

Pacific Grove Adult Education
Fall 2025
Course Catalog



ROOTS & WINGS

Registration Begins
September 10, 2025

SESSION DATES

September 22 – December 20

NO CLASSES

October 13–18

November 11

November 24–29

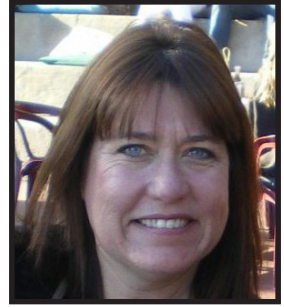
"LIGHTING THE PATH FOR YOUR EDUCATION"



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 cancelled 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 cancelled due to low enrollment.
- 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.

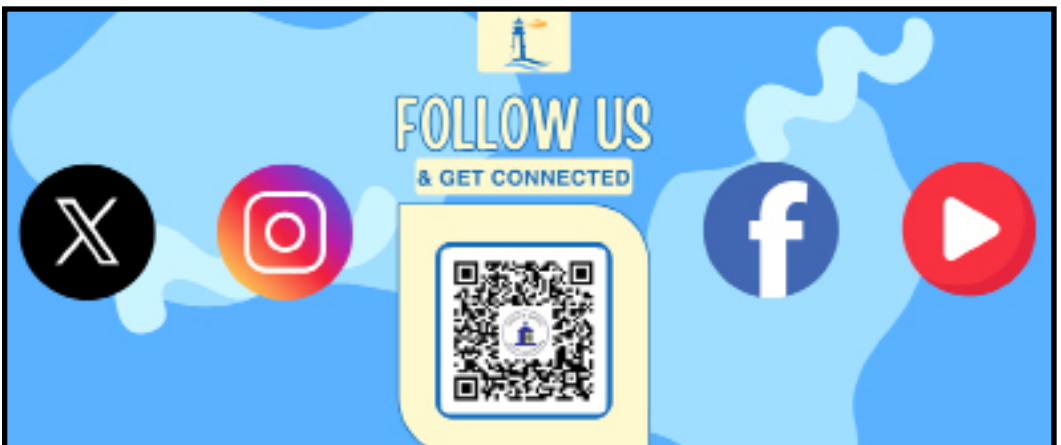


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CHECK THESE OUT!

Find Language Classes, Starting on Pages 2 & 14



Italian 1-4



English A-C



Spanish A-C



Farsi



French 1-4



American Sign
Language

PACIFIC GROVE ADULT EDUCATION DANCE CLASSES

FOUND ON
PAGE 12

AND PAGES
18-20



ZUMBA
GOLD

BEGINNING
BALLET

BELLY
DANCING

BALLROOM
DANCING

BEGINNING GUITAR CLASS

AT PACIFIC GROVE ADULT EDUCATION | FOUND ON PAGE 21



TAI CHI

On Page 20

At Pacific Grove Adult Education
Tuesdays and Thursdays

For all
Levels



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 call our office at 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 a.m.-12 p.m. 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 a.m.-12 p.m. 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 a.m.-12 p.m. 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 p.m. 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 p.m. Room 3 Free M. Bahou

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.

T, TH 12:30-2:30 p.m. Room 3 \$30 (materials fee) J. Billets

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 p.m. Room 3 Free S. Turell

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 call our office at 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 p.m. Room 2 Free McDowell/Arps
Session dates: 10/27, 11/3, 12/15

M 5:30-7:30 p.m. Room 2 Free McDowell/Arps
Session dates: 10/20, 11/17, 12/8

SAT 9:30-11:30 a.m. Room 2 Free McDowell/Arps
Session dates: 10/4, 11/8, 12/6

HIGH SCHOOL DIPLOMA/EQUIVALENCY

Our free program provides individualized instruction through in-class and online learning 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.

Steps:

1. Call to make an Intake Appointment with the lead teacher at (831) 646-6580 x 8404 or email the office at pgae@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 is offered in English. Digital and paper-based study and test materials are available in English and Spanish.

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 EXAM

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.

