sheets, and professional presentations in Slides. Students also continue progressing toward Northstar Digital Literacy certification. ***Some Google Suite experience is required. Basic computer literacy is a prerequisite.***

M 5:30 - 7:00 pm Room 7 $50 F. Ferdowsi

iPhone Photography: Take Better Photos with Your iPhone

Learn how to take amazing photos using just your iPhone! We'll cover simple tips for better composition, lighting, and editing, plus how to use your iPhone's features to capture creative, high-quality images. Great for all levels!

T 1:30 - 3:30 pm Room 7/Field Trips $100 B. Moon Batista

Typing Test

We offer instant, accurate low-cost tests with a certificate.
$35.00 for three attempts

To schedule an appointment call (831) 646-6580

Open Computer Lab Hours

PG Adult School students

Mon 9-12:30 & 3-5 Tues 9-1 & 6-7
Wed & Thurs 9-7
Fri 9 - 2

If you are not a student, please call (831) 646-6580 for info and availability.

PARENT EDUCATION

PARENTS' PLACE

Welcome to Parents' Place, an award-winning Parent Education Program, facilitated by experienced and credentialed parent educators. We provide an atmosphere of support where babies and children play and learn in a safe, nurturing, and stimulating environment.

Age-related classes offer age-appropriate environments and activities for children birth-3 years, while adults engage in weekly parenting topics and discussions suitable for their child's unique developmental age.

Both age-related and speciality classes offer parents/caregivers an opportunity to learn valuable parenting skills while engaging and connecting with other families.

Registration is available any time during the session.
If you cannot attend the appropriate age-related class due to scheduling conflicts, please contact the Parent Education office at (831) 646-6580.

AGE-RELATED CLASSES

(newborn - 3 years)

These classes offer age-appropriate activities, weekly parenting questions and topic time, and a chance to connect with other families. Listed from youngest to oldest.

Baby and Parent/Caregiver Classes (Newborn - 1 year): ***$100***

DOB	DAY	TIME	ROOM	TEACHER
Newborn				
11/01/26-03/20/27	**Thurs PM**	**12:30 - 2:30**	***Forest Room***	**C. Kershner**
08/01/26-10/31/26	**Mon PM**	**12:30 - 2:30**	***Forest Room***	**C. Kershner**
05/01/26-07/31/26	**Tues PM**	**12:30 - 2:30**	***Earth Room***	**K. Stember**
02/01/26-04/30/26	**Wed PM**	**12:30 - 2:30**	***Forest Room***	**C. Kershner**
11/01/25-01/31/26	**Tues PM**	**12:30 - 2:30**	***Forest Room***	**C. Kershner**

Toddler and Parent/Caregiver Classes (1 - 3 years): ***$100***

08/01/25-10/31/25	**Wed AM**	**9:30 - 11:30**	***Forest Room***	**C. Kershner**
05/01/25-07/31/25	**Thurs AM**	**9:30 - 11:30**	***Earth Room***	**C. Broz**
01/01/25-04/30/25	**Tues AM**	**9:30 - 11:30**	***Forest Room***	**C. Kershner**
11/01/24-01/31/25	**Wed AM**	**9:30 - 11:30**	***Earth Room***	**C. Broz**
08/01/24-10/31/24	**Thurs AM**	**9:30 - 11:30**	***Forest Room***	**C. Kershner**
05/01/24-08/30/24	**Tues AM**	**9:30 - 11:30**	***Earth Room***	**C. Broz**
02/01/24-04/30/24	**Wed AM**	**9:30 - 11:30**	***Moon Room***	**L. Saulovich**

Fees cover materials and supplies. Parent engagement curriculum is free.

PARENT EDUCATION

SPECIALTY CLASSES



Outdoor Monday Morning Stories

This class promotes language development through stories, finger plays, and story- related art. ***This class is only designed for the specific ages of 1.5-3 years.***

M 9:30 - 11:30 am Earth Room/Outdoors $100 C. Broz

1-2-3 Sing with Me with MaryLee

This sing-a-long class is designed to engage toddlers in a variety of musical experiences. ***This class is only designed for the specific ages of 1-3 years.***

M 11:00 - 11:45 am Musical Garden $65 C. Kershner

Discovery Time

Children discover the wonder of nature, explore science activities, nature crafts, art, and storytelling. This class is held both indoors and in the children's garden. As the season changes we will plant seeds and seedlings, water, watch them grow, and care for them over time. ***This class is only designed for the specific ages of 2.5-5 years.***

M 12:30 - 2:30 pm Moon Room/Outdoors $100 K. Stember

Tots in Motion

Through free exploration and physical activities, tots will strengthen their gross motor skills, balance, and coordination using age-appropriate equipment. Parents learn ways to promote their child's gross motor development. Each child must be accompanied by an adult. ***This class is only designed for the specific ages of crawling-2 years.***

M 2:00 - 4:00 pm Multi Purpose Rm $100 A. Gabrio

Fun with Food *(MEETS on 2nd FRIDAY of each MONTH- 1/8, 2/12, 3/12)*

Join this class and make food fun through interactive food preparation, and sensory exploration. This class is designed to introduce children to healthy food and involve them in the process of cooking through recipes, gardening, and play. ***This class is only designed for the specific ages of 1 - 3 years.***

