

COMMUNITY INTEREST

ARTS AND CRAFTS

ART AND DESIGN I

This is an introductory course in drawing using traditional design principles. Technical skills are developed through various graphic media and strong emphasis on foundation skills such as form, value change and composition. Students will work from nature, man-made objects and the imagination. To explore diverse drawing styles, concepts and methods will provide students with the skills to produce personally fulfilling artistic statements.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
10611.00	Perry	Online	\$169	9/10-12/17*	14	THU	12:00pm-2:00pm

*No class 11/26

BASIC BEGINNING SEWING

THIS CLASS IS DELAYED UNTIL JANUARY 2021

CONTINUING SEWING

THIS CLASS IS DELAYED UNTIL JANUARY 2021

BUSINESS AND FINANCE

ACCOUNTING/BOOKKEEPING

Learn how to set up books, process business transactions, and do end-of-period reporting for a simple business. Become familiar with depreciation, bad debts, and leave the class knowing the Accounting Equation. First 4 classes will be preparation for Comprehensive Exercise and last 2 classes will be independently completing Comprehensive Exercise and review of completed Comprehensive Exercise with teacher's assistance. Course recommended before taking QuickBooks. Textbook: Accounting Basics: An introduction for Non-Accounting Majors, Weinstein, Labyrinth Learning. ISBN-13: 978-1-64060-044-6. <http://www.lablearning.com/accounting-basic.html?sc=37&category=6082>

DO NOT CHOOSE EDUCATOR OR BOOKSTORE. CHOOSE Click Below for Text Format Options **AND CHOOSE EBOOK OR TEXTBOOK.** Shipping time for the books is approx. 7-10 business days.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
11701.00	O'Neill	Online	\$73	9/14-10/19	6	MON	6:30pm-8:30pm

QUICKBOOKS ONLINE – 'JOIN US IN THE CLOUD'

Prerequisite: *Computer Typing (Minimum typing speed must be 25 wpm), Introduction to Computers, or equivalent computer skills and Accounting/Bookkeeping (see the Business and Finance section).* QuickBooks Online [QBO] for employees, company owners, accountants and others to effectively use the software for all of their small business accounting needs. Students learn management tasks for mastering the essentials including deciding which QBO level is best for the business, customizing the company settings, setting up customers, recording bank deposits, setting up bank feeds and reconciling bank and credit card accounts. More advanced topics include creating purchase orders, setting up sales tax, preparing journal entries, transferring funds between accounts, setting up user permissions, creating reports using class and location tracking and adjusting inventory quantities. Class is both lecture and hands on with homework. Textbook: QuickBooks Online: Comprehensive, ISBN-13: 978-1-64061-245-7 <http://www.lablearning.com/QuickBooks-Online-Comprehensive-2020-2021-Edition.html> (continued on next page)

DO NOT CHOOSE EDUCATOR OR BOOKSTORE. CHOOSE Click Below for Text Format Options **AND CHOOSE EBOOK OR TEXTBOOK OPTIONS.** Shipping time for the books is approximately 7-10 business days. Keep in mind

that if you order the ebook you will need to access both the ebook and QBO program to do the exercises. You may want to consider the paper book or bring your laptop so you can look at both simultaneously in the classroom [only 1 computer screen at each workstation.]

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
04509.00	O'Neill	Online	\$97	10/21-11/18	8	MON & WED	6:30pm-8:30pm

*No class 11/11

COMMUNICATION

CONQUER YOUR FEAR OF PUBLIC SPEAKING

Afraid of public speaking? Get realistic tips and tricks to create a performance that makes an impact. Yes, a speech is a performance. Learn how to present yourself with confidence and get yourself heard, whatever your topic.

Conquer your fear! Join us and learn how.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
12606.00	Minor	Online	\$37	9/23 & 9/30	2	WED	1:00pm-4:00pm
12606.01	Minor	Online	\$37	10/20 & 10/27	2	TUE	1:00pm-4:00pm

FROM HEART TO PAPER WRITING WORKSHOP

For fiction and non-fiction writers. This workshop gives you the time to write and the opportunity to receive feedback on your work. Whether you are a beginning or long-time writer, or reader with a story that haunts you, this workshop will support you in writing and completing your work. Each workshop is dedicated to a renowned author whose work is presented as an example of literary achievement. When the late poet Mary Oliver was featured, students discussed her *A Poet's Handbook* along with her poetry.

This workshop will inspire you with confidence. You will have the opportunity to write, read aloud, give and receive feedback, and revise your work.

Margaret C. Murray is the author of *Spiral*, *Dreamers*, *Sundagger.net* and *Pillow Prayers*. She has been a fellow at the Provincetown Fine Arts Workshop and the Community of Writers at Squaw Valley. See more at www.writewordspress.com

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
12615.200	Murray	Online	\$121	9/12-11/14	10	SAT	10:00am-12:00pm

STORIES IN MOTION – IMPROV FOR ALL

Learn how to embody your life stories and daily experiences with Motion Theater® - a form of improvisation which combines expressive movement and vocalization with the time-honored art of storytelling. You'll enjoy creative freedom and expression in a safe and supportive environment, as you learn how to train the analytical side of the brain to focus on simple guidelines – freeing the creative side, and giving voice and movement to your personal narrative. Everyone has a story to tell. Motion Theater® is a fun, unique, and liberating way to development self-confidence, relieve stress, and bring your stories to life.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
12612.00	Meyer	Online	\$109	9/21-11/16	9	MON	7:00pm-9:00pm

EXERCISE/FITNESS

BA DUAN GONG

This is a short form of qigong which emphasizes lumbar stretching and comes from the Shaolin tradition as does Ba Duan Jin.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70116.00	Dey	Online	\$28	12/2-12/16	3	WED	4:30pm-6:00pm