In-Person Instruction Schedule

<i>M</i>	<i>9 a.m.-1 p.m.</i>	<i>Free</i>	<i>Room 4</i>	<i>TBD</i>
<i>T</i>	<i>4 p.m.-8 p.m.</i>	<i>Free</i>	<i>Room 4</i>	<i>TBD</i>
<i>W</i>	<i>9 a.m.-1 p.m.</i>	<i>Free</i>	<i>Room 4</i>	<i>TBD</i>
<i>TH</i>	<i>2 p.m.-6 p.m.</i>	<i>Free</i>	<i>Room 4</i>	<i>TBD</i>

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 the co-op
- 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

Fees cover preschool, materials and supplies.

Parent Engagement curriculum is free.

Start Date: August 11th, 2025

Co-op Preschool

<i>M-F</i>	<i>8:45-11:30 a.m.</i>	<i>Dual Language</i>	<i>A. Macias-Rivera</i>
<i>M-F</i>	<i>12:45-3:30 p.m.</i>	<i>Dual Language</i>	<i>A. Macias-Rivera</i>
<i>M-F</i>	<i>8:45-11:30 a.m.</i>	<i>Lighthouse</i>	<i>A. Gabrio</i>
<i>M-F</i>	<i>12:45-3:30 p.m.</i>	<i>Lighthouse</i>	<i>C. Broz</i>



PARENT EDUCATION

PARENTS' PLACE

Welcome to Parents' Place, an award-winning Parent Education Program. We offer a supportive atmosphere where children play and learn in a safe, nurturing, and stimulating environment. Facilitated by experienced and credentialed parent educators, we offer a variety of classes including weekly age-related, parent engagement classes for parents/caregivers of children birth-3 years including parenting topics and discussions suitable for their child's unique developmental age. Parents/caregivers 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)

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

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.*

Thur PM: 12:30-2:30 Forest Room Child's DOB 08/01/25-12/20/25 C. Kershner

Mon PM: 12:30-2:30 Forest Room Child's DOB 05/01/25-07/31/25 C. Kershner

Tues PM: 12:30-2:30 Earth Room Child's DOB 01/15/25-04/30/25 K. Stember

Wed PM: 12:30-2:30 Forest Room Child's DOB 10/14/24-01/15/25 C. Kershner

Tues PM: 12:30-2:30 Forest Room Child's DOB 09/01/24-10/31/24 C. Kershner

Toddler and Parent/Caregiver Classes (1 - 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.*

Tues AM: 9:30-11:30 Earth Room Child's DOB 05/01/24-08/30/24 C. Broz

Wed AM: 9:30-11:30 Moon Room Child's DOB 02/01/24-04/30/24 L. Saulovich

Wed AM: 9:30-11:30 Forest Room Child's DOB 11/01/23-01/31/24 C. Kershner

Thur AM: 9:30-11:30 Earth Room Child's DOB 07/01/23-10/31/23 C. Broz

Tues AM 9:30-11:30 Forest Room Child's DOB 04/15/23-06/30/23 C. Kershner

Wed AM: 9:30-11:30 Earth Room Child's DOB 02/01/23-04/30/23 C. Broz

Thur AM: 9:30-11:30 Forest Room Child's DOB 12/01/22-03/30/23 C. Kershner

The cost of classes listed above is \$80

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, fingerplays, and story related art. **This class is only designed for the specific ages of 1.5-3 years.**

M 9:30-11:30 a.m. 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 a.m. Musical Garden \$65 C. Kershner

Discovery Time

Children discover the wonder of nature, explore science activities, crafts, and storytelling. We will plant seeds and seedlings and watch them grow. **This class is only designed for the specific ages of 2.5-5 years.**

M 12:30-2:30 p.m. 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 2-4 p.m. 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: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

TH 7-8:30 p.m. 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 a.m. 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 1-1:45 p.m. Forest Room/Outdoors \$65 K. Stember

ADULTS WITH DISABILITIES



Independence Pathways Program



LIGHT THE PATH WITH PGAE!

INDEPENDENCE PATHWAY PROGRAM

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.