F 9:30 - 11:30 pm Earth Room $60 C. Kershner

PARENT EDUCATION

Young at Art

This class is for little hands focusing on exploration and inspiring creativity. Inspire your little artist with tempera paint, watercolor, glue, collage materials and sensory art activities. ***This class is only designed for the specific ages of 20 months-3 years.***

F 9:30 - 11:30 am Moon Room/Outdoors $100 K. Stember

Wee Chant with MaryLee

Join us in this enchanting music class that celebrates multicultural songs and lullabies. ***This class is only designed for the specific ages of newborn-1 year.***

F 1:00 - 1:45 pm Forest Room/Outdoors $65 K. Stember



Babies, Pilates and Dance

Enjoy a fun, interactive class designed for parents/caregivers and their babies. Move to choreographed workout songs that incorporate Pilates-inspired exercises while your little one enjoys playtime with engaging props and activities. There will be plenty of time for feeding, nursing, diaper changes and cuddles as needed. Come move, dance, and bond with your baby alongside instructor Karen! ***Designed for caregivers and their children up to 2 years old.***

TH 2:00 - 3:00 pm Multi-Purpose Room $65 K. Massengill

Family Ballet

A beginning ballet class designed for little ones and their caregiver. Both child and grown-up will dance together in this class. The teacher and the caregivers will both model the steps and provide encouragement throughout the class. ***Designed for the specific ages of 2.5 - 5 years.***

W 1:30 - 2:30 pm Multi-Purpose Room $65 TBD

Shonishin: Healing Touch for Your Child

A Licensed Acupuncturist teaches parents the gentle Japanese pediatric bodywork tradition practiced throughout Japan for 75 years. No needles. Learn to support your child's immune system, address fever, colic, ear infections, colds, and more. Hands-on practice each week. Materials provided. ***Suitable for children of all ages.***

TH 3:00 - 4:30 pm Room 14/Hybrid $75 K. Chamberlain

PARENT EDUCATION

CO-OP PRESCHOOL

The Pacific Grove Adult Education Co-op Preschool operates as part of our Parent Education Program for children ages 3 years through Kindergarten entry. Our program is designed to create an environment that provides opportunity for growth for both parent and child. Physical, emotional and social skills are developed through developmentally appropriate activities in art, music, science and play. Emphasis is on the development of the whole child.

It is our goal to acknowledge each child where they are upon entering preschool and taking them as far as they can go. We also strive to provide parents the support they need to help their children be academically and socially/emotionally successful in school. It is paramount that children leave preschool feeling confident, capable and knowing that school is a place where they will be safe, valued and successful.

Our Dual Language Parent Education Co-op class embeds some Spanish into daily lessons. Ven y explora - Come and explore!

Ages/Policies

- Children must be 3 years old by September 1st of the year they will start.
- It is encouraged that children are potty learned by the first day of school.
- Parents are required to work one day per week in class and attend the evening meeting once per month.

Now Registering 2026 - 2027
Fee: $300/Month

CO-OP PRESCHOOL

M-F	***8:45 - 11:30 am***	***Dual Language***	***A. Macias-Rivera***
M-F	***12:45 - 3:30 pm***	***Dual Language***	***A. Macias-Rivera***
M-F	***8:45 - 11:30 am***	***Lighthouse***	***A. Gabrio***
M-F	***12:45 - 3:30 pm***	***Lighthouse***	***C. Broz***

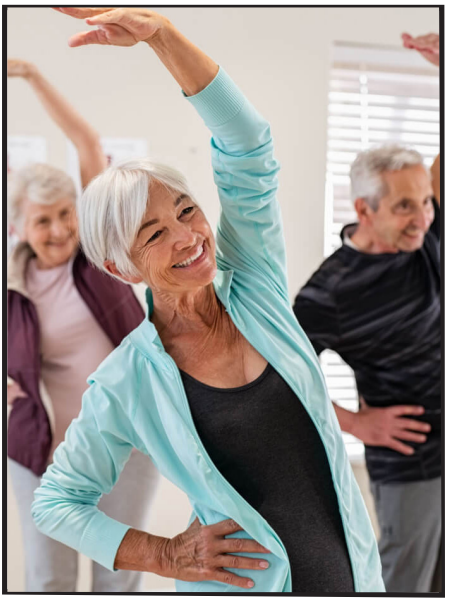
Fees cover materials and supplies. Parent engagement curriculum is free.



ACTIVE OLDER ADULTS

These classes for mature adults provide opportunities to optimize physical and mental fitness. You may register and begin at any time throughout the session.

Classes are open for anyone 18+



PGUSD residents receive a $5 discount
for classes when registering in person or by phone.
(Discount not available for online registration)

We also offer a
"Five-Day Workout Special"
just $110 when you register for two Active Older Adult classes.
(Resident discount does not apply)

By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary.

Signed activity waiver required prior to participation (form provided by instructor).

Cardio Conditioning

Traditional aerobics class with music from the 1950s thru 1990s. Emphasis on cardiovascular fitness, stretching, and abdominal conditioning.

M, W, F	***10:00 - 11:00 am***	***Multipurpose/Hybrid***	***$65***	***S. Beck***

GYROKINESIS® *(Not Applicable for Five-Day Workout Special)*

Exercise using three-dimensional movements with corresponding breathing patterns to promote suppleness and strength in the body.

