

Pacific Grove Adult Education

Winter 2026

Course Catalog

REGISTRATION BEGINS

December 10, 2025

SESSION DATES

January 05 - March 21

NO CLASSES

January 19

February 13-21



"Lighting the Path for Your Education"

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 also 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 are only offered if a class is canceled by the school due to low enrollment.
- Early registration is encouraged to ensure you secure a spot in the class you want and to prevent the class from being canceled 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.
- Waitlists are not kept for any Community Education or Active Older Adult classes.
- Once a class is full and closed, no more enrollments are accepted.

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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CHECK THESE OUT!

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Full details on Page 3!



Entrepreneurial
Mindset for
Adult Learners

Want to start a business or
advance your career?
Find out more on Page 6!



Explore Careers in Education

More information on Page 6!

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 workplace 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 am - 12:00 pm Room 1 Free Morgan/Turell

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 am - 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 am - 12:00 pm Room 3 Free Kraus/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 Room 6/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 12:30 - 2:30 pm Room 2 Free McDowell/Arps
Session Dates: 1/26, 2/23, 3/16

M 5:30 - 7:30 pm Room 2 Free McDowell/Arps
Session Dates: 1/5, 2/2, 3/2

SAT 9:30 - 11:30 am Room 2 Free McDowell/Arps
Session Dates: 1/17, 2/7, 3/7

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. 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 x 8404** 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

<i>M, W</i>	<i>9:00 am - 1:00 pm</i>	<i>Room 4</i>
<i>T</i>	<i>4:00 pm - 8:00 pm</i>	<i>Room 4</i>
<i>TH</i>	<i>2:00 pm - 6:00 pm</i>	<i>Room 4</i>

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

CAREER PREPARATION

Explore Careers in Education *(1 WEEK ONLY - March 2, 3, 4, 5)*

This one-week course helps adults explore career options in education and early childhood education, understand training and credential requirements, and receive individualized advising from the instructor and College & Career Navigator. Students will learn about working in different school settings and financial support available for future educators. They will also explore pathways to apprenticeship and degree programs at nearby colleges and universities. The goal is to support and guide individuals preparing for or considering careers in the field of education.

This new course is part of a pre-apprenticeship program made possible by a California Apprenticeship Initiative (CAI) grant from the California Community College Chancellor's Office (CCCCO). Students who successfully complete the course may choose to be referred for priority consideration for the Education and ECE Apprenticeship Programs at Hartnell College and Cabrillo College.

Additional follow-up virtual sessions and advising may be scheduled.

M-Th 5:30 - 7:30 pm Room TBD Free Luke/Arps

Entrepreneurial Mindset for Adult Learners

This course empowers adult learners to develop an entrepreneurial mindset—a way of thinking and acting that helps individuals recognize opportunities, overcome challenges, and take ownership of their goals. Through real-world examples, group activities, and reflective exercises, students will gain practical tools for creative problem-solving, goal-setting, and leadership-skills useful for both starting a business and advancing a career.

Familiarity with Google Suite is strongly recommended.

Students may choose to prepare to take the U.S. Entrepreneurship Certification Examination on which this course is based.

M 2:00 - 3:30 pm Room 4 \$50 J. Damon

Find a Job, Keep a Job, Grow Your Career \$30

This course helps students build the skills, knowledge, and confidence to acquire, maintain, and grow in meaningful employment. Participants will learn job search strategies, create professional resumes and cover letters, practice interview techniques, and explore career pathways. The course emphasizes goal-setting, workplace readiness, and connecting students to resources for ongoing career success.

This is a **self-paced, open-entry course** with flexible options for participation. Students may access support by **scheduling one-on-one appointments** with the instructor. Online support is also available.

Familiarity with Google Suite is strongly recommended.

Appointment Hours

M, W 8:30 am - 1:30 pm Room 4/Hybrid J. Damon
T, TH 1:00 pm - 6:00 pm Room 4/Hybrid J. Damon

CAREER PREPARATION & LIFE SKILLS

COMPUTER 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 **5:30 - 7:30 pm** **Room 7** **\$50** **M. Villagomez**

Internet Safety

This course covers the fundamentals of internet safety. Students will learn essential practices to protect personal information by securing accounts, managing digital privacy, and identifying common online threats. This class also teaches strategies for securing personal devices and properly backing up your data.