**INDEPENDENT
LIVING SKILLS**



**EMPLOYMENT
READINESS**



**HEALTH AND
WELLNESS**

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

SCAN QR CODE WITH
CAMERA FOR MORE INFO



Pacific Grove Adult Education

JOB READINESS & LIFE SKILLS

Pacific Grove Adult School

Computer Lab

PG Adult School students

Monday: 9-5; T, W: 9-12, Th: 12-5; F: 9-2

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

TYPING TEST

We offer instant, accurate, low cost
tests with a certificate

\$35.00 for three attempts

Call (831) 646-6580

to schedule an appointment

Find a Job, Keep a Job, Grow Your Career

This class is designed to equip students with the skills, knowledge, and confidence needed to acquire, maintain, and grow in meaningful employment. Participants will identify their strengths and interests, learn job search strategies, create professional resumes and cover letters, practice interview techniques, and explore various career pathways. The course emphasizes goal-setting, workplace readiness, and connecting students to resources for ongoing career success. Self-paced/independent study, and online options are available including additional office hours Monday/Wednesday 8:30 am-1:30 pm and Tuesday/Thursday 1-6 pm.

M **12:30-2 p.m.** **Room 4/Hybrid** **\$20** **J. Damon**

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 p.m.** **Room 7** **Free** **M. Villagomez**

Intro to Google Suite

Students with beginning experience will learn Google Docs, Drive, Slides and Sheets. Students will also create email and calendars and will continue to the next level, incorporating the Northstar Digital Literacy certificate based program.

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

JOB READINESS & LIFE SKILLS

AI Unlocked: Skills for the Future

Discover how Artificial Intelligence (AI) can help you work smarter, save time, and unleash your creative side. From organizing your life to generating fresh ideas, you'll learn practical, everyday ways to put AI to work—no experience required! Just bring your curiosity and an open mind.

W 1-3 p.m. Room 7 \$50 TBD

iPhone Made Easy

Learn how to make your iPhone or iPad work for you—not the other way around! In this fun, hands-on class, you'll master the basics, explore handy apps, take and organize your photos, and discover hidden features you never knew existed. Whether you're brand new to Apple devices or just want to stop asking your grandkids for tech help, our friendly instructor will have you swiping, tapping, and snapping with confidence in no time.

TH 10:30 a.m. - 12 p.m. Room 7 \$45 TBD

ONLINE COURSES

CAREER TRAINING PROGRAMS



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

Art & Design | Business | Computers/IT | Construction | Health & Fitness | Hospitality | Languages | Law | Small Business/Entrepreneurship | Writing

- 24/7 course access
- Books and materials included
- Certificate of Completion
- Financial assistance available
- Student Advisors included
- Industry recognized certifications



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



ACTIVE OLDER ADULTS

Pacific Grove Adult Education Active Older Adult Classes



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).

These classes for mature adults provide opportunities to optimize physical and mental fitness. You may register and begin class at any time throughout the session. **PGUSD residents receive a \$5 discount** when you register in person or by phone. Discount not available for online registration. We offer a **“Five-Day Workout Special” for \$90** when you register for two active older adult classes. **(Resident discount not applicable for Five-Day Workout Special).** Classes are open for anyone 18+.

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 9-10 a.m. Hybrid/Meals on Wheels \$60 M. Dalhamer

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 10-11 a.m. Hybrid/Meals on Wheels \$60 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 in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults.

<i>T, TH</i>	<i>8-9 a.m.</i>	<i>Hybrid/Meals on Wheels</i>	<i>\$50</i>	<i>M. Dalhamer</i>
<i>T, TH</i>	<i>9-10 a.m.</i>	<i>Hybrid/Meals on Wheels</i>	<i>\$50</i>	<i>M. Dalhamer</i>

GYROKINESIS®

Exercise using three-dimensional movements with corresponding breathing patterns to promote suppleness and strength in the body. **Not applicable for Five-Day Workout Special**

<i>T, TH</i>	<i>10:15-11:15 a.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$90</i>	<i>S. Beck</i>
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Cardio Conditioning

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

<i>M, W, F</i>	<i>10-11 a.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$60</i>	<i>S. Beck</i>
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Pilates

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

<i>T, TH</i>	<i>9-10 a.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$50</i>	<i>S. Beck</i>
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Zumba Gold® with Freddie

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.