BA DUAN JIN

Ba Duan Jin, or the Eight Brocades, is an easy form of Qigong to learn. The combination of movement and breath has been practiced for over 2,000 years and is the beginning form taught at the Shaolin Temple in China. Anyone can do this form, even doing it from a chair if needed. Sitting meditation will also be part of the class, as well as a brief set of warm-up movements.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70115.00	Miner	Online	\$28	11/30-12/14	3	MON	9:30am-11:00am

DAYAN QIGONG

Students will learn one of the most popular forms of Qigong used in China today. Dayan Qigong means the Wild Goose Form. This practice consists of 64 movements that flow from one movement into the next. In addition to learning the form, the students will learn a warm-up set of exercises to increase flexibility and balance. Students are encouraged to 'move at their own pace'. Adaptations can be easily made for people with motor impairments or mobility concerns. Part A includes moves 1-32 of Dayan Qigong and Part B includes moves 33-64 of Dayan Qigong.

(MORNING – PART A)

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70130.00	Miner	Online	\$91	9/14-11/16	10	MON	9:30am-11:00am

(EVENING – Part B)

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70136.00	Dey	Online	\$73	9/9-10/28	8	WED	4:30pm-6:00pm

HATHA YOGA WITH BLUE SKIES

THIS CLASS IS DELAYED UNTIL JANUARY 2021

HATHA YOGA WITH LILIANE

Yoga with Liliane uses yoga postures (asanas) and stretches in combination with relaxation, breathing, and meditation techniques. The class encourages proper alignment of the body and brings balance, strength, and calmness to the practitioners. Our Yoga classes are based on the classic practices with special emphasis on alignment.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70150.00	Younes	Online	\$73	9/8-10/27	8	TUE	6:00pm-7:30pm

PAI DA GONG

In this short Qigong form we energize several points on each pathway which includes 81 points through gentle slapping. We introduce slow breathing and include gentle stretching as well as some eye hand movement coordination.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70117.00	Dey	Online	\$28	12/2-12/16	3	WED	4:30pm-6:00pm

PILATES/STRETCH I – BEGINNING

Enrollment limited to 18 students

Required: Foam Roller, Theraband (Theraband can be purchased from the instructor) (Continued on next page)

Pilates is a method of exercise that combines flexibility, muscle strengthening and endurance. Pilates is very popular among dancers and athletes because it emphasizes balance, awareness, development of the body, and self control. For those looking for immediate results, Pilates practice has shown tremendous results in providing relief from chronic back pain and is recommended by doctors to support post-surgery rehabilitation. In this class we will start by learning the fundamentals and move on to more challenging movements.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70155.00	Younes	Online	\$61	9/10-10/29	8	THU	5:00pm-6:15pm

YOGA I – BASICS OF KUNDALINI YOGA & MEDITATION

Techniques of breathing, stretching, strengthening and relaxation combine to reduce accumulated tension, improve circulation, and increase overall stamina and flexibility. This vigorous yet relaxing form of yoga will give you an immediate experience of increased vitality and mental clarity. This class is designed for beginners and more experienced yoga students. Progress at your own rate and work comfortably at your own level of fitness.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70195.00	Khalsa	Online	\$61	9/23-11/18*	8	WED	5:45pm-7:00pm

***No Class: 11/11**

YOGA II

Kundalini Yoga works on the nervous and endocrine systems, the whole body, mind and spirit to awaken our potentialities to live a life of joy, peace and courage. Connect with your true essence, dispel fears that block your progress and find yourself within. All levels welcome.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
70170.00	Dante-Barragan	Online	\$98	9/9-12/16*	13	WED	5:45pm-7:00pm

***No Class: 11/11, 11/25**

WORLD LANGUAGES

LEVEL I — Learn conversation and more for those starting from scratch. You will also learn the alphabet of the target language. There's a special emphasis for the alphabets of Arabic and Russian, since they are different from the English alphabet. The alphabets of Arabic & Russian are emphasized for reading skills.

LEVEL II — Learn conversation and more for those who want to add to basic knowledge. You will learn all parts of speech including verb conjugations, for a complete understanding of the target language. The language is taught with all its parts of speech for a complete understanding including verb conjugations like the imperfect, the preterite and the imperative, direct and indirect object pronouns, possessive adjectives and pronouns, reflexive verbs and more!

LEVEL III — For students ready to write and speak at the conversational level. The class is conducted for the most part in the target language. You will learn all verb tenses including the subjunctive, the imperative and compound tenses. This level will allow you to fully enjoy reading, writing, understanding and speaking your new language with ease and confidence.

LEVEL C — Complete beginner's conversational course. A prerequisite is Level 1 OR some previous knowledge of the language. For first time students it is recommended to take Level 1 before taking this Level C.

FRENCH

Level I

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20110.00	Bandar	Online	\$89	9/8-11/10	10	TUE	6:00pm-7:00pm

Level II

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20115.00	Bandar	Online	\$89	9/8-11/10	10	TUE	7:15pm-8:15pm

Level III

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20117.00	Bandar	Online	\$89	9/8-11/10	10	TUE	3:30pm-4:30pm

Level C

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20116.00	Bandar	Online	\$89	9/8-11/10	10	TUE	4:45pm-5:45pm

FRENCH CONVERSATION

The objective of this class is to help master basic communication skills in French. We will engage in speaking, reading and listening activities in order to gain proficiency in French. We will complete tasks and projects that help you build skills to communicate in a variety of real life context. We also will develop a basic understanding of spoken French through pronunciation, vocabulary and an introduction to the everyday culture of French-speaking culture.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20113.00	Merida	Online	\$169	9/8-12/15	14	TUE	10:00am-12:00pm