W **5:30 - 7:30 pm** **Room 7** **\$50** **M. Villagomez**

Intro to Microsoft Office

Students with beginning experience will learn Microsoft Word, PowerPoint, and Excel. Students will also save and manage files locally (local computer or USB memory), send files in email, incorporating the Northstar Digital Literacy certificate-based program. A Gmail account is required at the beginning of the first class.

TH **5:30 - 7:30 pm** **Room 7** **\$50** **M. Villagomez**

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, Wed, Thurs: 9-5;

Tues: 9-1; Fri: 9-2

If you are not a student and would like to use the lab, please call (831) 646-6580 for info and availability.

ONLINE COURSES

CAREER TRAINING PROGRAMS



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



PGAE - Ed2Go Courses

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



ADULTS WITH DISABILITIES



PGAE's Independence Pathway Program, a free day program at the Pacific Grove Adult School, serves neurodiverse adults and adults with mild/moderate intellectual or developmental disabilities who are 18+ and have goals for independent living, continuing education and training, and community integration.



**EMPLOYMENT
READINESS**

**INDEPENDENT
LIVING SKILLS**



**HEALTH AND
WELLNESS**

Contact us today to learn more about this program:
(831) 646-6580 ext. 8426 or bmartinez@pgusd.org



Pacific Grove Adult Education

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 831-646-6623.

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): **\$90**

<i>Newborn</i> 11/1/2025 - 3/21/2026	Tues PM	12:30 - 2:30	Forest Room	C. Kershner
08/01/25-10/31/25	Thurs PM	12:30 - 2:30	Forest Room	C. Kershner
05/01/25-07/31/25	Mon PM	12:30 - 2:30	Forest Room	C. Kershner
01/01/25-04/30/25	Tues PM	12:30 - 2:30	Earth Room	K. Stember
10/01/24-12/31/24	Wed PM	12:30 - 2:30	Forest Room	C. Kershner

Toddler and Parent/Caregiver Classes (1 - 3 years): **\$90**

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
11/01/23-01/31/24	Wed AM	9:30 - 11:30	Forest Room	C. Kershner
07/01/23-10/31/23	Thurs AM	9:30 - 11:30	Earth Room	C. Broz
04/01/23-06/30/23	Tues AM	9:30 - 11:30	Forest Room	C. Kershner
02/01/23-04/30/23	Wed AM	9:30 - 11:30	Earth Room	C. Broz

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 \$80 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 11:15 - 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 \$80 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 \$80 A. Gabrio

Strengthening Your "Village"- Evening Parent Group

Join this class and share the joys and challenges of parenting your 18 month - 5 year old child. The class offers a weekly evening virtual meeting designed to be responsive to the individual needs of the parents attending. Class includes time for personal questions and group discussion. Additional resources available via Google Classroom.

Dates: 1/29, 2/5, 2/12, 2/26, 3/5, 3/12

TH 7:00 - 8:30 pm Online Only \$60 C. Kershner

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 \$80 K. Stember

Wee Chant with MaryLee

An 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

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 1 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.

Fee: \$250/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 on pages 11-12, when registering in person or by phone. (Discount not available for online registration)

We also offer a "Five-Day Workout Special" just \$90 when you register for two Active Older Adult classes. (Resident discount does not apply)



By participating in our Active Older Adult classes, you acknowledge that there are inherent risks associated with physical activities. You voluntarily assume all risks and agree to release Pacific Grove Adult School, Pacific Grove Unified School District, its employees, officers, Board of Education, agents and volunteers from any liability for injuries or damages that may occur during the class. Please consult a medical professional before participating in our active older adult classes if you have any pre-existing medical conditions that may be affected by exercise. By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary.

Signed waiver, Release and Indemnity Agreement, required prior to participation (form provided by instructor).

