

West Contra Costa

Adult Education



Schedule of Courses
Spring • Summer 2018

SPRING & SUMMER

Registration Begins

MARCH 26, 2018

Register Online at:

www.wccae.info

In-Person and Mail-in to:

Alvarado Campus

5625 Sutter Avenue

Richmond, CA 94804

510-231-1453

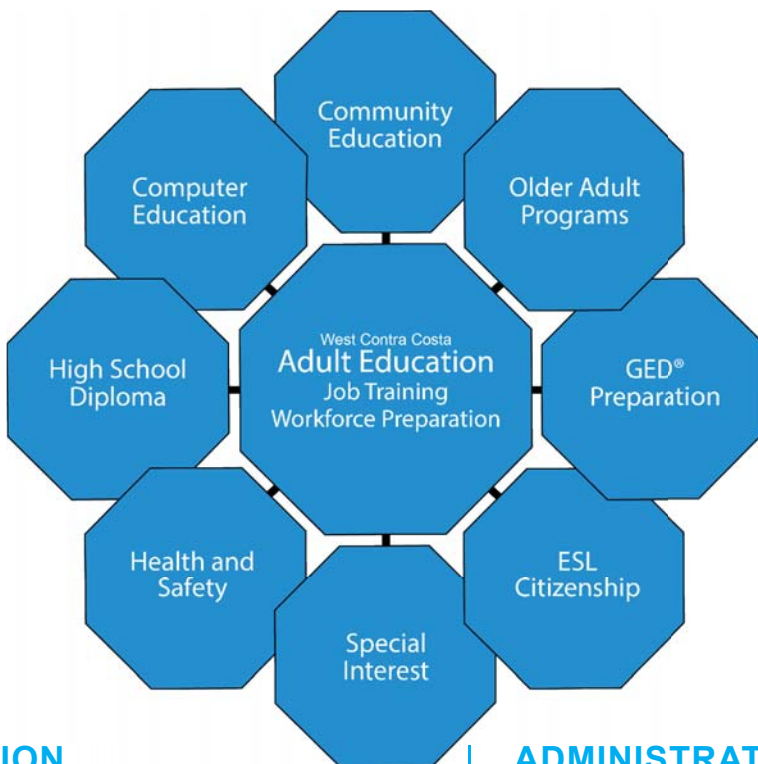
adulted@wccusd.net

MESSAGE FROM THE PRINCIPAL

Welcome to West Contra Costa Adult Education! We are pleased to offer our community members exciting courses which will serve your personal and professional goals. Our classes are designed to provide you with instruction that will foster learning and inspire you to reach your goals. We are proud to provide our community members with a wide range of classes such as High School Diploma, ESL, Career Technical Education (CTE), computers, and cooking. We encourage you to participate in our computer classes, exercise classes, or finance classes. West Contra Costa Adult Education Staff Members are here to serve the needs of all learners and welcome all community members to participate in our classes. Thank you for considering us as your first stop to achieve your goals.

Paul Shatswell

Principal



OUR VISION . . .

The entire community of West Contra Costa Unified School District has knowledge of and access to Adult Education. West Contra Costa Adult Education provides positive life-long learning experiences in a safe student-centered environment. West Contra Costa Adult Education serves the educational needs of the community through partnerships with the WCCUSD departments and schools, business, community and other community agencies. The West Contra Costa Unified School District views the Adult Education program as the provider of parent education, which strengthens the family, school, and child relationships.

OUR MISSION . . .

West Contra Costa Adult Education provides the West Contra Costa Unified School District community with the highest quality life-long learning experiences with high expectations, options, and opportunities for all students' futures.

ADMINISTRATION

**West Contra Costa
Adult Education**

Director: Adam Taylor
Principal: Paul Shatswell

**West Contra Costa
Unified School District
School Board**

Elizabeth Block
Valerie Cuevas
Madeline Kronenberg
Tom Panas
Mister Phillips

GENERAL INFORMATION

ADMISSIONS

Classes are open to adults 18 years or older. You do not have to reside in West Contra Costa Unified School District to attend.

FEES

The costs of classes are supported solely by student fees. In most cases, a minimum of 7 students is required to start a class. If less than 7 students enroll in the class, hours of instruction can be decreased or fees can be increased for the class to continue. Students are notified of these adjustments and other information via email. If you do not have an email account, it is highly recommended to set one up.

