



PACIFIC GROVE ADULT EDUCATION

FALL 2026

COURSE CATALOG

REGISTRATION BEGINS
AUGUST 26, 2026

SESSION DATES
SEPTEMBER 14 - DECEMBER 12

NO CLASSES
OCTOBER 12 - 17
NOVEMBER 11
NOVEMBER 25 -27

MESSAGE FROM THE PRINCIPAL

Welcome to Pacific Grove Adult Education!

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

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

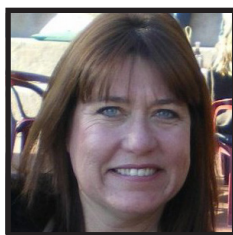
Pacific Grove Adult Education is a proud member of the Monterey Peninsula Adult Education Consortium. As the principal of Pacific Grove Adult Education and an MPAEC team leader, I want to assure you that we will continue to provide quality programs that serve our community.

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

See you around the campus,

Barbara Martinez

Principal, Pacific Grove Adult Education



Refunds, Waitlists, and Other PGAE Policies

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

CULTURE OF “WE” AT PGAE

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

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

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

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



This school is a
**Safe & Inclusive
Place for All**

Esta escuela es un lugar seguro e inclusivo para todos.



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ENGLISH AS A SECOND LANGUAGE

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

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

ESL Level A - Beginning

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

M-TH 9:00 - 12:00 pm Room 1 Free Morgan/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 - 12:00 pm Room 2 Free Billets/Sendell

ESL Level C - Advanced

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

M-TH 9:00 - 12:00 pm Room 3 Free 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 1 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 5:30 - 7:30 pm Room 2 Free McDowell/Arps
Class Dates: 10/19, 11/16, 12/7

SAT 9:30 - 11:30 am Room 2 Free McDowell/Arps
Class Dates: 10/3, 11/7, 12/5

HIGH SCHOOL DIPLOMA/EQUIVALENCY

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

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

Steps:

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



In-Person Instruction Schedule

<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

Entrepreneurship Part B: Launch Your Idea

Take your business idea from paper to the real world. Test it with real customers, learn pricing, startup costs, and California business basics, and leave with a launch roadmap you can follow. **Completion of Part A or instructor permission required.**

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.

TH 6:00 - 7:00 pm Room 4 \$30 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. In this course, we emphasize 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

TECHNOLOGY CLASSES

AI Basics (Intro to Artificial Intelligence)

This course introduces the fundamentals of artificial intelligence and its everyday applications. Students will explore how AI tools can support learning, productivity, and problem-solving. The course emphasizes responsible use, limitations of AI, and practical skills for interacting with AI systems.

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

Intermediate Google Workspace

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

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

CAREER PREPARATION & LIFE SKILLS

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 *10:30 - 12:00 pm* *Room 7* *\$50* *M. Villagomez*

Google Basics with AI

Learn the basics of Google Workspace in this hands-on class designed for beginners. Students will explore Google Drive, create and format documents in Google Docs, organize information in Google Sheets, build presentations in Google Slides, and manage schedules with Google Calendar. The course also introduces Gemini AI tools to help with writing, organizing ideas, and working more efficiently. Students will prepare for and complete the Northstar Digital Literacy assessment to earn a Google Docs certificate.

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

Graphic Design with Canva

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

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

Lightroom Classic with AI

New AI Masking and Tools. Learn Lightroom Classic in our Mac computer lab. Perfect for beginners or past students needing to refresh their importing and editing skills. Discover the latest updated features, including powerful AI-powered masking and generative erase. Practice images are provided, and all skills apply to both Mac and PC workflows at home.