T, TH	***10:15 - 11:15 am***	***Multi-Purpose/Hybrid***	***$90***	***S. Beck***

Pilates Method Conditioning

Core conditioning with emphasis on abdominals and upper back muscles. Students perform exercises developed by Joseph Pilates using a mat.

T, TH	***9:00 - 10:00 am***	***Multi-Purpose/Hybrid***	***$55***	***S. Beck***

Circuit Training for Older Adults

Get a balanced workout combining strength, balance, and endurance in a creative and flexible routine. Standing and mat exercises incorporated. This class is specifically offered to older adults.

*****In-person enrollment capacity will be determined by location.***

M, W, F	***9:00 - 9:50 am***	***TBD***	***$65***	***M. Dalhamer***
M, W, F	***9:00 - 9:50 am***	***Online***	***$65***	***M. Dalhamer***

ACTIVE OLDER ADULTS

Strength and Balance with Marta

This class helps build strength while improving your stability and coordination. The first half of the class involves standing. The second half of class involves sitting. This class is specifically offered to older adults.

***In-person enrollment capacity will be determined by location.**

T,TH	*8:00 - 8:50 am*	*Community Center*	*$60*	*M. Dalhamer*
T,TH	*8:00 - 8:50 am*	*Online*	*$60*	*M. Dalhamer*
T,TH	*9:00 - 9:50 am*	*Community Center*	*$60*	*M. Dalhamer*
T,TH	*9:00 - 9:50 am*	*Online*	*$60*	*M. Dalhamer*

Lite Aerobics for Balance & Strength

Cardiovascular exercise with strength and stretching routines with the goal of improving all elements of fitness for the first 40 minutes. Followed by 15 minutes of seated conditioning with weights. This class is specifically offered to older adults.

***In-person enrollment capacity will be determined by location.**

M, W, F	*10:00 - 10:50 am*	*TBD*	*$65*	*M. Dalhamer*
M, W, F	*10:00 - 10:50 am*	*Online*	*$65*	*M. Dalhamer*

COMMUNITY EDUCATION

ART

Art Studio

For both **intermediate** and **advanced** skill levels, our Art Studio class allows you to work on your own projects (painting, drawing, sketching, collage, and more!) with individualized guidance and instruction, demos, and critique given in each class. Bring your own favorite art supplies and be ready to work on the first day!

M	*10:00 - 12:30 pm*	*Art Room*	*$125*	*M. Gilmore*
W	*12:30 - 3:00 pm*	*Art Room*	*$125*	*M. Gilmore*
F	*10:00 - 12:30 pm*	*Art Room*	*$125*	*M. Gilmore*

Beginning Drawing

For beginning and returning students. We will do select exercises from Betty Edward's "Drawing on the Right Side of the Brain." No drawing experience is necessary. You will learn about contour, edges, negative space, value, perspective and how to apply them.

M	*1:00 - 3:00 pm*	*Art Room*	*$115*	*D. Grindol*

Beginning Watercolor *(No Classes on January 19th & February 2nd)*

For both beginning and returning students. No drawing skills needed. We will practice watercolor skills and color mixing through exercises. By the end of class we will paint a landscape together.

T	*1:00 - 3:00 pm*	*Art Room*	*$115*	*D. Grindol*

COMMUNITY EDUCATION

Colored Pencil *(No Class on January 21st)*

Join us for this wonderful art class! In this class, you will learn the basics of working in colored pencil. Students will explore papers to use and experiment with colored pencil on a watercolor painting. Beginners and returning artists are welcome in this class!

TH 1:00 - 3:00 pm Art Room $115 D. Grindol

Learning From the Masters *(No Class on January 20th)*

We will learn about the life and work of Master artists. We copy one of their works, and may use their style to make a work of our own. Any skill level, any media welcome. This class is inspired by classically trained artists who copy the work of the Masters in museums.

W 7:00 - 8:30 pm Online/Zoom $100 D. Grindol

Drawing & Painting from Life

Learn how to create artwork by observing real, physical subjects in front of you, using direct observation to improve hand-eye coordination. We will work from still life in the classroom, as well as outdoor studies when the weather allows. All levels are welcome, from beginners to advanced.

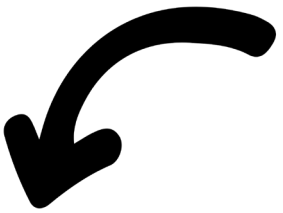
W 10:00 - 12:00 pm Art Room $115 K. Coyle

LANGUAGES

American Sign Language

This course will cover basic American Sign Language (ASL) signs. This course is for any level learner who wishes to learn ASL signs or brush up on signs you may already know or used to know. There are books provided to assist in your learning. You are encouraged to bring an ASL dictionary with you to assist your learning. This course is about Deaf & Hard-of-Hearing culture. Instructor is Hard-of-Hearing, wears hearing aid and has been signing for more than 35 years. ***ASL Dictionary Recommended.***

M 5:30 - 7:00 pm Room 5 $80 C. Orsburn



Check it out, we've added a new language class!