A \$35.00 insufficient funds fee is assessed for returned checks.
The fee is payable by cash only.

Please see our website at: wccae.info for the most up to date information.
Schedules and fees subject to change

Por favor vea nuestra página electrónica: wccae.info para ver la información actualizada.
NOTA: Horarios de clases y costo estan sujetos a cambios.

REFUND POLICY

All requests for refunds must be in writing (email accepted). Class fees will NOT be refunded for any reason if written request is more than three business days after the start of class. Refund requests incur a \$25 service charge. If a class is cancelled by WCCAE for any reason, a full refund will be made.

TRANSCRIPTS

All requests for transcripts must include your name, birth date, telephone number, last school attended, whether you attended the High School Diploma Program or the GED Program and indicate if you graduated. There is a \$5.00 charge per transcript which must be paid for at time of request. There is a 2-3 day processing time. Your request can be mailed to WCCAE –Alvarado Campus, 5625 Sutter Ave., Richmond, CA 94804 along with a check or money order payable to West Contra Costa Adult Education.

COMPLAINTS

Uniform Complaint procedures and forms are available upon request from each Adult Education teacher and/or the Adult Education office

Color shaded class listings indicate Summer classes.

TABLE OF CONTENTS

ADULTS WITH DISABILITIES-----3
 ARTS AND CRAFTS-----4
 BUSINESS AND FINANCE CLASSES-----4
 COMMUNICATION-----5
 COMPUTER EDUCATION-----6
 DANCE AND MUSIC-----10
 ENGLISH AS A SECOND LANGUAGE-----14
 FOOD AND NUTRITION CLASSES-----18
 FOOD SERVICES-----20
 HEALTH AND FITNESS CLASSES-----21
 GED® TEST PREPARATION-----30
 HIGH SCHOOL DIPLOMA/ADULT BASIC EDUCATION-----31
 HEALTH AND SAFETY CLASSES-----33
 LANGUAGES-----34
 MEDICAL PROGRAMS-----38
 OLDER ADULT CLASSES-----39
 SEWING AND FABRIC CRAFTS-----41
 SPECIAL INTEREST-----42
 TEST PREPARATION-----44
 TRADES PROGRAMS-----45
 HOW TO REGISTER-----48

2018 CALENDAR

SPRING - Registration begins MARCH 26, 2018

APRIL

April 9, Monday
 Fee-Based classes begin
April 19, Thursday
 Open House at Elementary
 Schools – No evening Adult Ed
 Classes at Elementary sites

MAY

May 26, Saturday
 No Adult Ed classes – due to Memorial
 Day holiday
May 28, Monday (Office's Closed)
 No Adult Ed classes – Memorial Day Holiday

JUNE

June 8, Friday
 Last day of school for ESL,
 GED, HSD, OA, ADWD
June 22, Friday
 Last Day for
 Fee-based classes

SUMMER - Registration begins MARCH 26, 2018

JUNE

June 25, Monday
 First day of fee-based classes

JULY

July 4, Wednesday (Office's Closed)
 No Classes – Independence Day Holiday
July 27, Friday
 Last Day for fee-based Classes

SPRING 2018 OFFICE HOURS

ALVARADO CAMPUS

MAIN OFFICE LOCATION
 5625 SUTTER AVE.
 RICHMOND, CA 94804
 510-231-1453
 adulted@wccusd.net
 Monday-Thursday 8:00am-6:00pm
 Friday 8:00am-3:30M
 Saturday, Sunday Closed

SERRA CAMPUS, ROOM 7

STUDENT SUPPORT CENTER
 (ESL and night classes held on site)
 6028 Ralston Ave
 Richmond, CA 94804
 For more information:
 Contact the Alvarado Campus

RICHMOND HIGH SCHOOL

STUDENT SUPPORT CENTER
 (ESL night classes)
 1250 23rd Street, Richmond, CA 94804
 510-215-1450 ext. 3385
 Monday – Wednesday 6:30pm-9:00pm

Color shaded class listings indicate Summer classes.

NONDISCRIMINATION

The West Contra Costa Unified School District does not discriminate on the basis of race, color, national origin, gender, disability, age, sexual orientation, marital status or religion in any of its policies, practices or procedures.

NO CHILDREN ALLOWED IN CLASSES. NO CELL PHONE USE IN CLASS. NO SMOKING ANYWHERE ON CAMPUS

WEST CONTRA COSTA
ADULT EDUCATION
We're here for you!