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

Typing Test

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

\$35.00 for three attempts

To schedule an appointment call (831) 646-6580

Open Computer Lab Hours

PG Adult School students

Mon: 9-7; Tues: 9-1

Wed & Thurs 9-5

Fri 9 - 2

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

PARENT EDUCATION

PARENTS' PLACE

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

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

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

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

Age-Related Classes

(newborn - 3 years)

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

Baby and Parent/Caregiver Classes (Newborn - 1 year): \$90

<u>DOB</u>	<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>	<u>TEACHER</u>
<i>Newborn</i>				
08/01/26-12/11/26	Mon PM	12:30 - 2:30	<i>Earth Room</i>	C. Kershner
05/01/26-09/12/26	Tues PM	12:30 - 2:30	<i>Forest Room</i>	K. Stember
02/01/26-04/30/26	Wed PM	12:30 - 2:30	<i>Forest Room</i>	C. Kershner
11/01/25-01/31/26	Tues PM	12:30 - 2:30	<i>Forest Room</i>	C. Kershner
08/01/25-10/31/25	Thurs PM	12:30 - 2:30	<i>Forest Room</i>	C. Kershner

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

05/01/25-07/31/25	Thurs AM	9:30 - 11:30	<i>Earth Room</i>	C. Broz
01/01/25-04/30/25	Tues AM	9:30 - 11:30	<i>Forest Room</i>	C. Kershner
11/01/24-01/31/25	Wed AM	9:30 - 11:30	<i>Earth Room</i>	C. Broz
08/01/24-10/31/24	Thurs AM	9:30 - 11:30	<i>Forest Room</i>	C. Kershner
05/01/24-08/30/24	Tues AM	9:30 - 11:30	<i>Earth Room</i>	C. Broz
02/01/24-04/30/24	Wed AM	9:30 - 11:30	<i>Moon Room</i>	L. Saulovich
11/01/23-01/31/24	Wed AM	9:30 - 11:30	<i>Forest Room</i>	C. Kershner

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

Discovery Time

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

M 12:30 - 2:30 pm Moon Room/Outdoors \$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

Fun with Food (MEETS on 2nd FRIDAY of each MONTH- 10/9, 11/13, 12/11)

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

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

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

Now Registering 2026 - 2027
Fee: \$300/Month

CO-OP PRESCHOOL

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

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



PARENT EDUCATION

Shonishin: Healing Touch for Your Child

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

M **6:00 - 7:30 pm** **Moon Room/Zoom** **\$75** **TBD**

Coming Soon to You!

Workshops forming at your child's school! Please call to join our interest list and join our next workshop. (831) 646-6580

FAMILY LITERACY

Family Literacy is here to improve intergenerational literacy by engaging parents and children together, focusing on strengthening reading, writing, and communication skills. These workshops are for families wanting to gain the knowledge to increase their literacy skills. The workshops are interactive, and include activities for parents and their children.

FAMILY LEADERSHIP WORKSHOP SERIES



Family Meals Challenge

Turn Family Time Into Measurable Engagement!

Designed to strengthen families through mealtime routines. Each workshop focuses on building healthy habits, leading to stronger relationships, better routines at home and greater student success.



Parenting Partners

Practical Tools That Transform Home Learning

Parents gain simple and proven strategies to create productive study routines, positive discipline, and stronger daily communication. The series reduces family stress as well as increases connection through shared meals.



Calm & Kind

Equipping Families for Emotional Resilience

Families learn how mental health impacts learning, practical tools to teach children healthy self-regulation, and strategies to manage their own emotions so they can respond with calm, confident support at home.

Parents leave empowered to strengthen resilience, connection and student success.

ACTIVE OLDER ADULTS

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

Classes are open for anyone 18+

PGUSD residents receive a \$5 discount
for classes when registering in person
or by phone.