Arabic

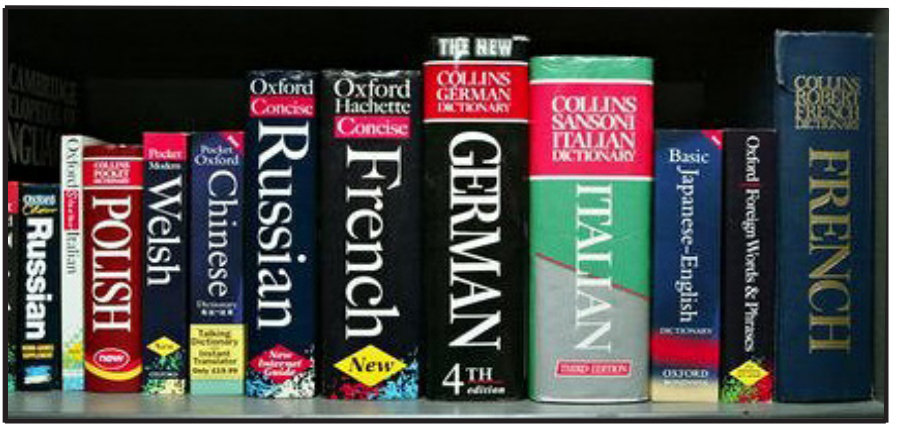
Discover the beauty of the Arabic language in this interactive class! Build vocabulary, develop grammar skills, and practice everyday conversation through topics such as family, travel, and daily life. Whether you're a beginner or continuing your studies, join us to build your confidence in Arabic while exploring the richness of Arab culture.

W 5:00 - 6:30 pm Room 3 $80 TBD

Farsi

Start your dynamic journey to master Farsi, spoken by over 110 million people worldwide. This interactive course helps students learn essential vocabulary and grammar through topics like daily life, family, travel, and food, using communicative language teaching to develop real-world proficiency. This is a multi-level course, and some continuing students may already have introductory knowledge of Farsi. Familiarity with the Persian alphabet and sound system is encouraged. Join us to unlock the keys to Farsi mastery and explore the richness of Persian culture.

M 5:00 - 6:30 pm Room 3 $80 A. Monfared



French IA - For True Beginners

This class is designed for absolute beginners who don't have previous experience in the language or who want to review basic grammar and vocabulary. We will learn to greet people formally and informally, the difference between *tu* and *vous*, introduce yourself, tell where you're from, accents, spell in French, identify people and things, the verbs "to be" and "to have" in the present tense, basic questions and pronunciation.

T 3:30 - 5:00 pm Room 1 $80 S. O'Neil

French I *(Last Class: March 11th)*

Join us to refresh your high school or college French. We'll review the verbs *etre, avoir, aller, faire* and the *-er* verbs in the present tense as well as numbers and how to ask questions. We'll uncover tricks to help master pronunciation and discuss culture.

TH 1:00 - 2:30 pm Room 1 $80 S. O'Neil

French II *(Last Friday Class: March 12th)*

In this class, we will practice the future tenses, the past tenses, and the reflexive verbs. We will also uncover tricks to help master pronunciation. Proficiency in the present tense and a solid grasp of basic vocabulary are preferred.

T 1:00 - 2:30 pm Room 1 $80 S. O'Neil
F 1:00 - 2:30 pm Room 5 $80 S. O'Neil

French III *(Last Class: March 11th)*

This is a conversational based class. Students will participate in extensive guided conversations in the target language. As needed, we will review intermediate level grammar structures and increase vocabulary. Proficiency in the *present, futur proche, futur simple*, *passé composé*, *imparfait* and *conditional tenses* preferred. This class is for high-intermediate and low-advanced French learners.

TH 5:30 - 7:00 pm Room 2 $80 S. O'Neil

French Amis

Je vous invite! Enjoy French and France during a fun evening of guided conversation. Explore cultural trends, current events, music, and literature with the support of a weekly curated handout. Improve your French pronunciation, grammar, and vocabulary with easygoing French Amis.

T 5:00 - 6:30 pm Room 2 $80 S. Doby

European Orchestral Music Tradition

Part of an on-going series of courses focusing on enriching your European travels and increasing your appreciation of the great European orchestral concert repertoire. Let this fun, engaging survey class be your ticket to enhance your enjoyment of concerts by our own Monterey Symphony Orchestra, the San Francisco Symphony and concerts elsewhere including Europe. This guided journey will feature fascinating background and lively discussions as we listen to and view stellar performances with renowned conductors and their orchestras. We will enjoy exploring orchestral music by Mozart, Beethoven, Brahms, Debussy, Ravel, Tchaikovsky and others.

M 2:00 - 3:30 pm Room 1 $80 C. Logue

German Conversation & Culture

Explore the German language and the rich cultures of German-speaking countries in this fun, interactive class designed for adult learners of all German skill levels, including beginners. Students will acquire practical conversation skills for travel and everyday communication while learning about German traditions, history, food, music, and contemporary culture. This adaptable course is ideal for new students, continuing German I, II, and III students, and anyone interested in preparing for future German language study or travel.

M 6:00 - 7:30 pm Room 1 $80 C. Logue

Italian Renaissance Art Survey

A grand artistic survey and part of an on-going series of courses focused on enriching your European travels and appreciation of Italian Renaissance art. Join us for a fun guided journey with lively discussion and rich visual experiences of the astonishing accomplishments of artists like Michelangelo, Da Vinci, Raphael, and Titian, among others. We will learn to appreciate the historical context behind these masterpieces along with the stories of how and why these works were created and how they continue to be relevant and meaningful in the 21st century. No artistic or language background required.