ADULTS WITH DISABILITIES

Join our team, we need you!!!

HOW TO BECOME A TEACHER/INSTRUCTOR

Are you a credentialed teacher that has experience in English as a Second Language, High School Diploma, General Education Development, Career Technical Instructor or have a special skill that would benefit community or individual enrichment?

Contact us at: adulted@wccusd.net
 Place in the subject line: Join the WCCAE Team

HOW TO BECOME A VOLUNTEER

The Board of Education adopted Board Policy 1240 Volunteer Assistance, to ensure our students have the right to learn in a safe environment and remain protected from any form of misconduct by adults on our schools' campuses. The Board is cognizant of the critical role parents, guardians and community members play in the education of our students. Parents, guardians and community members are encouraged to share their special knowledge and abilities with our students. At the same time, schools must be able to operate with full confidence that our students are working with adults who are there to serve their needs. The new policy is a means to ensure student safety and not a deterrent for parent/guardian and community involvement in our schools. If you have any questions, please contact the Community Engagement Office at 510-307-4526 or visit our website at www.wccusd.net/domain/93.

ADULTS WITH DISABILITIES

West Contra Costa Adult Education offers classes at a variety of facilities that serve adults with developmental, emotional, and physical disabilities. Courses include Independent Living Skills, Community Living Skills, Leisure Time Skills, Language Development Skills, Production Occupation Work Skills, and Service Occupation Work Skills.

If you would like more information about these programs, please contact the facility directly.

- ABC Industries — 4075 Lakeside Dr., Richmond.....510-243-2111
- Commercial Support Services — 1420 Regatta Blvd., Richmond.....510-233-7303
- El Cerrito Open House — 6500 Stockton Ave., El Cerrito.....510-559-7677
- George Miller West — 2801 Robert Miller Dr., Richmond.....510-374-3981
- Greenridge Senior Care — 2150 Pyramid Dr., El Sobrante.....510-758-9600
- NIAD — 551 23rd St., Richmond.....510-620-0290

Color shaded class listings indicate Summer classes.

ARTS AND CRAFTS

CROCHET/KNITTING

Crochet students: bring a set of crochet needles. Knitting students: bring a #8 pair of needles. For both classes bring a plain light colored yarn.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
10625.00	Chaix	Alvarado	6	\$128	4/14*	8	Sat	12:00pm-2:00pm
10625.01	Chaix	Alvarado	6	\$64	6/30	4	Sat	12:00pm-2:00pm

*No class 5/26



BUSINESS AND FINANCE CLASSES

Textbooks are no longer sold at Adult Education Offices. Textbook titles are listed under classes that require them.

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 payroll. Course recommended before taking QuickBooks.

Textbook:

Accounting Basics: An introduction for Non-Accounting Majors, by Eric A. Weinstein

Labyrinth Learning, Item: 1-59136-692-5 978-159136-692-8

Order online www.lablearning.com Shipping time for the books is approx. 7-10 business days.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
11701.00	O'Neill	Alvarado	4	\$96	4/9	6	Monday	6:30pm-8:30pm

STARTING A SMALL BUSINESS

This course will provide a comprehensive introduction to small business start-up and operation. Location, financing, regulations, taxes, marketing, record keeping, and staffing will be covered.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
11730.00	Wms Rocky	Alvarado	2	\$144	4/10	6	Tue	6:00pm-9:00pm

WRITE A BUSINESS PLAN

A well-written business plan often makes the difference between the success or failure of your business.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
11740.00	Wms Rocky	Alvarado	2	\$48	4/12	3	Thurs	6:30pm-8:30pm

Color shaded class listings indicate Summer classes.

COMMUNICATION

CONQUER YOUR FEAR OF PUBLIC SPEAKING

Afraid of public speaking? Or going for a job interview? Get realistic tips and tricks to create a performance that makes an impact. Yes, a speech is a performance, whether a job interview, speaking in front of a work group, or presenting on stage. Learn how to rehearse, speak clearly, and conquer your fear.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
12606.00	Minor	Alvarado	1	\$32	4/21	1	Saturday	12:00pm-4:00pm
12606.01	Minor	Alvarado	2	\$32	6/9	1	Saturday	12:00pm-4:00pm
12606.02	Minor	Alvarado	1	\$32	7/14	1	Saturday	12:00pm-4:00pm

FROM HEART TO PAPER WRITING WORKSHOP

Whether you are a beginning, long-time writer or reader with a story that haunts you, this workshop will support you in writing and completing your work. Margaret Murray is the author of three books: Dreamers, Sundagger.net, and Spiral. From Heart to Paper will inspire you with confidence, helping you to know you have more and better tools to achieve your writing goals. You will have the opportunity to write, read aloud, give and receive feedback, and revise your work.