Not applicable for Five-Day Workout Special

<i>T</i>	<i>6:15-7:15 p.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$50</i>	<i>F. Ison</i>
<i>W</i>	<i>1:15-2:15 p.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$50</i>	<i>F. Ison</i>
<i>F</i>	<i>1-2 p.m.</i>	<i>Hybrid/Multi-Purpose Rm</i>	<i>\$50</i>	<i>F. Ison</i>

Yoga for 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.

<i>M</i>	<i>11:15-12:15 p.m.</i>	<i>Multi-Purpose Room</i>	<i>\$50</i>	<i>TBD</i>
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COMMUNITY EDUCATION

Looking for a new dance and fitness option? Are Spanish, French or Farsi classes on your bucket list? How about learning new skills in a Photography class? Are you interested in Guitar, Art, Gardening or deepening your understanding of Baseball? Our Community Education classes have something for everyone! Students must be 18+ to participate.



ART

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 a.m.-12:30 p.m. Butterfly Room \$125 M. Gilmore

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 1 -3:30 p.m. Art Room \$125 M. Gilmore
F 10 a.m.-12:30 p.m. Art Room \$125 M. Gilmore

COMMUNITY EDUCATION

ART

Beginning Watercolor

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 1-3 p.m. Art Room \$100 D. Grindol

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.

W 7-8:30 p.m. Online Only \$85 D. Grindol

Beginning Drawing

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 1-3 p.m. Art Room \$100 D. Grindol

Drawing & Watercolor II

We will work on warm-up techniques and habits that improve drawing skills. Demos in class will include ink and watercolor and zentangle, which combine both skills. We will work from still life and photo references. You may want to work on your own project with teacher guidance.

TH 1-3 p.m. Art Room \$100 D. Grindol

Art In The Redwoods (Class held on November 15th only)

A field trip to Santa Lucia Preserve. Special access to a grove of redwoods where we will learn and talk about these majestic trees, then have time to sketch, write or paint in nature. Pack a lunch and be able to walk 50 yards on uneven ground. We will meet in Carmel Valley. An exceptional experience!

S 10 a.m.-1 p.m. Outdoors \$25 D. Grindol

COMMUNITY EDUCATION

LANGUAGES

Russian I

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 p.m.*** ***Room 6*** ***\$95*** ***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. Join us to unlock the keys to Farsi mastery and explore the richness of Persian culture.

M ***6-7:30 p.m.*** ***Room 3*** ***\$80*** ***A. Monfared***

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 ***1-2:30 p.m.*** ***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 ***1-2:30 p.m.*** ***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 p.m.*** ***Room 2*** ***\$80*** ***S. O'Neil***

French IV

Je vous invite! Practice pronunciation, increase vocabulary, and improve grammar while conversing about current events and cultural trends, watching and discussing videos, and reading articles and excerpts from classic and modern literature. Intermediate and advanced students are welcome!

T ***5-7 p.m.*** ***Room 2*** ***\$95*** ***S. Doby***

COMMUNITY EDUCATION

Italian I

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 a meal, through interactive activities.

M ***5-6:30 p.m.*** ***Room 5*** ***\$80*** ***M. Elia***

Italian II

With the help of situational activities, students will learn to address people formally as well as expand their conversational skills regarding their everyday life, interests and present plans. We'll also learn about Italian everyday life.

T ***5-6:30 p.m.*** ***Room 5*** ***\$80*** ***M. Elia***

Italian III

This course goes further in grammar to cover irregular verbs, modal verbs, the past tense, and improve your use of adjectives and prepositions. You will learn to express yourself in the past tense, talking about leisure activities, travel, the weather and asking for touristic information.

W ***5-6:30 p.m.*** ***Room 5*** ***\$80*** ***M. Elia***

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 a novel or topics related to Italian culture.