M 3:30 - 5:00 pm Room 1 $80 C. Logue

Italian for Travel *(4 WEEKS ONLY: 1/4, 1/11, 1/25, 2/1)*

Visiting Italy soon? This crash course is designed to equip you with the essential skills to navigate your journey with confidence. You will learn the fun of engaging in basic conversation with people, restaurants and shopping. We will focus primarily on practical conversation, keeping grammar limited to the basics. ***4 week course.***

M	***10:00 - 11:30 am***	***Room 6***	***$50***	***M. Elia***

Italian I

If you know a few random words, but you don't know any grammar, this is the course for you. Students will learn to pronounce words properly, master basic communicative situations, such as introducing themselves, asking and answering simple questions and ordering at a bar or restaurant, through plenty of interactive activites.

M	***5:00 - 6:30 pm***	***Room 6***	***$80***	***M. Elia***
W	***3:30 - 5:00 pm***	***Room 2***	***$80***	***TBD***

Italian II

For students who have the basics. Through interactive activities, students learn to address people formally and expand their conversational skills about life, interests, describing their home, etc. In grammar, we explore modal verbs and some of the most used irregular verbs as well as improve the use of adjectives and indirect pronouns.

T	***5:00 - 6:30 pm***	***Room 6***	***$80***	***M. Elia***

Italian III

This level is about learning how to share your experiences and memories, describe your daily habits, hobbies, recent travels and favorite holidays. Students will expand their conversational skills. In this course, we will go further in grammar to master past tense, adverbs of frequency, possesive adjectives and direct pronouns.

W	***5:00 - 6:30 pm***	***Room 6***	***$80***	***M. Elia***

Italian IV

Students expand their conversational skills through problem solving communication in order to have more in-depth exchanges in a variety of situations. Introduction of new vocabulary and more complex grammatical structures will be implemented through the reading of topics related to Italian culture.

TH	***5:00 - 6:30 pm***	***Room 6***	***$80***	***M. Elia***

Russian I

Join an exciting journey into the Russian language with a native Russian speaker! You will learn the alphabet, start speaking Russian, build practical vocabulary, explore Russian culture and traditions all while enjoying Russian treats and making new friends in a fun and supportive learning community. Whether you are new to Russian or returning to the course, you'll find something new to enjoy. No experience needed, just bring your curiosity and enjoy the adventure!

W	***5:30 - 7:00 pm***	***Room 1***	***$80***	***N. Lukovenko***

Spanish for Travel *(Last Class: March 10th)*

This Spanish for Travel course focuses on practical, real-life communication skills for beginners. Students learn essential vocabulary and phrases for common situations such as navigating the airport, checking into a hotel, ordering food at restaurants, asking for directions, shopping, and handling basic emergencies. The course also introduces key grammar structures, pronunciation, and cultural tips to help learners feel confident interacting with native speakers. Through dialogues, role-playing, and interactive activities, students practice speaking and listening in everyday travel scenarios.

W	***3:00 - 4:30 pm***	***Room 3***	***$80***	***C. Rodriguez***

Spanish I - Beginners *(Last Class: T March 9th & TH March 11th)*

¡Hola! In this class, students will build a foundation in the language to communicate in everyday situations. They learn how to greet others, introduce themselves, tell where they are from, age and likes, as well as describe their family and surroundings. We practice basic present-tense verbs, daily life vocabulary, dates, and telling time. Students begin to understand the difference between *ser* and *estar* and how to form simple sentences. Students will be able to hold short conversation and understand common expressions in familar context.

T	***1:00 - 2:30 pm***	***Room 5***	***$80***	***C. Rodriguez***
TH	***5:30 - 7:00 pm***	***Room 5***	***$80***	***C. Rodriguez***

Spanish II - Elementary *(Last Class: T March 9th & W March 10th)*

¡Bueno! In this course, students will expand their communicative ability by learning to narrate in the past and describe situations in greater detail. Students will study the preterite and imperfect tenses, comparisons, future plans, and expressions related to travel, shopping and health. Vocabulary will expand, listening and reading comprehension will improve as well and we will emphasize practical communication in real-life contexts. By the end, students will be able to talk about past experiences, make plans, and handle longer conversations with more confidence.

T	***5:00 - 6:30 pm***	***Room 5***	***$80***	***C. Rodriguez***
W	***1:00 - 2:30 pm***	***Room 5***	***$80***	***C. Rodriguez***

Spanish III - Intermediate *(Last Class: March 9th)*

¡Bienvenidos! In this level, students will develop greater fluency and accuracy. Students will learn to express opinions, hypotheses, and experiences using future, conditional, and present perfect tenses. We will be introduced to commands and the subjunctive mood to express wishes, recommendations and emotions. We work with connectors to link ideas and improve their discourse. Students strengthen their conversational interaction and the ability to explain points of view. By the end, students can participate in more complex and structured conversations.

T	***3:00 - 4:30 pm***	***Room 5***	***$80***	***C. Rodriguez***

COMMUNITY EDUCATION

Spanish Conversation *(Last Class: March 11th)*

This conversation-focused Spanish course is designed for our ***intermediate and advanced*** students who want to build fluency, confidence, and spontaneity in spoken Spanish. Students will engage in guided discussions, real-life scenarios, and structured debates on cultural, social, and global topics. Emphasis is on expressing opinions, agreeing and disagreeing politely, supporting arguments, and reacting in real time. Learners will expand vocabulary, improve pronunciation, and refine grammar through meaningful communication. Students will be able to participate actively in debates, sustain in-depth conversations and express complex ideas clearly and confidently.