Have questions? Email: writewordspress@gmail.com.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
12615.00	Murray	Alvarado	3	\$144	4/14*	9	Saturday	10:00am-12:00pm

*No class 5/26

VOICE-OVERS... NOW IS YOUR TIME!

In what could be the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films and videos! Most people go about it the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And now is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
12635.00	Foster	Alvarado	2	\$20	4/16	1	Mon	7:00pm-9:00pm
12635.01	Foster	Alvarado	2	\$20	7/10	1	Tue	7:00pm-9:00pm



Color shaded class listings indicate Summer classes.

COMPUTER EDUCATION

Textbooks are no longer sold at Adult Education Offices. Textbook titles are listed under classes that require them.

Computer Application Classes

MICROSOFT OFFICE SUITE® CLASSES

Gain the edge you need in today's competitive job market. The Word and Excel courses are designed to provide learners with a wider knowledge of skills in each application, and the skills necessary to prepare them to take the MOS exams for certification in Word and/or Excel. After completion of each of these courses, students will be prepared to perform a variety of tasks widely used in business offices.

A lab section is open to registrants of any of the MS Office suite courses. The lab section is designed to complete exercises as part of a course. The lab section also provides on-line exam preparation and pre-exam assessments for registrants in taking the MOS Certification exam.

Candidates interested in the MOS Certification prep and exam may contact Joann Miller at 510-231-1453; ext. 28005 or email jmiller@wccusd.net for more information.

EXCEL – TIPS AND TRICKS

Prerequisite: Computer Typing (Minimum typing speed must be 25wpm) and Introduction to Computers. Expand your current skills in Excel by learning how to use intermediate and advanced tools when working with data on large spreadsheets. Topics include using tools for enhancing charts, navigating around large spreadsheets, using special functions to manipulate text, and data in columns. Get a feel for using tables and pivot tables to analyze data. No textbook is required.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04510.01	J.Miller	Alvarado	5	\$60	4/28	2	Saturday	9:00am-11:30am
04510.02	J.Miller	Alvarado	5	\$60	5/19*	2	Saturday	9:00am-11:30am
04510.03	J.Miller	Alvarado	5	\$60	7/9	2	Mon & Wed	6:00pm-8:30pm

*No class 5/26

MAIL MERGE

Prerequisite: Students must be proficient in computer literacy, file management, and keyboarding. The ability to perform a Mail Merge is less daunting than you may think. Learn the efficient way to create individual documents, labels, envelopes, individual emails, and catalog/directory lists using the Mail Merge function in MS Word. This 5-hour class taught over 2 meetings will cover the basic document requirements for performing a mail merge. Also covered are tips and tricks for preparing source documents for a mail merge, and using Gmail to perform an email mail merge. No text required. Students should have basic user knowledge of MS Word. Basic knowledge of Excel not required but helpful.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04500.00	J.Miller	Alvarado	5	\$40	4/30	2	Mon & Thu	6:00pm-8:30pm
04500.01	J.Miller	Alvarado	5	\$40	7/14	2	Saturday	9:00am-11:30am

Color shaded class listings indicate Summer classes.

COMPUTER EDUCATION

Textbooks are no longer sold at Adult Education Offices. Textbook titles are listed under classes that require them.

MICROSOFT WORD – LEVEL 1

Level 1 is a complete survey of Microsoft Word introductory skills. Topics covered include working with text, using proofreading tools, creating bulleted and numbered lists creating tables, working with hyperlinks, and more.