Cardio Conditioning

Traditional aerobics class with music from the 1950's thru 1990's. Emphasis on cardiovascular fitness, stretching, and abdominal conditioning.
M, W, F 10:00 - 11:00 am Hybrid/Multi-Purpose \$60 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 10:15-11:15 am Hybrid/Multi-Purpose Rm \$90 S. Beck

ACTIVE OLDER ADULTS

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	Hybrid/Multi-Purpose	\$50	S. Beck
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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 in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

M, W, F	9:00 - 10:00 am	Hybrid/Meals on Wheels	\$60	M. Dalhamer
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Lite Aerobics for Balance and 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 in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

M, W, F	10:00 - 11:00 am	Hybrid/Meals on Wheels	\$60	M. Dalhamer
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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 in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

T, TH	8:00 - 9:00 am	Hybrid/Meals on Wheels	\$50	M. Dalhamer
T, TH	9:00 - 10:00 am	Hybrid/Meals on Wheels	\$50	M. Dalhamer

Zumba Gold® w/ Freddie (Not applicable for Five-Day Workout Special)

For active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination with benefits like cardiovascular health, muscular conditioning and flexibility.

T	6:15 - 7:15 pm	Hybrid/Multi-Purpose	\$50	F. Ison
W	1:15 - 2:15 pm	Hybrid/Multi-Purpose	\$50	F. Ison
F	1:00 - 2:00 pm	Hybrid/Multi-Purpose	\$50	F. Ison

Yoga 50+

Build strength, improve balance, and increase flexibility in a safe and supportive environment. This class focuses on slow, mindful movements and includes modifications to ensure every pose is accessible and comfortable for your body.

T	11:30 - 12:30 pm	Multi-Purpose	\$50	B. Light
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COMMUNITY EDUCATION

Looking for a new dance and fitness option? Is learning a new language on your bucket list? How about learning new skills in an Art or Photography class? Are you interested in Guitar, Gardening, or deepening your understanding of Cinema History? Our Community Education classes have something for everyone!



ART

Art Studio

Work on your own projects. Bring your own favorite art supplies to use. Painting, drawing, collage, etc. Demos, individual attention and group critique given at each class. Be prepared to work on the first day!

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

Intermediate/Advanced Drawing and Watercolor

Traditional and contemporary methods of drawing and watercolor painting will be covered. Some materials will be provided or you can bring your own. Work on your own projects. Individual attention, demos, and critique given in each class.

M	10:00 am-12:30 pm	Butterfly Room	\$125	M. Gilmore
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Art In The Evening: The Masters

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. No Class on January 21st.

W	7:00 - 8:30 pm	Online Only	\$85	D. Grindol
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COMMUNITY EDUCATION

Color Theory & Mixing (2 WEEKS ONLY - January 6th & 13th)

Learn about the relationship between colors and how to mix paints to attain desired colors. We will also paint/draw limited palette works to aid your understanding of color relationships and mixing. You may work in watercolor, gouache or acrylic.

T 1:00 - 4:00 pm Art Room \$60 D. Grindol

Watercolor Practice (2 WEEKS ONLY - January 5th & 12th)

Students are comfortable with watercolor skills. We will work on your projects or you may follow along with the instructor’s demo. Emphasis on building skills and technique to produce finished watercolor paintings.

M 1:00 - 4:00 pm Art Room \$60 D. Grindol

Travel Journals (3 WEEKS ONLY - January 8th, 15th & 29th)

We will learn techniques for drawing fast. Subjects are local tourist sites and landmarks around the world. All skill levels are welcome. We will work in watercolor, marker and pencil.

TH 1:00 - 3:00 pm Art Room \$60 D. Grindol

Beginning Drawing (BEGINS February 2nd)

A class 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 and perspective and how to apply them.

M 1:00 - 3:00 pm Art Room \$85 D. Grindol

Beginning Watercolor (BEGINS February 3rd)

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 \$85 D. Grindol

Zentangle Art (BEGINS February 5th)

Learn the relaxing, meditative doodle art of Zentangle. We will practice patterns and also use Zentangle patterns to create artwork. Liner pens, watercolor and some pencils and markers are used to create art. No drawing skills are required.