TH 3:30 - 5:00 pm Room 5 $80 C. Rodriguez

PGAE CLUBS



Japanese Conversation & Culture Club

Whether you're just beginning to learn Japanese, have studied it before, or are a fluent speaker, this club is a great place to practice conversation, build confidence, and to connect with others who share your interest. Explore Japanese traditions, holidays, food, pop culture, and more through fun discussions and activities. Any experience level is welcome in this fun and supportive community. ***This offering is in partnership with J-LEAP (the Japanese Language Education Assistant Program).***

W 6:00 - 7:30 pm Room 14 Free A. Kato

Language Club *(Monthly Meeting Dates: 1/11, 2/8, 3/8)*

The Language Club is a fun and welcoming place to celebrate that diversity by learning from one another. Students will share with each other short, interactive mini-lessons about their language, culture, traditions, and customs. Our club includes speakers of Chinese (Mandarin), Farsi, French, Italian, Japanese, Korean, Punjabi, Spanish, Thai, and Urdu—and we would love to welcome speakers of even more languages! Whether you're fluent in another language, just beginning to learn one, or are simply curious, we'd love to have you!

Club advisor: Janet Billets, ESL and Literature Teacher, jbillets@pgusd.org

M 12:15 - 2:15 pm Room 2 Free Student Facilitated

COMMUNITY EDUCATION

FITNESS & DANCE



By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary.

Signed activity waiver required prior to participation (form provided by instructor).

Adult Soccer *(Starts January 12th)*

Get active, have fun, and enjoy soccer at night under the PGHS stadium lights! This welcoming class is open to adults of all skill levels, whether you're an experienced player, returning to the game, or getting back into form. Some prior soccer experience is recommended but not required. Play a variety of games with different mixes of skill levels and team sizes. Subject to facility availability.

***** Some classes may begin around 7:30pm to accommodate high school games.***

T, TH	***7:00 - 9:00 pm***	***PGHS Stadium***	***$60***	***G. Young***

Beginning Ballet

For the "little dancer" in an adult body who either took ballet lessons a long time ago or never did.

W	***12:00 - 1:00 pm***	***Multi-Purpose Room***	***$60***	***S. Beck***

Belly Dancing with Jamaica

Jamaica's teaching style represents traditional Middle Eastern and classic American styles of belly dance. ***All levels are welcome.***

TH	***11:30 - 12:45 pm***	***Multi-Purpose Room***	***$70***	***J. Sinclair***

Box & Tone!

Start with a 30-minute cardio circuit packed with explosive boxing techniques, drills and combinations using freestanding boxing bags to get your heart rate pumping. Then finish strong with TONE!—a 30-minute, music driven session combining barre, abs, and arm tracks into a full-body, low-impact burnout. It is the ultimate combination of high-octane stamina and targeted muscle definition!

M	***6:30 - 7:30 pm***	***Multi-Purpose Room***	***$60***	***S. Bolton***

High/Low Fitness

Experience a modern twist on low-impact aerobics in a non-stop, action-packed mix of cardio and toning tracks that will take your fitness to new levels! This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout. LOW is easy to follow and a total blast! ***Adaptable to all fitness levels.***

W 5:30 - 6:30 pm Multi-Purpose Room $60 S. Bolton



We've added a NEW dance class too—check it out!

Jazz Dance for the Joy of It!

Let's dance! In this class, we'll explore movements inspired by jazz and street dance, gradually building them into fun, choreographed routines. The focus is on moving to music, learning, and sharing the joy of dance together. ***No prior dance experience is necessary.***

T 12:00 - 1:00 pm Multi-Purpose Room $60 TBD

Line Dancing

Kick up your heels and join in on the fun! Come learn popular line dances while building coordination, balance, and confidence in a welcoming, upbeat environment. Whether you're a beginner, or have some experience, come enjoy some great music, meet new people, and dance your way to a good time!

W 4:15 - 5:15 pm Multi-Purpose Room $60 TBD

Mat Pilates

Mat pilates is a low-impact, workout that focuses on increasing core muscle tone and flexibilty for all levels. This class emphasizes mindful movement and proper body alignment to help improve overall body awareness and coordination. Participants will build strength, stability, and endurance at a comfortable pace while enjoying a supportive and welcoming environment. We will do exercises on a mat with music to improve balance, posture, and strengthen muscles. Stay fit and flexible with this fun group class!

W 3:00 - 4:00 pm Multi-Purpose Room $60 K. Massengill

Pickleball - Beginners

This class provides an introduction to the fastest growing sport in the world, including rules, techniques and strategies. Please use the parking lot off of Forest Lodge Road. ***Use of sound-dampening paddles is encouraged.*** Subject to facility availability.

T 12:00 - 1:45 pm PGHS Courts $95 Dalhamer/Ottmar

Pickleball - Intermediate

This class provides an excellent opportunity to work on more advanced skills like blocking, topspin drives, and third-shot drops. Please use the parking lot off of Forest Lodge Road. ***Use of sound-dampening paddles is encouraged.*** Subject to facility availability.

TH 12:00 - 1:45 pm PGHS Courts $95 Dalhamer/Ottmar

Swim For Fitness

This course offers a choice of self-guided, self-paced lap swimming or guided workouts overseen by an on-deck coach. Stroke instruction is available to all participants. Come and get fit. Stay fit or push to the next level. Be inspired!