(Discount not available for online registration)

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



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

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

Cardio Conditioning

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

M, W, F 10:00 - 11:00 am Hybrid/Multi-Purpose \$65 S. Beck

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

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

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

Pilates Method Conditioning

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

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

Circuit Training for Older Adults

Get a balanced workout combining strength, balance, and endurance in a creative and flexible routine. Standing and mat exercises incorporated. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults. ***In-person enrollment is limited to the first 25 students. Any additional registrants may participate online.***

M, W, F 9:00 - 9:50 am Meals on Wheels \$65 M. Dalhamer

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

ACTIVE OLDER ADULTS

Strength and Balance with Marta

This class helps build strength while improving your stability and coordination. The first half of the class involves standing. The second half of class involves sitting. This class is in partnership with Meals on Wheels of Monterey County and specifically offered to older adults. *In-person enrollment is limited to the first 25 students. Any additional registrants may participate online.*

T,TH	8:00 - 8:50 am	Meals on Wheels	\$60	M. Dalhamer
T,TH	8:00 - 8:50 am	Online	\$60	M. Dalhamer
T,TH	9:00 - 9:50 am	Meals on Wheels	\$60	M. Dalhamer
T,TH	9:00 - 9:50 am	Online	\$60	M. Dalhamer

Lite Aerobics for Balance & Strength

Cardiovascular exercise with strength and stretching routines with the goal of improving all elements of fitness for the first 40 minutes. Followed by 15 minutes of seated conditioning with weights. This class is in partnership with Meals on Wheels of Monterey County and is specifically offered to older adults. *In-person enrollment is limited to the first 25 students. Any additional registrants may participate online.*

M, W, F	10:00 - 10:50 am	Meals on Wheels	\$65	M. Dalhamer
M, W, F	10:00 - 10:50 am	Online	\$65	M. Dalhamer

COMMUNITY EDUCATION

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 - 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 - 12:30 pm	Butterfly Room	\$125	M. Gilmore
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Outdoor Painting

Enjoy beautiful locations on the Monterey Peninsula that have inspired artists for centuries. Bring your own art supplies to study the landscape, strengthen composition and observational skills. Open to all experience levels. Must be able to carry own supplies and navigate uneven terrain.

W	10:00 - 12:00 pm	Outdoors	\$125	K. Coyle
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COMMUNITY EDUCATION

Art In The Redwoods *(One Day: October 3rd)*

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! **One day only.**

S **10:00 am - 1:00 pm** **Outdoors** **\$40** **D. Grindol**

Beginning Drawing *(Starts: October 5th)*

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. **8 week course.**

M **1:00 - 3:00 pm** **Art Room** **\$100** **D. Grindol**

Beginning Watercolor *(Starts: October 6th)*

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. **8 week course.**

T **1:00 - 3:00 pm** **Art Room** **\$100** **D. Grindol**

Learning From the Masters *(Starts: October 7th)*

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. **8 week course.**

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

Zentangle *(Starts: October 8th)*

No artistic skill required. You cannot make a mistake. This meditative style of doodling is fun and relaxing; it is a type of drawing you can do almost anywhere, all it takes is a small piece of paper and an ink pen. **8 week course.**

TH **1:00 - 3:00 pm** **Art Room** **\$100** **D. Grindol**

Figure Art Workshop *(3 DAYS ONLY: 12/9, 12/10 & 12/11)*

A creative studio art workshop designed for all levels. We will make artwork about the human figure. The figure will be clothed and present various fun dynamic poses (this is not a nude model type class). All mediums are welcome (Collage/Drawing/Painting/Digital/etc.) This class will jumpstart and excite creative endeavors. Topics include creativity, composition, gesture, color, perspective, storytelling and more. Each class will be divided up into: 1. Art history slide shows. 2. Conversations about what we are making 3. Time making artwork looking at the figure. It is not necessary to come to the full 3 hours of class – Students are welcome to attend the first 2 hours of class (The final 3rd hour is a creative hands on working session). **3 days only.**

W, TH, F **1:00 - 4:00 pm** **Butterfly Room** **\$60** **S. Payne**

COMMUNITY EDUCATION

LANGUAGES

American Sign Language

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

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

Chinese I

Begin your journey into the Chinese language in this dynamic introductory course! You will discover how Mandarin sounds work, master the basics of character stroke order, and quickly build recognition of the most commonly used characters. You'll gain confidence through practical daily conversations, and enjoy reading fun stories in Chinese. By the end of the course you will have built a foundation to support further language study and begin communication in everyday situations.