**No class 11/24*

ITALIAN

Level I

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20130.00	Bandar	Online	\$89	9/14-11/16	10	MON	6:00pm-7:00pm

Level II

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20135.00	Bandar	Online	\$89	9/14-11/16	10	MON	7:15pm-8:15pm

Level III

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20136.00	Bandar	Online	\$89	9/14-11/16	10	MON	3:30pm-4:30pm

MANDARIN

Level 1A

Level 1A is designed for people interested in learning Mandarin but have never taken any courses. Upon completion of this course, the students will have learned basic knowledge of Mandarin phonemes, grammar, and vocabulary, as well as some Chinese history and culture.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20107.00	Xu	Online	\$145	9/14-12/14*	12	MON	1:30pm-3:30pm

**No class 10/12, 11/23*

Level 1B

Level 1B is designed for people who have taken the Mandarin 1A course. The course uses the textbook "Mandarin Chinese for Beginners". Upon completion, students will be able to make simple daily conversations, and have explored more Chinese history and culture..

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20112.00	Xu	Online	\$145	9/14-12/14*	12	MON	6:00pm-8:00pm

**No class 10/12, 11/23*

Level 2

This course is designed for people who have taken the Mandarin 1A and 1B courses. The course continues to build students' knowledge of Mandarin phonemes, grammar, and vocabulary, as well as some Chinese history and culture. Students learn to carry more sustained conversations.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20111.00	Xu	Online	\$145	9/14-12/14*	12	MON	3:45pm-5:45pm

*No class 10/12, 11/23

SIGN LANGUAGE I

This course is designed for beginners in sign language, a visual-gestural language created by deaf people. Learn how to communicate through non-verbal modalities by using your visual listening skills. This class is the first step for those thinking of working with the deaf.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20185.00	Berry	Online	\$73	9/14-11/2	8	MON	7:00-8:30pm

SIGN LANGUAGE II

For students who have a working vocabulary of at least 150 signs and the ability to fingerspell. Students will communicate in sign language and learn to develop their receptive expressive skills, and the use of classifiers. Students must be able to understand simple sentences in sign language.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20190.00	Berry	Online	\$73	9/16-11/4	8	WED	7:00-8:30pm

SPANISH

Level I

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20165.00	Bandar	Online	\$89	9/9-11/18*	10	WED	6:00pm-7:00pm
20165.01	Henriquez	Online	\$89	9/8-12/15*	14	TUE	10:00am-11:00am

*No class 11/11, 11/24, 11/25

Level II

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20170.00	Bandar	Online	\$89	9/9-11/18*	10	WED	7:15pm-8:15pm
20170.01	Henriquez	Online	\$89	9/8-10/21	13	MON & WED	10:00am-11:00am
20170.02	Henriquez	Online	\$89	10/26-12/16*	13	MON & WED	10:00am-11:00am

*No class 11/11, 11/22, 11/25

Level III

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20175.00	Bandar	Online	\$89	9/9-11/18*	10	WED	3:30pm-4:30pm

*No class 11/11

SENIOR LIFE AND HEALTH

FUNDING PROVIDED BY THE
WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION

LIFE PLANNING – SAKURA KAI

This course enhances health with exercise, health speakers; improves skills in technology with iPhone, iPad and smart phones with workshop discussions on use of Zoom in virtual class work; cultural and self-improvement with taiko and ukulele music; mental stimulation with beginning Japanese, conversational Japanese classes and speakers on safety, consumer awareness, and professional performances.

Course Code	Instructor	Site	Start/End	Meetings	Days	Time
05532.00	Fujioka & Honda	Online	9/5-12/19	8	1 st & 3 rd SAT	8:30am-2:30pm

LIFE PLANNING - SENIOR ACTIVITIES

Christ Lutheran Church, 780 Ashbury Ave., El Cerrito 510-915-6120

Offering: German, Spanish, line dancing, current events, Mandarin, special programs, lunch, poetry and math, seated exercise and ukulele.

Course Code	Instructor	Site	Start/End	Meetings	Days	Time
05530.00	Kehoe	Online	9/14-12/14	13	MON	9:00am-3:00pm

WELCOME TO MEDICARE

This course provides an overview of coverage & options for people who are within a few months of starting Medicare. Specifically, attendees will get: Detailed information on Medicare including eligibility, enrollment, costs, and benefits; Information on various options for supplementing Medicare such as Medicare Supplemental Plans (Medigaps) and Medicare Advantage Plans; Information on Medicare's prescription drug benefit and how to choose the optimal plan; Brief overview of how employer, retiree or other insurance works with Medicare, such as retiree plans, COBRA, or the VA.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
44110.00	McIntosh	Online	No Fee	9/8	1	TUE	6:30pm-8:30pm
44110.01	McIntosh	Online	No Fee	10/13	1	TUE	6:30pm-8:30pm
44110.02	McIntosh	Online	No Fee	11/10	1	TUE	6:30pm-8:30pm
44110.03	McIntosh	Online	No Fee	12/1	1	TUE	6:30pm-8:30pm

CAREER TECH ED (CTE) CLASSES

TRADES/SAFETY/JOB PREPARATION

COMPUTER-BASED CLASSES

MICROSOFT EXCEL – TIPS & TRICKS

Already using Excel? You're probably looking at this course because you want to expand your current Excel skills and make the task of working with data easier. In this course you will learn tips and tricks that will make working with data more efficient. Meetings will be held online on 3 Saturdays from 10am to 12:30pm. Meeting invitations will be sent to enrollees. There is no text for this course. Materials will be accessible online.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
04510.00	JMiller	Online	\$42	9/26-10/10	3	SAT	10:00am-12:30pm