TH 1:00 - 3:00 pm Art Room \$85 D. Grindol

COMMUNITY EDUCATION



LANGUAGES

French I A - 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.

W 4:00 - 5:30 pm Room 2 \$80 S. O’Neil

French I

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

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

French III

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

COMMUNITY EDUCATION

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.

<i>T</i>	<i>5:00 - 7:00 pm</i>	<i>Room 2</i>	<i>\$95</i>	<i>S. Doby</i>
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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. Join us to unlock the keys to Farsi mastery and explore the richness of Persian culture.

<i>M</i>	<i>5:00 - 7:00 pm</i>	<i>Room 4</i>	<i>\$95</i>	<i>A. Monfared</i>
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German

Learn German and experience a rich language and culture! Get in touch with your German heritage or prepare for your exciting trip to Germany, Austria, or Switzerland. Enrich your appreciation of Bach, Beethoven, Brahms, Strauss waltzes and the Polka! Learning German is fun and great for keeping your brain agile. Join us!

<i>M</i>	<i>6:00 - 8:00 pm</i>	<i>Room 1</i>	<i>\$95</i>	<i>C. Logue</i>
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Italian I

If you only know a few words, but don't know any grammar, this is the course for you. In this introductory class, 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 a restaurant, through interactive activities.

<i>M</i>	<i>5:00 - 6:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>M. Elia</i>
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Italian II

This course, a continuation of Italian I, is for those students with a basic knowledge of the language. With the help of situational activities, students will learn to address people formally as well as expand their conversational skills regarding their everyday life and interests, describing a home, and talking about hotel services. In grammar we'll explore modal verbs and some of the most used irregular verbs as well as improve the use of adjectives and indirect pronouns.

<i>T</i>	<i>5:00 - 6:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>M. Elia</i>
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Italian III

Students will learn to describe past events, talk about their family as well as leisure activities such as holidays, travels and shopping. This course goes further in grammar to cover past tense, adverbs of frequency, possessive adjectives and direct pronouns.

<i>W</i>	<i>5:00 - 6:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>M. Elia</i>
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COMMUNITY EDUCATION

Italian IV

In this class, students will 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.

<i>TH</i>	<i>5:00 - 7:00 pm</i>	<i>Room 5</i>	<i>\$95</i>	<i>M. Elia</i>
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Russian

Embark on a journey into the world of Russian language and culture! This introductory course is designed for absolute beginners with no prior knowledge of Russian. You will learn the fundamentals of the language in a friendly and supportive environment, focusing on practical communication skills.

W 5:30-7:30 pm Room 6 \$95 N. Lukovenko

Spanish A - Beginning

¡Hola! Begin your Spanish adventure with zero experience needed! This introductory course blends fundamental grammar with practical conversation focused on everyday situations. You'll learn essential vocabulary and practice simple dialogues to build your speaking confidence step-by-step in a supportive and encouraging environment.

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

TH 5:30 - 7:00 pm Room 6 \$80 C. Rodriguez

Spanish B - Intermediate

In this intermediate Spanish course you will enhance fluency and accuracy through interactive activities, real conversations, and discussions on everyday and cultural topics. Practice verb tenses and build confidence in longer conversations.

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

Spanish C - Advanced

¡Acompáñeme en este viaje cultural! Advanced Spanish: Enhance fluency and precision through in-depth conversations, debates, formal/informal writing, and analysis of literature and media. Fine-tune grammar, expand sophisticated vocabulary, and express subtle ideas naturally. Upper-intermediate level.

<i>W</i>	<i>5:30 - 7:00 pm</i>	<i>Room 3</i>	<i>\$80</i>	<i>C. Rodriguez</i>
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Conversation Class for Spanish Learners

This conversation-focused Spanish course for intermediate and advanced learners emphasizes practical communication. Through real dialogues, role-plays, and discussions, you'll improve your ability to ask questions, express opinions, share experiences, and describe ideas more fluently. Expect a supportive environment focused on building speaking confidence.