W *5:00 - 6:30 pm* *Room 3* *\$80* *O. Zhou*

Chinese II

This course builds students' proficiency in listening, speaking, reading, and writing Mandarin Chinese through communicative activities and authentic materials. Students expand their vocabulary, strengthen grammar, and will develop the skills needed to communicate effectively in everyday contexts: visiting friends, making appointments, studying Chinese, school life, shopping, and transportation. The course also provides exposure to Chinese culture through authentic materials and cultural activities, helping students develop both language proficiency and intercultural competence.

W *6:30 - 8:00 pm* *Room 3* *\$80* *O. Zhou*

Farsi

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

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

French IA - For True Beginners

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

T *4:00 - 5:30 pm* *Room 1* *\$80* *S. O'Neil*

COMMUNITY EDUCATION

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**

French Amis *(Starts: September 22nd)*

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. **10 week course.**

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

German Conversation & Culture

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

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

German Symphonic Tradition

A grand musical survey from Haydn to Schoenberg (18th through 20th Century) which will include Mozart, Beethoven, Brahms, and others. A guided journey through the history and development of the Germanic symphony. Enjoy lively discussion and rich auditory experiences as we see and hear stellar performances by great orchestra ensembles and renowned conductors. Acquire finely tuned, discerning expertise as we discover legacy recordings and have fun learning some German language along the way! No prior musical or language background required.

M **4:00 - 5:30 pm** **Room 1** **\$80** **C. Logue**

COMMUNITY EDUCATION

Italian for Travel (4 WEEKS ONLY - 9/14, 9/21, 9/28, 10/5)

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

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

Italian I

If you know a few random words, but you don't know any grammar, this is the course for you. 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 restaurant, through plenty of interactive activities.

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

Italian II

This course is for those students who have already the basics. Through interactive activities, students will learn to address people formally as well as expand their conversational skills regarding everyday life and interests, describing their home and their town. 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.

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

Italian III

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

W *5:00 - 6:30 pm* *Room 6* *\$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 topics related to Italian culture.

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

COMMUNITY EDUCATION

Russian I *(Starts: September 30th)*

Join an exciting journey into the Russian language with a native Russian speaker! Learn the alphabet, start speaking Russian, build practical vocabulary, discover the rich culture and traditions of Russia, enjoy authentic Russian treats, come celebrate Christmas together, and make new some friends in this fun and supportive learning community. Whether you're new to Russian or returning to the course, you'll find something new to enjoy. Returning students can refresh their skills, strengthen their confidence, expand their vocabulary, share their experience with new learners, and discover new cultural activities and authentic materials. No experience needed—just bring your curiosity and enjoy the adventure! **9 week course.**

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

Portuguese I

Discover the beauty of the Portuguese language and the diverse cultures of various Portuguese-speaking countries in this engaging and interactive class designed for beginners. Students will develop practical conversational skills for travel and everyday communication, all while building vocabulary, improving pronunciation, and diving into cultural traditions, food, music, and history. Whether you're learning for travel, personal enrichment, or future language study, this class provides a welcoming and supportive environment to build your confidence.

W ***6:00 - 7:30 pm*** ***Room 2*** ***\$80*** ***TBD***



Spanish for Travel

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

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

COMMUNITY EDUCATION

Spanish I - Beginners

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

<i>T</i>	<i>1:00 - 2:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>C. Rodriguez</i>
<i>TH</i>	<i>5:30 - 7:00 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>C. Rodriguez</i>

Spanish II - Elementary

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

<i>W</i>	<i>1:00 - 2:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>C. Rodriguez</i>
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Spanish III - Intermediate

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

<i>T</i>	<i>3:00 - 4:30 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>C. Rodriguez</i>
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Spanish Conversation - Intermediate & Advanced

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

<i>TH</i>	<i>3:30 - 5:00 pm</i>	<i>Room 5</i>	<i>\$80</i>	<i>C. Rodriguez</i>
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COMMUNITY EDUCATION

NEW CLUBS AT PGAE

There's something new to discover here at Pacific Grove Adult Education! Come and join our Japanese Club or Language Club to connect with fellow learners, explore new cultures, and build community outside the classroom. Check out the details below!