FOOD SERVICES

FOOD SAFETY CERTIFICATION FOR MANAGERS

This class will prepare you for taking Prometric's Certified Professional Food Manager examination, 5-year certificate. Fee includes 8-hour course and exam. Exam will take place during the second class meeting. Students are also expected to review course material independently prior to exam. A textbook is required and can be purchased at the Alvarado Office for \$35.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
40101.00	Ruiz	Online	\$69	9/9 & 9/16	2	WED	4:00pm-8:00pm
40101.01	Ruiz	Online	\$69	10/7 & 10/14	2	WED	4:00pm-8:00pm
40101.02	Ruiz	Online	\$69	11/2 & 11/9	2	MON	4:00pm-8:00pm
40101.03	Ruiz	Online	\$69	12/2 & 12/9	2	WED	4:00pm-8:00pm

ENTRENAMIENTO PARA OBTENER EL CERTIFICADO EN PREPARACIÓN DE ALIMENTOS: SEGURIDAD E HIGIENE

Esta clase le preparará para hacer el examen y quedar inscrito en el Registro Nacional para Preparación de Alimentos: Seguridad e Higiene. El certificado es válido por 5 años. El costo incluye 8 horas de clase y el examen. El examen se toma al final del Segundo día de entrenamiento. Se requiere un libro de texto que se puede comprar en la oficina de La Escuela de Adultos Alvarado a un costo de \$35.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
40105.00	Lopez	Online	\$69	9/8 & 9/15	2	TUE	4:00pm-8:00pm
40105.01	Lopez	Online	\$69	9/22 & 9/29	2	TUE	4:00pm-8:00pm
40105.02	Lopez	Online	\$69	10/6 & 10/13	2	TUE	4:00pm-8:00pm
40105.03	Lopez	Online	\$69	10/20 & 10/27	2	TUE	4:00pm-8:00pm
40105.04	Lopez	Online	\$69	11/3 & 11/10	2	TUE	4:00pm-8:00pm
40105.05	Lopez	Online	\$69	12/1 & 12/8	2	TUE	4:00pm-8:00pm

MEDICAL

CPR

Enrollment is limited to 6 students

Enrolled students will receive online class information via zoom or other available online instruction for the instructional portion of class and will make arrangements to pick up and drop off a mannequin with the adult school. Details will be outlined in an email from the teacher as to the test. Those that are eligible to recertify will be able to pick up a test and book at the school. You must achieve 80% on the test to pass. The test, the book, and your answer sheet must be returned to the school. If a childcare sticker is needed, you will need to leave \$3.00 in an envelope and leave it for the instructor at the school.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Day(s)	Time
80105.00	Berry	Online	\$45	9/12	1	SAT	8:00am-1:00pm
80105.01	Berry	Online	\$45	10/17	1	SAT	8:00am-1:00pm
80105.02	Berry	Online	\$45	11/14	1	SAT	8:00am-1:00pm

FIRST AID

Enrollment is limited to 16 students

Enrolled students will receive instruction online. You will pick up a test and a book from the adult school as well as a few items for hands-on. The test is done with the instructor as the proctor while we are online. You must get 80% to pass. The test, book, and answer sheet must be returned to the adult school. Dates and times for pick up and drop off are decided by the school. Childcare stickers are \$3.00. Please place \$3.00 in an envelope and leave it at the school for the instructor.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Day(s)	Time
80110.00	Berry	Online	\$26	9/12	1	SAT	1:30pm-4:30pm
80110.01	Berry	Online	\$26	10/17	1	SAT	1:30pm-4:30pm
80110.02	Berry	Online	\$26	11/14	1	SAT	1:30pm-4:30pm

HEALTHCARE REVENUE CYCLE OVERVIEW

This online short-term course will provide an introduction to medical insurance and reimbursement. The student will become familiar with the health insurance industry and different reimbursement methodologies. ***This class will be delivered through the Google classroom platform. Each student will need to have a Google email account or create a temporary account to access the course.***

Course Code	Instructor	Site	Fee	Start/End	Meetings	Day(s)	Time
07300.00	Robinson	Online	\$83	10/21-12/2*	5	WED	5:30pm-8:30pm

*No class 11/11

HOME CARE AIDE TRAINING

Students will learn how to provide personal support for daily living activities to clients in their homes and/or residential care facilities. Students learn about common diseases infections chronic illnesses and disorders found in a residential care setting; techniques to assist clients with self-management will include how to take blood pressure measurements, patient lifting/transfers, making an occupied bed. Students will also learn how to assist clients with activities like bathing, dressing, hygiene care, diet, exercise, social interactions, etc. Students learn about and how to support clients with developmental disabilities like, Autism, Cerebral Palsy, Seizure Disorders, Developmental Delay and Mental Retardation. Students will learn how to assist clients with medications, community activities and social engagement. Workbook fee \$65 for purchase from the instructor. Additional \$35 fee for First Aid/CPR certification card.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
07319.00	Young	Online	\$69	9/8-10/21	14	TUE & WED	10:00am-12:30pm
07319.01	Young	Online	\$69	10/27-12/16*	13	TUE & WED	10:00am-12:30pm

*No class 11/11

MEDICAL CODING PRACTICE OVERVIEW

This online mini course is the introduction to medical coding practices. The fundamentals of coding will be communicated by building upon the knowledge, principles and guidelines required in order to be successful in the medical coding field. ***This class will be delivered through the Google classroom platform. Each student will need to have a Google email account or create a temporary account to access the course.***

Course Code	Instructor	Site	Fee	Start/End	Meetings	Day(s)	Time
07321.00	Robinson	Online	\$83	9/9-10/7	5	WED	5:30pm-8:30pm