Textbook:

Microsoft Word 2013: Level 1 - ISBN-13: 978-1-59136-488-7, (Approx. \$35.25)

Order online www.lablearning.com *Shipping time for the books is approx. 7-10 business days.*

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04520.00	A.Miller	Alvarado	5	\$160	4/9	8	Mon & Wed	6:00pm-8:30pm

MICROSOFT EXCEL– LEVEL 1

Prerequisite: Computer Typing (Minimum typing speed must be 25wpm) and Introduction to Computers. Knowing how to use Excel is one of the most highly sought after skills in the workplace. Learn the basics of this versatile program and then some. Topics include entering data, navigating around a worksheet and workbook, creating formulas and functions, formatting cells, and creating charts from data. Practical business-minded examples will be used to help students master these fundamentals.

Textbook:

Microsoft Excel 2013: Level 1- ISBN-13: 978-1-59136-491-7

Order online www.lablearning.com *Shipping time for the books is approx. 7-10 business days.*

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04501.00	A.Miller	Alvarado	5	\$160	5/7*	8	Mon & Wed	6:00pm-8:30pm

*No class on 5/28

MICROSOFT POWERPOINT– LEVEL 1

Prerequisite: Computer Typing (Minimum typing speed must be 25wpm) and Introduction to Computers. Put an end to static presentations. Learn how to create a basic speaker-led or self-running presentation and enhance it with transitions, animation, graphics, and SmartArt™. This accelerated class is for you if you need a visual tool for marketing, sales, or training purposes.

Textbook:

Microsoft PowerPoint 2013, Level 1- ISBN-13:978-1-59136-494-8

Order online www.lablearning.com *Shipping time for the books is approx. 7-10 business days.*

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04515.00	A.Miller	Alvarado	5	\$136	6/6	5	Mon & Wed	6:00pm-8:30pm



Color shaded class listings indicate Summer classes.

COMPUTER EDUCATION

PHOTOSHOP CS6 – LEVEL 1

Prerequisite: Must be an experienced computer user.

This is a thorough introduction to professional level Photoshop CS6. You will learn to adjust photos, make selections, work with type, create special effects with filters, and use layers. We will practice production efficiency with actions and templates. Create a portfolio website and PDF using your class images. Learn various output options for web, print, and mobile devices.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04525.00	Minor	Alvarado	5	\$168	4/10	7	Tue	6:00pm-9:00pm

PHOTOSHOP CS6 – LEVEL 2

Prerequisite: Previous Photoshop experience equivalent to Level 1.

Have fun working with multiple layers, selections, adjustments, masking, and advanced techniques with emphasis on creativity.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04526.00	Minor	Alvarado	5	\$97	5/29	4	Tue	6:00pm-9:00pm

QUICKBOOKS PRO

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 Pro — electronic accounting made easy — utilizes user-friendly techniques for businesses: how to set up a chart of accounts, account register overview, and asset and liability account overview. Learn how to set up customers, do invoicing, do sales overviews, how to set up a vendor, bill overview, purchases, payments and how to create financial statements and reports.

Textbook:

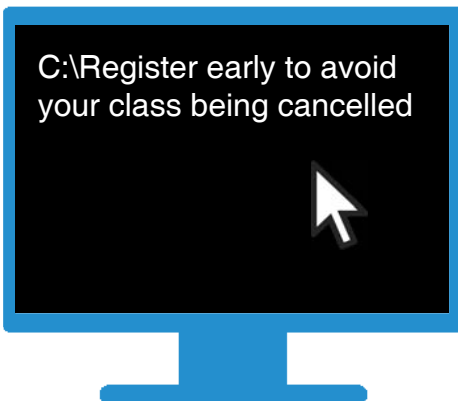
QuickBooks Pro 2015: Comprehensive, by Conlon & Hartley, Labyrinth Learning, ITEM:1-59136-779-4, ISBN-13:978-159136-779-6

Trial version <http://www.lablearning.com/quickbooks-2015-trial-software.html?sc=37&category=6432>.

Order online www.lablearning.com Shipping time for the books is approx. 7-10 business days.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04530.00	O'Neill	Alvarado	10	\$160	5/21	8	Mon & Wed	6:30pm-9:00pm

*No class 5/28



Color shaded class listings indicate Summer classes.

COMPUTER EDUCATION

*Computer Classes — Seniors 55+ * All senior classes are limited to 15 students.*

SENIOR COMPUTER USERS GROUP (SCUG)

SCUG, the Senior Computer Users Group, meets the third Friday of each month in Room 5 at the Alvarado Campus. **This club is free!** Bring your computer questions and problems to share. Club Goals: To be a support group for computer users to further their education.