Japanese Conversation & Culture Club

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

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

Language Club (Meeting Dates: 9/14, 10/19, 11/9, 12/7)

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

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

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

Ballroom Dancing

This class focuses on the fundamentals of frame, connection, and movement to build upon existing skills and develop a strong foundation in couples social dancing. Students will learn essential dance techniques, proper form and posture, and gain confidence in interpreting music to recognize rhythms and choose from a variety of dance patterns and variations. *No partner is required.*

W 7:00 - 8:00 pm Community Center \$60 B. McGlynn

COMMUNITY EDUCATION

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

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, yoga blocks and a towel/blanket. Note: This class is not for maternity conditions.*

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

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 - 12:45 pm Multi-Purpose Room \$70 J. Sinclair



High/Low Fitness

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

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

Kickboxing

Boost your strength, endurance, and confidence in this high-energy kickboxing class! Combining punches, kicks, and cardio intervals, this full-body workout improves your coordination, balance, and overall fitness in a fun, motivating environment. This class offers modifications to accommodate all fitness levels. *No prior experience required!*

M 6:30 - 7:30 pm Multi-Purpose Room \$60 TBD

COMMUNITY EDUCATION

Mat Pilates

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

W ***3:00 - 4:00 pm*** ***Multi-Purpose Room*** ***\$60*** ***K. Maassen***

Pickleball - Beginners

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

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

Pickleball - Intermediate

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

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

Swim For Fitness (*T, TH Classes: Nov 3rd - Dec 10th*)

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!

*****T, TH Classes run from November 3rd to December 10th.***

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

T, TH ***5:30 - 7:15 pm*** ***PGHS Pool*** ***\$50*** ***T. Barrett***

SAT ***9:00 - 10:45 am*** ***PGHS Pool*** ***\$65*** ***T. Barrett***

Swimming: Tsunami Breakers Masters (*Nov 2nd - Dec 11th*)

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.

*****Classes run from November 2nd to December 11th.***

*****Wednesday Class Time: 5:15 - 6:45 pm***

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

*****Suggested Materials: Kickboard, pull buoy, ankle band.***

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

COMMUNITY EDUCATION

T'ai Chi / Taiji

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

T, TH 5:00 - 6:00 pm Multi-Purpose Room \$100 TBD

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 TBD

Zumba ®

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

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

SPECIAL INTEREST

Brain Fitness: Memory and Movement

Strengthen your mind and body in this engaging 90-minute weekly class combining BrainHQ's research-based brain-training exercises with gentle chair-based movement. Participants will work on memory, attention, processing speed, balance, coordination, and overall wellness in a supportive environment. **No prior experience is necessary**, and activities can be adapted to accommodate a range of fitness and ability levels.

TH 10:15 - 11:45 am Room 5 \$90 Dalhamer/Ottmar

Building Better Bridge

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

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

COMMUNITY EDUCATION

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

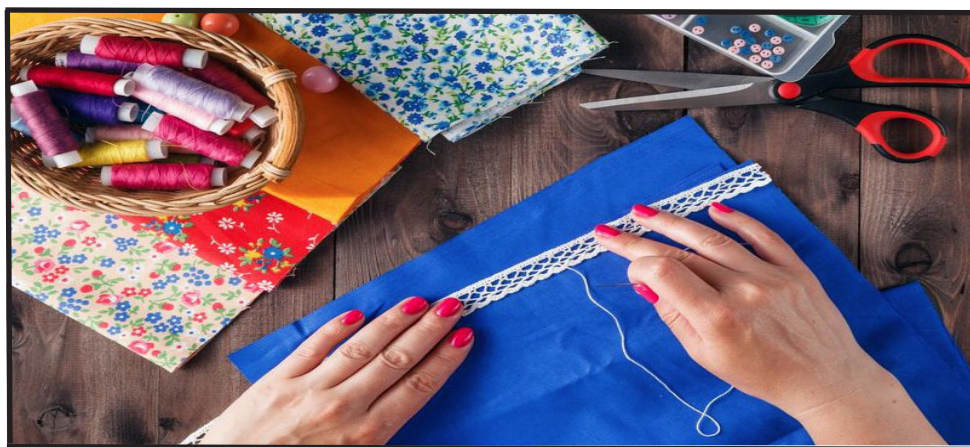
Explore the art of creative writing in this engaging 90-minute weekly class focused on short stories and creative nonfiction. Through writing exercises, group discussion, peer review, and guided editing, participants will develop their ideas, strengthen their individual voices, and refine their work.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