MEDICAL MATH FOR ASPIRING NURSES & PHARMACY TECHNICIANS – ONLINE CLASS

This course will introduce students to practical usage of mathematical formulations that are used every day in the medical field with focus on drug-dosage calculations. Students will learn common abbreviations and medicinal terms as applied in the metric system, apothecary system, and household system. Students will learn how to interpret formulations, execute conversions, and calculate orders common to the nursing and pharmacy practice. If you are interested in pursuing a career in nursing, pharmacy, clinical medical assisting, emergency services, or other entry-level medical professions, and want to get a stress-free introduction of their mathematical concepts, then this is the course for you. Students must have computer and internet access. Please email any questions about this course to christopher.moore@wccusd.net

Course Code	Instructor	Site	Fee	Start/End	Meetings	Day(s)	Time
07331.00	Moore	Online	\$37	9/19-10/24	6	SAT	11:00am-12:00pm
07331.01	Moore	Online	\$37	10/04-11/08	6	SUN	11:00am-12:00pm
07331.02	Moore	Online	\$37	10/31-12/12*	6	SAT	11:00am-12:00pm

*No class 11/28

ACCELERATED HEALTHCARE CAREER TRAINING PROGRAMS

(See flyer on the last page)

PHLEBOTOMY TECHNICIAN

Course Code	Instructor	Site	Fee	Start/End	Days	Time
07332.00	Staff	Online	\$2,995	10/17-1/23*	SAT	8:30am-5:00pm
07332.01	Staff	Online	\$2,995	10/19-12/1*	TUE-THU	5:30pm-9:30pm

*No classes 11/11, 11/28, 12/26, 1/3

CLINICAL MEDICAL ASSISTANT

Course Code	Instructor	Site	Fee	Start/End	Days	Time
07333.00	Staff	Online	\$2,995	10/20-12/17*	MON-FRI	9:00am-1:00pm
07333.01	Staff	Online	\$2,995	10/19-1/13*	MON-THU	5:30pm-9:30pm

*No classes 10/12, 11/11, 11/23-11/26, 12/21-1/1/2021

TRADE PROGRAMS

PRE-APPRENTICESHIP MATH TEST PREPARATION

This course will prepare you to earn qualifying scores on Apprenticeship Application math tests for Welders, Pipefitters, Electricians, Plumbers and other Union Apprenticeship Programs. Applicants for Apprenticeships need to be 18 or older and possess a High School Diploma or GED.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
06201.00	Stewart	Online	No Fee	9/14-6/5*	on-going	MON & WED	4:00pm-6:00pm

*No class 11/23, 11/25, 12/21, 12/23, 12/28, 12/30, 1/4, 1/18, 2/15, 2/17, 4/5 4/7, 5/31

ADULT SECONDARY EDUCATION

ENGLISH AS A SECOND LANGUAGE / CITIZENSHIP
INGLÉS COMO SEGUNDO IDIOMA / CUIDADANÍA

(Vea la página 15-16 abajo)

ENGLISH AS A SECOND LANGUAGE

ENGLISH AS A SECOND LANGUAGE (ESL)

Adults who want learn English or improve their English skills may attend courses at any of our locations. In every course, students practice reading, writing, listening, and speaking in English. We have beginning, intermediate, advanced and multi-level classes. Registration is always open. Call us anytime during the year. An assessment test is mandatory to register for classes at the DeJean Center and Richmond High School. Please call the WCCA Office at 510-231-1453 for testing dates. Sorry we cannot accept ESL registrations by mail.

DISTANCE LEARNING (ENGLISH STUDIES AT HOME)

Distance learning is a 20-unit independent English study program for students who want extra practice or who cannot attend school regularly. Students receive workbooks and teacher assistance and check-out & return DVD's. Students must take and pass a unit test before advancing to the next unit. For more information call 510-231-1453 ext. 28025, or come to the ESL Office at Richmond High School located at 1250 23rd Street, Richmond on Wednesday evenings between 6:00pm-9:00pm, or to the DeJean Center, located at 101 35th Street (enter on 35th Street @ Chanslor Ave.), on Tuesday afternoons between 12:30pm-3:00pm.

CITIZENSHIP

Obtain your U.S. citizenship. Learn about U.S. history, government and civics while improving your English. Complete the USCIS Form N-400 and practice taking the citizenship interview. For days and times, see the schedule below. For more information, call 510-231-1453 ext. 28024 (classes listed on the next page)

Time	Day	Location	Description
9:45am-11:45am	TUE & THU	Online	U.S. Citizenship class
6:30pm-9:00pm	MON & WED	Online	U.S. Citizenship class
9:00am-12:00pm	SAT	Online	U.S. Citizenship class

MORNING ENGLISH CLASSES

Come to class to register or call 510-231-1453

Time	Day	Location	Description
8:45am-11:45am	T, W, & TH	Online	ESL Literacy/Beginning Low, Beginning High/Intermediate Low/Family Literacy classes
8:45am-11:45am	M, T, W & TH	Online	Multi-level ESL/Family Literacy class
8:30am-11:30am	T & TH	Online	Multi-level ESL/Family Literacy class
8:45am-12:00pm	M, T, W & TH	Online	4 ESL Classes from Literacy/Beginning Low to Intermediate High level
8:30am-11:30am	M, T, W & TH	Online	Multi-level ESL/Family Literacy class
8:30am-11:00am	M, W & TH	Online	Multi-level ESL/Family Literacy class
9:00am-12:00pm	M, T, W & TH	Online	ESL Literacy/Beginning Low Family Literacy Class
8:45am-11:45am	M & W	Online	Multi-level ESL/Family Literacy class
9:00am-11:30am	M, T, W & TH	Online	Multi-level ESL/Family Literacy class
8:45am-11:45am	T, W & FR	Online	Multi-level ESL/Family Literacy class
8:45am-11:45am	M & W	Online	Multi-level ESL/Family Literacy class
8:30am-12:30pm	M, T, W & TH	Online	Beginning/Intermediate ESL/Family Literacy class
8:30am-10:00am	T & TH	Online	Multi-level ESL/Family Literacy class