For more information e-mail scugclub@yahoo.com or call **510-528-4396**.

HOW TO USE THE MOUSE

A required class for anyone who has not used a computer. Students will receive practice in click, double-click, right-click, scrolling and dragging, and will use the mouse to explore the features of the Desktop, including Desktop Icons, Start Menu, and Taskbar.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04535.00	Dearborn	Alvarado	5	\$16	4/10	1	Tue	10:00am-12:00pm

TYPING/KEYBOARDING

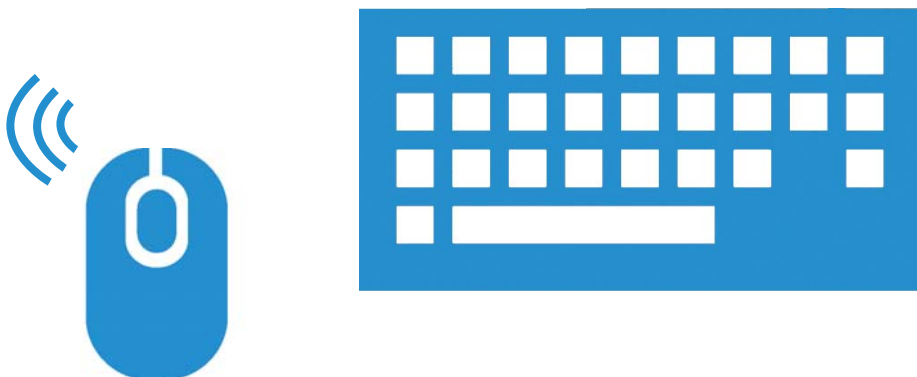
This class is strongly recommended for all who have never used a computer. Even if you can type, you need to practice on a computer to learn about word wrap, special keys and the QWERTY keyboard.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04540.00	Dearborn	Alvarado	5	\$16	4/12	1	Thu	10:00am-12:00pm

INTRODUCTION TO COMPUTERS FOR SENIORS — LEVEL 1

This is a survey course to introduce home use to those who are new to the computer or those with some computer experience who wish to expand their knowledge. Hands-on experience will include Mouse and Keyboarding practice, the use of Windows 7 operating system and accessories, and Word 2013 word processing.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04565.00	Dearborn	Alvarado	5	\$128	4/17	8	Tue & Thurs	10:00am-12:00pm



Color shaded class listings indicate Summer classes.

DANCE AND MUSIC

BELLY DANCE TECHNIQUE – SECTION A

Learn new steps or polish the steps you know. Class can cover shimmies, isolations, traveling steps, combinations and transitions. Finger cymbals are taught and veil introduced. Join Amala to expand your dance experience. Wear comfortable clothes for movement or costume for fun. Finger cymbals and hip scarves are available for purchase or bring your own.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04211.00	Amala	Alvarado	8	\$72	4/11	6	Wed	5:15pm-6:45pm

BELLY DANCE TECHNIQUE – SECTION B

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04211.01	Amala	Alvarado	8	\$60	5/24	5	Thu	5:30pm-7:00pm

BELLY DANCE TECHNIQUE

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04212.00	Amala	Alvarado	8	\$48	6/27	4	Wed	5:00pm-6:30pm

HAWAIIAN DANCE CLASS

Learn the dances of Hawaii.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04275.00	Hall	Alvarado	8	\$72	4/10	9	Tue	5:00pm-6:00pm
04275.01	Hall	Alvarado	8	\$40	6/26	5	Tue	5:00pm-6:00pm

LATIN INTENSIVE

Rumba, Samba, Cuban, Salsa

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04221.00	Sutphen	Alvarado	Multipurpose	\$40	6/26	5	Tue	7:45pm-8:45pm

PAN AFRICAN DANCE

Pan African Dance is a highly energetic and FUN dance class designed to make you sweat and feel good at the same time. This survey of dance moves from The Congo- Brazzaville; West Africa-Senegal, Guinea; Haiti and Cuba, is set to high energy music from Brazzaville, Senegal, Guinea, Haiti, Cuba, Colombia, and Peru. Students should bring a towel, a wrap skirt (sarong, pare'u or lappa). ALL ARE WELCOME to come and participate in this fun mind and body enhancing class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04276.00	Washington	Alvarado	8	\$80	4/12	10	Thu	7:00pm-8:00pm
04276.01	Washington	Alvarado	8	\$40	6/28	5	Thu	7:00pm-8:00pm

Color shaded class listings indicate Summer classes.