TH 3:30 - 5:00 pm Room 6 \$80 C. Rodriguez



FITNESS & DANCE

By participating in our Fitness and Relaxation classes, you acknowledge that there are inherent risks associated with physical activities. You voluntarily assume all risks and agree to release Pacific Grove Adult School, Pacific Grove Unified School District, its employees, officers, Board of Education, agents and volunteers from any liability for injuries or damages that may occur during the class. Please consult a medical professional before participating in our Fitness and Relaxation classes if you have any pre-existing medical conditions that may be affected by exercise. By signing up for our classes, you confirm that you are in good physical condition and have obtained medical clearance, if necessary.

Signed waiver, Release and Indemnity Agreement, required prior to participation (form provided by instructor).

Adult Soccer (BEGINS January 20th)

Come play under the stadium lights at Pacific Grove High School to get great exercise (up to 4 miles of steps!) in a pickup-style soccer class. All levels of experience, abilities, and ages (18+) are welcome.

***Days and times may vary due to field availability. Coach will keep students updated on schedule changes.*

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

This class teaches fundamental concepts of partner dancing, focusing on Frame and Connection. You’ll learn to discern music patterns, allowing you to confidently choose the right steps. The course covers key elements like body posture, partnering techniques, and body movement, including turns and rhythm, all within the context of the social dance community. No partner is required.

W	7:00 - 8:00 pm	Chautauqua Hall	\$60	B. McGlynn
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Beginning Ballet

This class is 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
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Belly Dancing with Jamaica

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

TH	11:30 am - 12:45 pm	Multi-Purpose Room	\$70	J. Sinclair
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Line Dancing

Kick up your heels and join the fun! Beginner and Intermediate dancers are welcome in this class.

W	4:00 - 5:00 pm	Multi-Purpose Room	\$60	TBD
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Zumba® with Sara

Zumba is a dance fitness format that incorporates salsa, merengue, cumbia, reggaeton and other world music into a fun, cardio workout. Come and dance!

TH	6:15-7:15 pm	Multi-Purpose Room	\$60	S. Gallagher
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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	10:30 am - 12:15 pm	PGHS Courts	\$95	Dalhamer/Ottmar
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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	10:30 am - 12:15 pm	PGHS Courts	\$95	Dalhamer/Ottmar
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Mat Pilates

Mat Pilates is a low-impact, all-levels workout that focuses on increasing core muscle tone and flexibility. We will do exercises on a mat with music to improve balance and posture and strengthen muscles. Stay fit and flexible with this fun group class!

T	3:45 - 4:45 pm	Multi-Purpose Room	\$60	TBD
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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!

***Days and times may vary due to pool availability. Coach will keep students updated on schedule changes.*

T, TH	5:30 - 7:15 pm	PGHS Pool	\$85	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.

***Days and times may vary due to pool availability. Coach will keep students updated on schedule changes.*

M,W,F	5:30 - 7:00 pm	PGHS Pool	\$120	T. Barrett
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COMMUNITY EDUCATION

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 work-out. LOW is easy to follow and a total blast! Adaptable to all fitness levels.

M 6:15-7:15 pm Multi-Purpose Room \$60 S. Bolton

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 \$95 J. Hausserman

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 J. Hausserman

Beginning Yoga

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 and a towel/blanket.

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



COMMUNITY INTEREST

Beginning Guitar

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.

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

COMMUNITY EDUCATION

Cinema History: Kitchen Sink Realism

This course examines the groundbreaking movement in postwar British cinema that turned its lens toward the struggles, desires, and disillusionment of the working class. Through ten landmark films, we will explore how directors used naturalistic style, regional voices, and social critique to challenge Britain's class system and cultural identity. The course emphasizes themes of rebellion, gender, and moral frustration while tracing the movement's enduring influence on contemporary realism worldwide.