EVENING ENGLISH CLASSES

4:00pm-6:00pm	M & W	Online	Multi-level ESL
6:30pm-9:00pm	M, T & W	Online	11 ESL classes from Literacy to Advanced To make an appointment to take a test call 510-231-1453 ext 3385 after 6:00pm *No babysitting available at RHS

GED®/HISET INFORMATION AND TEST PREPARATION

If you need more than 80 credits to graduate, you may want to enroll in our High School Equivalency (GED®/HiSET) Prep Courses. With these courses,

- You can work at your own pace
- You get free class prep in English and Spanish
- You can take the actual test in English or Spanish
- Your cost for exam includes two free retakes within a 12 month period

Here are the differences between the two exams:

So...How do you go about preparing for the GED® or the HiSet?
Enroll and participate in both phases of the prep program:

Phase I

1st day – You will get a test overview, complete your reading and math assessments, open your student account, and start your practice exams.

You must pre-register to attend an orientation.

2nd day – You will take some practice exams, consult with your teacher and receive your individualized plan for Phase II.

Phase II

This part is ongoing. You attend regular onsite class sessions or do distance learning classes to prepare for the exam at your own pace.

Last Part

We are approved testing centers for each of the exams. Pass the tests and get your GED® or your HiSET!

**FOR THE LATEST INFORMATION ON DATES AND TIMES OF GED®
COURSES, PLEASE CHECK OUR WEBSITE AT
WWW.WCCAE.INFO OR CALL 510-231-1453**

ADULT BASIC EDUCATION / HIGH SCHOOL DIPLOMA

Fall 2020

The orientation schedule is listed below and students must sign up in advance at the WCCAIE office. Students can register up until the office closes on the previous day.

Normal business hours are listed below. Call (510) 231-1453 or email AdultEd@wccusd.net for Covid-19 procedures.

WCCAIE – Alvarado Campus
5625 Sutter Ave
Richmond, CA 94804

WCCAIE – DeJean Center, Bldg E
101 35th Street
Richmond, CA 94804
(enter on 35th St. @ Chanslor Ave.)

*Monday-Thursday (8:00am-5:00pm)

*Friday (8:00am-3:00pm)

*Monday-Thursday (8:00am-12:00pm)

*Friday – (8:00am-12:00pm)

*Office closed on school holidays

ORIENTATION SCHEDULE

MORNING ORIENTATION SCHEDULE

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
02701.00	Cisneros	Online	No Fee	8/21 & 8/28	2	FRI	10:00am-1:00pm
02701.02	Cisneros	Online	No Fee	9/18 & 9/25	2	FRI	10:00am-1:00pm
02701.04	Cisneros	Online	No Fee	10/16 & 10/23	2	FRI	10:00am-1:00pm
02701.06	Cisneros	Online	No Fee	11/13 & 11/20	2	FRI	10:00am-1:00pm
02701.08	Cisneros	Online	No Fee	12/11 & 12/18	2	FRI	10:00am-1:00pm
02701.10	Cisneros	Online	No Fee	1/15 & 1/22	2	FRI	10:00am-1:00pm
02701.12	Cisneros	Online	No Fee	2/5 & 2/12	2	FRI	10:00am-1:00pm
02701.14	Cisneros	Online	No Fee	3/19 & 3/26	2	FRI	10:00am-1:00pm
02701.18	Cisneros	Online	No Fee	4/16 & 4/23	2	FRI	10:00am-1:00pm

EVENING ORIENTATION SCHEDULE

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
02701.01	Cisneros	Online	No Fee	8/12 & 8/19	2	WED	5:00pm-8:00pm
02701.03	Cisneros	Online	No Fee	9/9 & 9/16	2	WED	5:00pm-8:00pm
02701.05	Cisneros	Online	No Fee	10/14 & 10/21	2	WED	5:00pm-8:00pm
02701.07	Cisneros	Online	No Fee	11/4 & 11/18	2	WED	5:00pm-8:00pm
02701.09	Cisneros	Online	No Fee	12/9 & 12/16	2	WED	5:00pm-8:00pm
02701.11	Cisneros	Online	No Fee	1/13 & 1/20	2	WED	5:00pm-8:00pm
02701.13	Cisneros	Online	No Fee	2/3 & 2/10	2	WED	5:00pm-8:00pm
02701.15	Cisneros	Online	No Fee	3/10 & 3/17	2	WED	5:00pm-8:00pm
02701.17	Cisneros	Online	No Fee	4/14 & 4/21	2	WED	5:00pm-8:00pm

GED® TEST PREPARATION – ORIENTATION – PHASE I

All new GED® candidates must participate in Phase I. Students must complete the entire 12-hour course consisting of assessing skills to determine how well prepared they are to take the GED® exam in English or Spanish. After completing all of the assessments, the instructor will help students decide if they are ready to take the GED® or go to Phase II, GED® Test Prep or Distance Learning Test Prep. Student must have an active email address.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
02101.00	Abril	Online	No Fee	9/12-9/19	2	SAT	9:00am-2:00pm
02101.01	Cisneros	Online	No Fee	10/7 & 10/14	2	WED	9:00am-2:00pm
02101.02	Abril	Online	No Fee	11/7-11/14	2	SAT	9:00am-2:00pm
02101.03	Cisneros	Online	No Fee	12/2 & 12/9	2	WED	9:00am-2:00pm

GED® TEST PREPARATION – PHASE II - DISTANCE LEARNING

This program is for students who have completed GED® Test Orientation Phase I and would like to take work home, and then return it on a weekly basis. When students meet with the Distance Learning Instructor, they will receive individual tutoring and assignments that help to focus on the GED® examination.