DANCE AND MUSIC

SOCIAL BALLROOM DANCING LEVEL I

No partner needed.

Get the basics with this award-winning instructor in Cha-Cha, Waltz, and Bachata.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04235.00	Sutphen	Alvarado	Multipurpose	\$80	4/10	10	Tue	7:45pm-8:45pm

SOCIAL BALLROOM DANCING LEVEL II

Prerequisite: Must have completed Level One or gained instructor permission for registration.

Advance your dance with Argentine Tango (Salida), Triple Time Swing and Mambo.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04240.00	Sutphen	Alvarado	Multipurpose	\$80	4/12	10	Thu	7:00pm-8:00pm



Reminder!!!

Brochure contains Spring and Summer classes.

Registration begins:
March 26, 2018

Color shaded class listings indicate Summer classes.

DANCE AND MUSIC

FLUTE/SAXOPHONE/CLARINET – BEGINNING-INTERMEDIATE

An introduction to the flute/saxophone covering fingering, sound production and reading music. Students play simple ensemble arrangements and exercises. Class taught by experienced professional musician with over 40 years playing experience. College and private instructor.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04255.00	Garcia	Alvarado	12	\$64	4/11	8	Wed	6:00pm-7:00pm
04255.01	Garcia	Alvarado	12	\$32	6/27*	4	Wed	6:00pm-7:00pm

*No class 7/4

BEGINNING/INTERMEDIATE VIOLIN

Enrollment is limited to 10 students.

Prerequisite: Beginning Violin or equivalent. If you don't already own a working violin, please rent one. This is a continuation class to Beginning Violin. We will be learning new skills on performing music in a group setting. We will explore new keys, rhythms, scales, sight-reading, and have fun playing new songs with our new skills.

Textbook:

Violin Book 2 "Essential Elements for Strings – Book 2 with EEi: Violin" by Michael Allen, Robert Gillespie, Pamela Tellejohn Hayes. Arrangements by John Higgins and Hall Leonard and "Two Violins Volume 1 Beautiful Music for Two String Instruments" by Samuel Applebaum. Additional \$18 book fee is payable to the Instructor if not purchased before the first class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04280.00	McGoon	Serra	10	\$80	4/9*	10	Mon	6:00pm-7:00pm

*No class on 5/28

GUITAR — BEGINNING/INTERMEDIATE

Learn chords, strumming, finger picking and lead techniques while practicing songs. No electric guitars please. \$30 materials fee payable to instructor.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04265.00	Swanson	Serra	10	\$132	4/10	11	Tue	6:30pm-8:00pm

INTRODUCTION TO VIOLIN

Learn the skills needed to start playing a violin: how to hold the violin, finger placement, and how to play the notes on the musical scale. If you don't already own a working violin, please rent one.

Textbook:

"Essential Elements for Strings" Violin Book 1 by Michael Allen, Robert Gillespie and Pamela Tellejohn Hayes. Arrangements by John Higgins and Hal-Leonard Corporation. An additional \$10 book fee is payable to the instructor if not purchased before the first class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04260.00	McGoon	Serra	10	\$80	4/9*	10	Mon	7:15pm-8:15pm

*No class on 5/28

Color shaded class listings indicate Summer classes.

DANCE AND MUSIC

PIANO KEYBOARD

Enrollment is limited to 10 students.

Requirement: At least a 61-key keyboard and earphones or headset (bring to class, ready to use.) Learn to play contemporary as well as classical music. Learn how to improvise pieces of music by reading chord notations and portions of scales and arpeggios for embellishments. Beginners will learn how to read notes, do scales and chords, and play simple pieces. Bring pen, pencil and notebook.

Books required:

Scales, Chords and Arpeggios, by James Bastien; also Level 1 of Alfred's Adult All-in-One course.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
04720.00	Chaix	Alvarado	Multipurpose	\$160	4/14*	10	Sat	9:00am-11:00am
04720.01	Chaix	Alvarado	Multipurpose	\$64	6/30	4	Sat	9:00am-11:00am

*No class 5/26



Color shaded class listings indicate Summer classes.