***Materials: Swim suit, goggles, swim cap (if needed), towel.**

T, TH	***5:30 - 7:15 pm***	***PGHS Pool***	***$50***	***T. Barrett***
SAT	***9:00 - 10:45 am***	***PGHS Pool***	***$65***	***T. Barrett***

Swimming: Tsunami Breakers Masters

This course emphasizes fitness and strength development, and the course is appropriate for lap level through competitive level swimmers who wish to build upon their existing swimming competencies. Swimmers are supported in setting and attaining realistic personal swimming goals. Classes may feature aerobic and anaerobic swim training to develop strength, power, technique and stamina with added focus on form.

***Wednesday Class Time: 5:15 - 6:30 pm**
***Materials: Swim suit, goggles, swim cap (if needed), towel.**
***Suggested Materials: Kickboard, pull buoy, ankle band.**

M,W,F	***5:30 - 7:00 pm***	***PGHS Pool***	***$60***	***T. Barrett***

T'ai Chi / Taiji

T'ai Chi is commonly known as a "moving meditation." We will practice the Cheng Man-ch'ing version of the Yang style form as well as some Qigong and Neigong: relax, connect, extend, and merge. All levels are welcome, but this class is designed for beginners.

T, TH	***5:00 - 6:00 pm***	***Multi-Purpose Room***	***$100***	***A. Fourkas***

Qigong & Tui Shou

In this class we will use individual exercises from Qigong & Neigong as well as partner exercises (with light touching) from Tui Shou to develop rooting, sensitivity, and Qi projection. The course is open to beginners or anyone interested in cultivating their Qi.

TH	***3:45 - 4:45 pm***	***Multi-Purpose Room***	***$60***	***A. Fourkas***

Yoga Foundations

Beginning Yoga focuses on reducing stress and connecting the mind, body and spirit through stretching with breathing exercises and relaxation techniques. The class is designed for those new to Yoga, becoming comfortable with Yoga or needing time and space to practice Yoga. Poses include the need to sit, kneel, bend forward, to the side, twist and lunge. ***Participants are to bring a yoga mat, yoga blocks and a towel/ blanket. Note: This class is not for maternity conditions.***

M	***5:00 - 6:00 pm***	***Multi-Purpose Room***	***$60***	***J. McDonald***

COMMUNITY EDUCATION

Zumba ®

Zumba is a dance fitness format that blends salsa, merengue, cumbia, reggaeton, and other world rhythms into a fun, energizing cardio workout. No matter your experience level, everyone is welcome—our classes offer options for all abilities, including low impact variations so you can move at your own pace. Come dance with us!

TH	***6:15 - 7:15 pm***	***Multi-Purpose Room***	***$60***	***TBD***

SPECIAL INTEREST

Beginning Guitar *(Last Class: March 4th)*

Learn some basic chords and practice playing simple songs while you build up your guitar repertoire and finger calluses. Video reviews of the lessons are posted online for your practice support. ***Guitars are not provided. 8 week course.***

TH	***6:00 - 7:00 pm***	***Butterfly Room***	***$75***	***G. Hyde***

Grafting *(One Day: March 20th)*

Learn how to create a new apple tree. Tools, rootstocks, scions, pots and knives are provided. Personal training in using the special grafting equipment and cuttings. Only takes a little bit of practice and some hand strength to do the job. We will be grafting new apple trees in this class. ***$10 materials fee included in the price.***

SAT	***10:00 - 11:30 am***	***PGAE Meadow***	***$50***	***G. Hyde***

Building Better Bridge

Learn and enjoy the game of bridge in these welcoming two-hour weekly classes designed for different levels of experience. Monday's Beginner Bridge class introduces the fundamentals of bidding, card play, defense, and partnership communication, while Wednesday's Intermediate Bridge class develops more advanced bidding techniques, strategy, and declarer play. Through guided instruction, practice hands, and friendly table play, students will build their skills, sharpen their thinking, and gain confidence at the bridge table.

Beginner:	***M***	***10:00 - 12:00 pm***	***Room 5***	***$25***	***K. Ottmar***
Intermediate:	***W***	***10:00 - 12:00 pm***	***Room 5***	***$25***	***K. Ottmar***

The Writer's Workshop - Short Story & Non-Fiction

Explore the art of creative writing in this engaging 90-minute weekly class focused on short stories and creative nonfiction. Through writing exercises, group discussion, peer review, and guided editing, participants will develop their ideas, strengthen their individual voices, and refine their work. Writers of all experience levels are welcome in this encouraging and collaborative environment.

F	***9:30 - 11:00 am***	***Room 5***	***Free***	***K. Ottmar***

Mindful Self-Compassion *(4 WEEKS ONLY: 2/23, 3/2, 3/9, 3/16)*

This class combines mindfulness, skills for quieting your mind and staying present in the moment, with self-compassion practices. Research shows that practicing mindful self-compassion for just five minutes a day for six weeks can significantly reduce stress and anxiety and increase well-being and mood. Each session includes both instruction and guided practice. Both beginners and experienced meditators alike are welcome.