Course Code	Instructor	Site	Fee	Start/End	Days	Time
02120.00	Pekedis	Online	No Fee	9/15-6/3*	TUE & THU	6:00pm-7:30pm

*No class 11/24, 11/26, 12/22, 12/24, 12/29, 12/31, 2/16, 2/18

CLASE DE PREPARACIÓN PARA GED® - FASE I – EVALUACIÓN

Todos los nuevos candidatos del GED® deben participar en las Fase I. Los estudiantes deben completar las 10 horas del curso. Dicho curso consiste en la evaluación de destrezas para determinar si están preparados para tomar el examen del GED® en inglés o en español. Después de completar todas las pruebas, el instructor les ayudará a decidir si están preparados para tomar el examen oficial del GED®, ir a la Fase II o a Educación a Distancia. Los Estudiantes deben tener un correo electrónico activo.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20105.00	Lopez-Tello	Online	No Costo	9/9 & 9/16	2	Miércoles	9:00am-2:00pm
20105.01	Abril	Online	No Costo	10/3 & 10/10	2	Sábado	9:00am-2:00pm
20105.02	Lopez-Tello	Online	No Costo	11/4 & 11/18	2	Miércoles	9:00am-2:00pm
20105.03	Abril	Online	No Costo	12/5 & 12/12	2	Sábado	9:00am-2:00pm

CLASE DE PREPARACIÓN PARA GED® - FASE II

Todos los nuevos candidatos del GED® deben participar en la Fase I. Los estudiantes deben completar las 10 horas del curso. Dicho curso consiste en la evaluación de destrezas para determinar si están preparados para tomar el examen del GED® en inglés o en español. Después de completar todas las pruebas, el instructor les ayudará a decidir si están preparados para tomar el examen oficial del GED® ir a la Fase II o a Educación a Distancia. Estudiantes deben tener un correo electrónico activo.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
20115.00	Lopez-Tello	Online	No Costo	9/9-6/2*	On-going	Miércoles	6:00pm-9:00pm
20115.01	Lopez-Tello	Online	No Costo	9/14-5/24*	On-going	Lunes	6:00pm-9:00pm

*No class: 11/11, 11/23, 11/25, 12/21, 12/23, 12/28, 12/30, 1/4, 2/15, 2/17, 4/5, 4/7, 5/31

PREPARACIÓN PARA LOS EXÁMENES DE GED – FASE II – APRENDIZAJE A DISTANCIA

Estudiantes necesitan completar la Fase I (ver arriba) antes de comenzar la Fase II. Si los estudiantes solamente necesitan uno o dos exámenes, necesitará completar el pre-examen con el maestro en la Fase I. Si los resultados del pre-examen indican que los estudiantes están listos para tomar los exámenes del GED®, no necesitaran tomar estas clases. Estás tomarlos. Estudiantes deben tener un correo electrónico activo.

Course Code	Instructor	Site	Fee	Start/End	Meetings	Days	Time
02125.00	Abril	Online	No Costo	9/9-6/2*	ongoing	Miércoles	4:00pm-5:30pm

*No class: 11/11, 11/23, 11/25, 12/21, 12/23, 12/28, 12/30, 1/4, 2/15, 2/17, 4/5, 4/7, 5/31

Descargue el formulario de registro de la página de inicio de este sitio web.

WCCAE MAIL-IN REGISTRATION FORM

ALVARADO CAMPUS • 5625 Sutter Ave. • Richmond 94804 • Phone 510-231-1453 • www.wccae.info • adulted@wccusd.net

NAME _____ DATE _____
LAST FIRST MIDDLE

MALE FEMALE BIRTHDATE _____

ADDRESS _____ CITY ZIP

HOME PHONE _____ WORK PHONE _____ EMAIL _____
(Required for communication purposes only)

COURSE TITLE _____ INSTRUCTOR _____
COURSE CODE _____ FEE \$ _____

COURSE TITLE _____ INSTRUCTOR _____
COURSE CODE _____ FEE \$ _____

COURSE TITLE _____ INSTRUCTOR _____
COURSE CODE _____ FEE \$ _____

CASH CHECK* (payable to: WCCAE) CHECK NUMBER _____ TOTAL FEES \$ _____
(*Fee of \$25 charged for insufficient funds, payable in cash only)

For statistical reporting only: (PLEASE CHECK the box that applies to you)

Check quarter: Fall Winter Spring Summer

Ethnicity: Alaskan American Indian Asian African American Filipino Hispanic White Other _____

Are you receiving financial assistance: Yes No

Are you participating in any of the following: AFDC WIA CalWorks SSI/Disability Unemployment Benefits

Thank you for selecting WCCAE as your educational provider!

For a confirmation of your registration, please mail registration form, payment and a self-addressed stamped envelope or just indicate to us to use your email address.

West Contra Costa Adult Education

2020-2021 clases de Inglés(ESL) y Ciudadanía en línea (via Zoom)

Nota: Todos los estudiantes nuevos deben inscribirse para una evaluación telefónica para determinar el nivel de ESL.