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

Mindful Self-Compassion (4 WEEKS ONLY - Oct 27th to Nov 17th)

This class combines mindfulness, skills for quieting your mind and staying present in the moment, with self-compassion practices. Research shows that practicing mindful self-compassion for just five minutes a day for six weeks can significantly reduce stress and anxiety and increase well-being and mood. Each session includes both instruction and guided practice. Both beginners and experienced meditators alike are welcome. **4 week course.**

T **4:00 - 5:00 pm** **Room 14** **\$40** **TBD**



Sewing & Alterations by Hand w/ Pari - Beginners

Learn the fundamentals of hand sewing in this beginner-friendly class. In this class, Students will practice basic stitching techniques, simple mending and alterations, and gain confidence to repair clothing while building a strong foundation for future sewing projects. Discover the satisfaction of creating and repairing with your own hands while learning skills you can use for years to come. All learning is hands-on, and sewing will be done by hand.

M **2:00 - 4:00 pm** **Room 5** **\$80** **P. Payandehjoo**

Sewing & Alterations by Hand w/ Pari - Intermediate

Build on your hand sewing skills as you explore more advanced mending, alterations, and clothing redesign techniques. Students will refine their stitching, learn fitting and tailoring methods, and create custom looks through the art of "recouture." Bring new life to your wardrobe by transforming well-loved pieces into garments that reflect your personal style. All learning is hands-on, and sewing will be done by hand.

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

2026-2027 Pacific Grove Adult Education

July 2026						
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August 2026						
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September 2026						
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November 2026						
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December 2026						
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February 2027						
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March 2027						
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April 2027						
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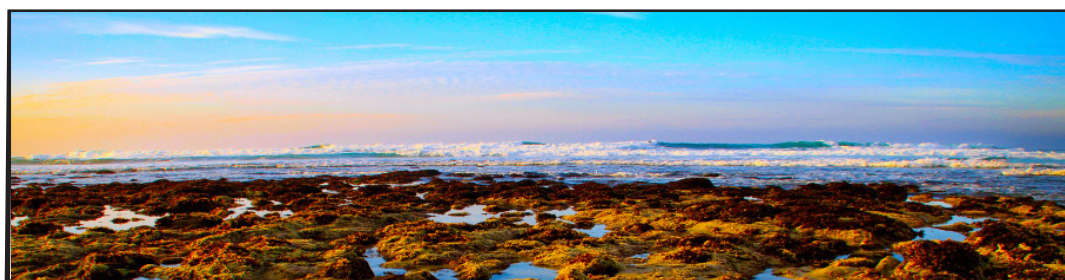
June 2027						
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LEGEND	
	Breaks
	First Day of Session
	Last Day of Session

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

FUTURE SESSION REGISTRATION DATES:

Winter 2027 registration begins Wednesday, Dec 2nd
Spring 2027 registration begins Wednesday, March 10th



Asilomar Beach at Sunset

Photo courtesy of Greg Hyde

Pacific Grove Adult Education

Contact Information:

- ☎ (831)646-6580
- ✉ pgae@pgusd.org
- 🌐 pgadulted.pgusd.org

Office Hours:

Monday - Thursday
8AM - 7PM

Friday
8AM - 4PM

Registration Begins:
August 26th

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

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