TH ***5-7:00 p.m.*** ***Room 5*** ***\$95*** ***M. Elia***

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 ***1-2:30 p.m.*** ***Room 5*** ***\$80*** ***C. Rodriguez***

COMMUNITY EDUCATION

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 p.m. 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.

W 5:30-7 p.m. Room 3 \$80 C. Rodriguez

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 1-2:30 p.m. Room 5 \$80 C. Rodriguez

FITNESS AND 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.*

COMMUNITY EDUCATION

FITNESS AND DANCE

Tsunami Breakers Masters Swimming

November 10th thru December 19th

This course emphasizes fitness and strength development, and the course is appropriate for lap level swimmers through competitive level swimmers who wish to build upon their existing swimming competencies. Coaching is available to measure individual swimmers' existing fitness and swimming skill levels and then to set and attain realistic personal swimming goals. Classes may feature aerobic and anaerobic swim training to develop strength, power, technique and stamina with added focus on form. Swimmers enjoy camaraderie and a sense of satisfaction in setting and attaining individual fitness goals.

M,W,F 5:30-7 p.m. PGHS Pool \$65 T. Barrett

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! **The T-TH class runs from Nov. 13 to Dec. 18. The Saturday class runs from Sept. 27 to Dec. 20, with no classes held Oct. 11 and Oct. 25.**

T,TH 5:30-7:15 p.m. PGHS Pool \$65 T. Barrett
SAT 9-10:45 a.m. PGHS Pool \$65 T. Barrett

Ballroom Dancing

This class teaches fundamental concepts of partner dancing, focusing on frame and connection. You'll learn to understand and respond to music, 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 7-8 p.m. Chautauqua Hall \$60 B. McGlynn

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.

M 6:15-7:15 p.m. Multi-Purpose Rm \$60 S. Bolton
W 5:15-6:15 p.m. Multi-Purpose Rm \$60 S. Bolton

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.

T 10:30 a.m. - 12:15 p.m. PGHS Courts \$95 Dalhamer/Ottmar

COMMUNITY EDUCATION

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.

TH 10:30 a.m. - 12:15 p.m. PGHS Courts \$95 Dalhamer/Ottmar

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.

M 5-6 p.m. Multi-Purpose Rm \$60 J. McDonald

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 p.m.. Multi \$60 TBD

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 p.m. Multi-Purpose Rm \$60 S. Gallagher

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 a.m.-12:45 p.m. Multi-Purpose Rm \$70 J. Sinclair

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 5-6 p.m. Multi-Purpose Rm \$95 J. Haussermann

Qigong & Tui Shou

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

TH 3:45-4:45 p.m. Multi-Purpose Rm \$60 J. Haussermann

COMMUNITY EDUCATION

Line Dancing

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

W 4-5 p.m. Multi-Purpose Rm \$60 TBD

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 12-1 p.m. Multi-Purpose Rm \$60 S. Beck

WELLNESS AND COMMUNITY INTEREST

Organic Gardening for Fall

Organic Gardening for Fall: This class is a practical guide to growing food in a garden. It includes soil preparation and provides a simplified planting schedule to grow food through the fall and plan for your winter garden. A variety of vegetable and herb seeds are selected for the class and our local climate. From soil to seed, watering and pest, harvest to table, we'll cover it all! You'll “roll up your sleeves” and plant seeds, transplant starts, water and weed. Best of all, everyone shares in the harvest!

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

Joyful Living

Five practical steps to transform life challenges into joy and harmony. This class focuses on various tools and concepts to empower you to live a more mindful, peaceful and joyful life, overcome negative thoughts and have more harmonious relationship with people at work and home.

T 6-8 p.m. Online Only \$95 Dr. Norouzi

Dramatic Photography (September 23rd - December 2nd)

Learn the many ways you can improve your photography by using the settings and buttons of your camera appropriately. We will cover what to use when, how, where, and why. Most classes will be self-discovery with your own camera. Plan to spend some time outdoors each class. The last two classes will be a walk and explore shooting on Fisherman's Wharf and on Cannery Row.