F 9:30-11:00 am Online Only Free K. Ottmar

Card Game Theory - Intermediate Bridge Play

Already comfortable with Basic Bridge? This fast-moving intermediate class sharpens the three pillars of play—bidding, declarer technique, and defense—so you win more contracts and your partner trusts your table decisions. We refine competitive auctions, explore notrump and slam tools, and drill practical declarer plans alongside modern defensive signaling.

W 10:00 - 11:45 am Room 5 Free K. Ottmar

Conscious Parenting

Discover the deeper reasons behind your child's behavior and learn how to respond with awareness rather than reaction. This class offers practical tools to build genuine connection, foster emotional intelligence, and guide your children toward becoming responsible, resilient, and happy adults. Transform everyday challenges into opportunities for growth—for both you and your child. For parents/guardians of children/teens of any age.

T 6:00 - 8:00 pm Online Only \$95 Dr. Norouzi

iPhone Photography: Take Better Photos with Your iPhone

Learn how to take amazing photos using just your iPhone! This fun, hands-on class will show you how to make the most of your phone's camera app—no fancy gear needed. 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 beginners and anyone who wants to level up their iPhone game.

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

Organic Gardening for Winter

This class is a practical guide to growing food in a winter garden. It includes seed germination and hands-on experience with winter gardening during the rainy season. From soil to seed, collecting rainwater and managing pests, harvest to table, we'll cover it all! We'll also include recipes for the winter garden. This class will move between the classroom and the community garden depending on the weather. You'll roll up your sleeves, plant seeds, and weed. Best of all, everyone shares in the harvest!

T, TH 9:30-11:00 am Community Garden \$120 B. Adams

LOCATION LIST

Most classes are offered at our main campus unless otherwise noted.

Pacific Grove Adult School Main Campus 1025 Lighthouse Avenue
Pacific Grove

Community Garden at the Adult School 210 Ridge Road
Pacific Grove

Meals on Wheels 700 Jewell Avenue
Pacific Grove

PG High School Courts 615 Sunset Drive
(Parking off of Forest Lodge Road) Pacific Grove

PG High School Pool 615 Sunset Drive
Pacific Grove

Chautauqua Hall Corner of 16th & Central Ave
Pacific Grove

Canterbury Woods 651 Sinex Avenue
Pacific Grove

July 2025						
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August 2025						
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September 2025						
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October 2025						
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November 2025						
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December 2025						
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January 2026						
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February 2026						
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March 2026						
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April 2026						
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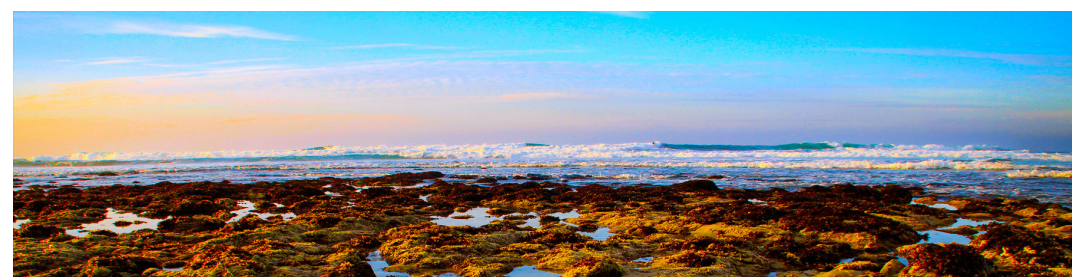
May 2026						
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LEGEND	
	Breaks
	First Day of Session
	Last Day of Session

SESSION DATES		
Summer	07/01 - 09/20	11 wks
Fall	09/22 - 12/20	11 wks
Winter	01/05 - 03/21	10 wks
Spring	03/30 - 06/13	10 wks

FUTURE SESSION REGISTRATION DATES:

Spring 2026 registration begins Wednesday, March 11th
Summer 2026 registration begins Wednesday, June 3rd



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:

Mon - Thurs 8 a.m. - 7 p.m.

Friday 8 a.m. - 4 p.m.

REGISTRATION BEGINS:

December 10th

**PACIFIC GROVE ADULT EDUCATION
1025 LIGHTHOUSE AVE
PACIFIC GROVE, CA 93950**

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