Para clases matutinas, llame al (510) 231-1453 (luego presione '0')

Para clases nocturnas llame al (510) 408-7087

o envíe un correo electrónico a adulted@wccusd.net para inscribirse

ESL CLASES DE MAÑANA

8-9AM

ESL Intermedio (M,Mier.,J)

8:30 - 9:30AM

ESL Literacy/Principiante (L,M,J)

9 -10AM

ESL Intermedio Bajo (L,Mier., J)
ESL Intermedio Alto (M, Mier., J)

9:30 - 11AM

ESL Principiante (L, M, Mier., J)

9:30AM - 11:30AM

ESL Principiante Alto(L,M, Mier.,J)

10 - 11AM

ESL Puente Avanzado (L,M,Mier.)

10 - 12PM

ESL Principiante (L,M,Mier., J)
ESL Int. Alto/Avan. (L,M,Mier.,J)

10:30 - 11:30AM

ESL Int. Bajo (L,M,Mier.,J)

ESL CLASES DE TARDE

1-2PM

ESL Int./Adv.Convesacion (L)
ESLPrincipiante (M, Mier.,J)

2-3PM

ESL Literacy (L,M,Mier)
ESL Principiante - (M, Mier., J)
ESL Intermedio (L,M,Mier.,J)

3-4PM

ESL Intermedio (M,Mier.,J)

3:30- 5PM

ESL Avanzado(L,Mier)

4-5PM

ESL Principiante Literacy (L,M,Mier)

ESL CLASES DE NOCHE

6-7PM (L,M,MIER.)

ESL Literacy
ESL Principiante Bajo
ESL Principiante Alto
ESL Intermedio Bajo
ESL Intermedio Alto
ESL Avanzado

7-8PM (L,M, MIER.)

ESL Literacy
ESL Principiante Bajo
ESL Principiante Alto
ESL Intermedio Bajo
ESL Intermedio Alto

CLASES LOS SÁBADOS

10:15 - 11:45AM

ESL Multinivel

CLASES DE CIUDADANÍA

9 - 11AM, Martes y Jueves

10 - 11AM, Sabados

6:30 - 7:30PM, Lunes y Miércoles

Updated 8.28.2020

West Contra Costa Adult Education

2020-2021 Online ESL & Citizenship Classes (via Zoom)

*Note: All new students must sign up for a phone assessment to determine ESL level.
For morning classes call (510) 231-1453 (then hit '0')
For evening classes call (510) 408-7087
or email adulted@wccusd.net to enroll*

ESL MORNING CLASSES

8-9AM

ESL Intermediate (T, W, Th)

8:30 - 9:30AM

ESL Literacy/Beginning (M, T, Th)

9 -10AM

ESL Intermediate Low (M, W, Th)
ESL Intermediate High (T, W, Th)

9:30 - 11AM

ESL Beginning (M, T, W, Th)

9:30AM - 11:30AM

ESL Beg. High (M, T, W, Th)

10 - 11AM

ESL Advanced Bridge (M, T, W)

10 - 12PM

ESL Beginning (M,T,W,Th)
ESL Int. High/Adv. (M, T, W, Th)

10:30 - 11:30AM

ESL Int. Low (M, T, W, Th)

ESL AFTERNOON CLASSES

1-2PM

int/Adv. Conversation (Mon)
ESL Beginning (T, W, Th)

2-3PM

ESL Beginning Literacy (M, T, W)
ESL Beginning (T, W, Th)
ESL Intermediate (M, T, W, Th)

3-4PM

ESL Intermediate (T, W, Th)

3:30- 5PM

ESL Advanced (M, W)

4-5PM

ESL Beginning Literacy (M, T, W)

ESL EVENING CLASSES

6-7PM (M, T, W)

ESL Beginning Literacy
ESL Beginning Low
ESL Beginning High
ESL Intermediate Low
ESL Intermediate High
ESL Advanced

7-8PM (M, T, W)

ESL Beginning Literacy
ESL Beginning Low
ESL Beginning High
ESL Intermediate Low
ESL Intermediate High

SATURDAY CLASSES

10:15 - 11:45AM

ESL Multilevel

CITIZENSHIP CLASSES

9 - 11AM, Tuesdays & Thursdays

10 - 11AM, Saturdays

6:30 - 7:30PM, Mondays & Wednesdays

Updated 8.28.2020



Accelerated Healthcare Career Training Programs



West Contra Costa
ADULT EDUCATION

Classes Starting Now!

PHLEBOTOMY TECHNICIAN	
WEEKEND CLASS: Saturdays 8:30 am - 5:00 pm	Oct 17, 2020 - Jan 23, 2021
NIGHT CLASS: Tuesday through Thursday 5:30 pm - 9:30 pm	Oct 19 - Dec 1, 2020
CLINICAL MEDICAL ASSISTANT	
NIGHT CLASS: Monday through Thursday 5:30 pm - 9:30 pm	Oct 19, 2020 - Jan 13, 2021
DAY CLASS: Monday through Friday 9:00 am - 1:00 pm	Oct 20 - Dec 17, 2020

Class starts subject to change, visit for latest schedules

FREE Information Session

September 8, 2020 - 6:00 PM

October 13, 2020 - 6:00 PM

Online - Zoom Meetings

Join us for a free presentation about our healthcare training programs. Register online: www.CalRegional.com/Information or call 800-927-5159

Like us on Facebook

Facebook.com/CalRegEd

Fast-paced hybrid training for busy adults. Students attend lectures online through live, instructor-led training, incorporated with in-person skills labs. With day, evening and weekend classes, now is the time to get trained in one of the fastest growing career fields. No experience necessary, must be 18 years or older and have a high school diploma/GED to register.

All Programs Only

\$2,995

PROGRAMS INCLUDE:

- Interest Free Payment Plan (Everyone Qualified)
- Externship Placement
- National Exam through NHA
- CPR (BLS) for Health Care Provider

Call Today! (800) 927-5159