T 6-7:30 p.m. Room 7 \$90 G. Hyde

Lightroom Classic

Learn to import your photographs into Lightroom Classic, edit in the Development Module using basic tools, new features in the Masking Adjustment Brush, Color Mixer, Lens Blur, and more. This course is for beginners as well as those who want to refresh their skills.

T 1:30-4 p.m. Room 7 \$150 B. Moon Batista

Game Theory - Beginner's Guide to Popular Games

See games the way strategists do. This hands-on intro uses familiar favorites—Cribbage, Gin Rummy, and classic dice games—to teach core game-theory ideas without the jargon. You'll practice pegging routes and endgame counting in Cribbage, draw/discard timing and signaling in Gin, and decision trees for dice. No math background needed—just curiosity. Leave with practical tactics, a simple toolkit for analyzing any game, and the confidence to make better decisions under pressure.

W 10 - 11:45 a.m. Room 5 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.

M 10 - 11:45 a.m. Room 5 Free K. Ottmar

Cinema History: Identity and the Cinematic Journey

From Hitchcock's moors to Wenders's motor inns, this course explores the road trip as cinema's favorite laboratory for identity. Ten films anchor a study of how motion drives plot, reinvents relationships, and turns landscapes into arguments about nation, class, gender, and modernity.

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

This Week in Baseball (September 24th -November 5th)

Unlock a deeper understanding of today's baseball by tracking the unfolding MLB season. In each class, you'll gain practical skills in game analysis and forecasting using essential statistics and strategies. This class offers a welcoming space for all levels of fandom to connect, discuss, and learn during the best time of the year, playoff baseball season!

W 6-7:30 p.m. Room 1 \$40 N. Jensen

Women's Hormonal Health Support Class

This class focuses on supporting women during various hormonal transitions. Transitions such as puberty, perimenopause, menopause, postpartum, and fertility treatments. **There is a \$20 materials fee per person in addition to the class fee.**

W 6-7:30 p.m. Hybrid/Room 8 \$80 C. Vera

Beginning Guitar (September 25th - November 20th)

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 6-7 p.m. Butterfly Room \$75 G. Hyde

PACIFIC GROVE ADULT SCHOOL LOCATION LIST

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

**Pacific Grove Adult School
Main Campus**
1025 Lighthouse Ave, Pacific Grove

Community Garden at the Adult School
210 Ridge Rd, Pacific Grove

Meals on Wheels
700 Jewell Ave, Pacific Grove

PG High School Courts
(parking located off of Forest Lodge Rd)
615 Sunset Dr, Pacific Grove

PG High School Pool
615 Sunset Dr, Pacific Grove

Chautauqua Hall
Corner of 16th and Central Ave, Pacific Grove

Canterbury Woods
651 Sinex Ave, Pacific Grove

2025-2026 Pacific Grove Adult Education

Last Updated:

July 2025						
Su	Mo	Tu	We	Th	Fr	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	26
27	28	29	30	31		

August 2025						
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31						

September 2025						
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October 2025						
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November 2025						
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30						

December 2025						
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28	29	30	31			

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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31						

June 2026						
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28	29	30				

LEGEND	
	Breaks
	Holidays (9)
	Local Holidays (5)
	Professional Development (4)
	Minimum Day Classified Staff
	Welcome Breakfast - Staff
	First/Last day of K-12 School

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:

Fall 2025 registration begins Wednesday 09/10/25
Winter 2025 registration begins Wednesday 12/10/25
Spring 2026 registration begins Wednesday 04/11/26

Pacific Grove Adult Education

pgadulted.pgusd.org

831-646-6580

Office Hours:

Monday thru Thursday

8 a.m. - 7 p.m.

Friday

8 a.m. - 4 p.m.

INDEPENDENCE PATHWAY PROGRAM

(adults with disabilities)

More info on Page 8

COLLEGE AND CAREER COUNSELING

More info on Page 9

Ed2GO ONLINE EDUCATION

More info on Page 10

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

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