T	***4:00 - 5:00 pm***	***Room 14***	***$50***	***D. Jakubowski***

Jewelry Workshop *(3 WEEKS ONLY: 1/27, 2/3, 2/10)*

Create and take home your own custom jewelry in this hands-on workshop! Learn to make a wire-wrapped ring, a pair of earrings, and a stretchy bracelet. Choose from gold or silver-plated wire and hardware, semi-precious stones, coin pearls, glass accents, and colorful glazed mother-of-pearl shells. All materials and tools are provided. Instruction is classroom-style, with students following along with the instructor, while individual attention and assistance are available throughout the workshop. No prior experience necessary! ***Students will pay separate $30 materials fee.***

W	***5:30 - 7:00 pm***	***Art Room***	***$60***	***TBD***

Sewing: First Stitches to Fine Finishes

Discover the meditative craft of hand sewing. Whether you have never threaded a needle before or already know the basics and want to learn clean and professional finishes, alterations or how to create new designs, this class guides you from the very foundation to couture level construction—no sewing machine required. Students will learn the art of "recouture" and bring new life to their wardrobe. Join us and enjoy satisfaction of creating and repairing with your own hands. ***All levels are welcome!***

W	***4:00 - 6:00 pm***	***Room 5***	***$80***	***P. Payandehjoo***

Location List

Pacific Grove Adult School
1025 Lighthouse Ave

Meals on Wheels
700 Jewel Avenue

PG High School Courts
615 Sunset Dr (Park off Forest Lodge Rd)

PG High School Pool
615 Sunset Drive

PG High School Stadium
615 Sunset Drive (Park on Sunset Dr)

Community Center
515 Junipero Ave

Please call if you need assistance finding any of these locations.

2026-2027 Pacific Grove Adult Education

July 2026

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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August 2026

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September 2026

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October 2026

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November 2026

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December 2026

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27	28	29	30	31		

January 2027

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31						

February 2027

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28						

March 2027

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April 2027

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May 2027

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30	31					

June 2027

Su	M	Tu	W	Th	F	Sa
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20	21	22	23	24	25	26
27	28	29	30			

LEGEND

	Breaks
	First Day of Session
	Last Day of Session

SESSION DATES

Summer	*07/06*	*09/12*	10 wks
Fall	*09/14*	*12/12*	11 wks
Winter	*01/04*	*03/20*	10 wks
Spring	*03/22*	*06/12*	11 wks

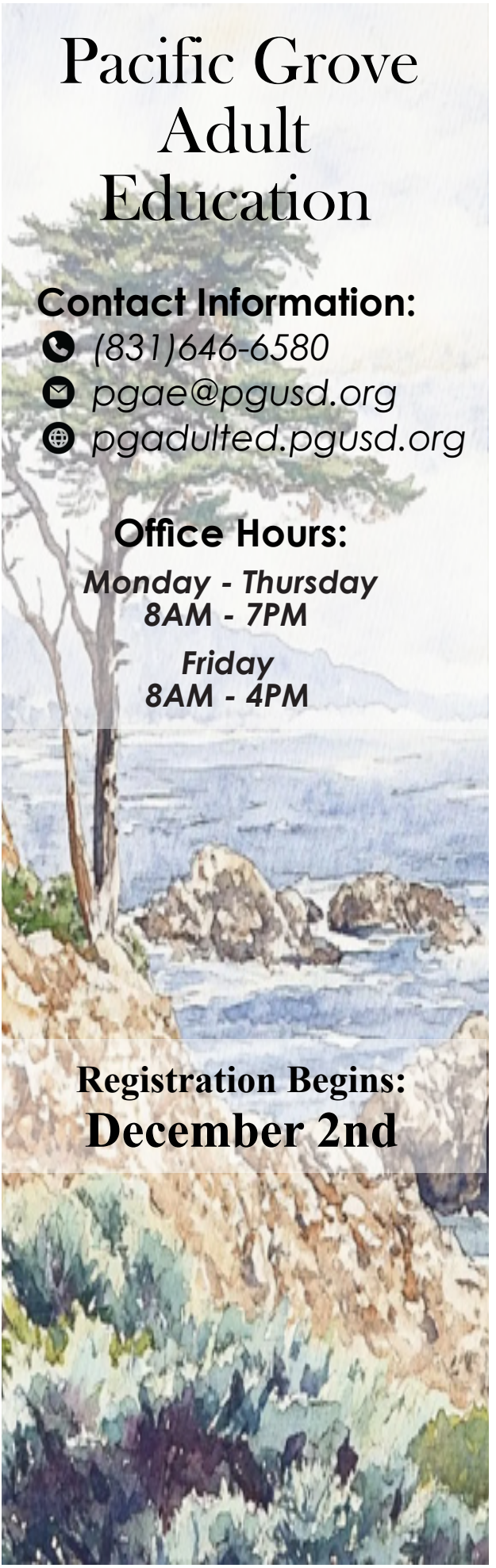
FUTURE SESSION REGISTRATION DATES:

Spring 2027 registration begins Wednesday, March 10th
Summer 2027 registration begins Wednesday, June 2nd



Asilomar Beach at Sunset — Photo courtesy of Greg Hyde

Pacific Grove Adult Education



Contact Information:

(831)646-6580

pgae@pgusd.org

pgadulted.pgusd.org

Office Hours:

Monday - Thursday
8AM - 7PM

Friday
8AM - 4PM

Registration Begins:
December 2nd

PACIFIC GROVE ADULT EDUCATION
1025 LIGHTHOUSE AVENUE
PACIFIC GROVE, CA 93950

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