ENGLISH AS A SECOND LANGUAGE/CITIZENSHIP

INGLES COMO SEGUNDO IDIOMA/CIUDADANIA

ESL STUDENTS SUPPORT CENTER FOR CLASSES AT RICHMOND HIGH SCHOOL

1250 23rd Street, Richmond

Phone (after 6:30pm) 510-215-1450 ext. 3385

Monday, Tuesday & Wednesday, 6:30pm-9:00pm

Serra Campus, Room 7 (students support center)

Classes are being held at the Serra Campus!

Registration and additional information can be directed to:

ALVARADO CAMPUS

5625 Sutter Avenue Richmond, CA. 94804

Phone 510-231-1453 adulted@wccusd.net

Monday-Thursday, 8:00am-6:00pm

Friday, 8:00am-3:30pm

ENGLISH AS A SECOND LANGUAGE

ENGLISH AS A SECOND LANGUAGE (ESL)

Adults who want to learn English or improve their English skills may attend courses at any of our 18 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 Serra and Richmond High School. Please call the WCCAE 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, 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 Serra Campus, located at 6028 Ralston Avenue, Richmond, Room #8 on Tuesday afternoons between 12:30pm-1:30pm.

Color shaded class listings indicate Summer classes.

INGLES COMO SEGUNDO IDIOMA

INGLES COMO SEGUNDO IDIOMA

Adultos que desean aprender inglés o mejorar su inglés pueden asistir a cualquiera de los 18 sitios en donde se imparten las clases de inglés. En cada clase, los estudiantes practican leer, escribir, escuchar y hablar en inglés. Ofrecemos el nivel principiante, intermedio, avanzado y clases multinivel. La matrícula está abierta siempre. Llámenos en cualquier época del año. Si desea asistir a clases en la escuela Serra o en la Richmond High School necesita tomar un examen para determinar el nivel apropiado. Para más información llame al 510- 231-1453. No se aceptan inscripciones por correo.

APRENDIZAJE A DISTANCIA (ESTUDIO DE INGLES EN SU HOGAR)

Aprendizaje a distancia es un programa de estudios independiente de inglés. Es para estudiantes que desean más práctica o no pueden asistir a la escuela con regularidad. Los estudiantes reciben DVDs, cuadernos de ejercicios y la ayuda de un maestro. Para más información, llame al 510-231-1453, o visite la oficina de educación de adultos en la escuela Richmond High ubicada en 1250 23rd Street, Richmond, los miércoles entre las 6:00pm-9:00pm, o visite la escuela Serra de Adultos ubicada en 6028 Ralston Avenue, Richmond, salón #8 los martes entre las 12:30pm-1:30pm.

CITIZENSHIP CLASSES

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

CLASES DE CIUDADANIA

Esta clase tiene como objetivo ayudarle a prepararse para tomar el examen de ciudadanía. Aprenda sobre la historia, gobierno y civismo de los Estados Unidos, practique la entrevista en inglés, llene la forma INS N-400. Para más información llame a 510-231-1453 ext. 28024.

Time	Day	Location	Description	Teacher
9:45am-11:45am	Tuesday/Thursday	St. Mark's Church, Room 1 159 Harbour Way, Richmond	U.S. Citizenship class with babysitting*	Ryan
6:30pm-9:00pm	Monday/Wednesday	Richmond High School, Room 303 1250 23rd St., Richmond	U.S. Citizenship class no babysitting available	Pursley
9:00am-12:00pm	Saturday	San Pablo Community Center 2450 Road 20, San Pablo	U.S. Citizenship class with babysitting*	Arnold

*Babysitting for children 2-5 years old.



Color shaded class listings indicate Summer classes.

MORNING ENGLISH CLASSES/CLASES POR LA MAÑANA

Time	Day	Location	Description	Teacher
8:45am-11:45am	Mon-Thu	Bayview Elementary, Room A-1 3001 16th St., San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Smulian
8:30am-11:30am	Tues/Thu	Chavez Elementary, Room 53 960 17th St., Richmond	Multi-level ESL/Family Literacy class with babysitting*	Hansen
8:30am-11:30am	Mon-Thu	Dover Elementary, Room A-133 1870 19th St., San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Lang
8:30am-11:00am	Mon/Wed/ Thu	Dover Elementary, Room A-222 1231 18th St., San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Louie
9:00am-12:00pm	Mon-Thu	English Action Center at St. Cornelius Church 205 28th St., Richmond	Literacy/Beginning Low and Beginning High/Intermediate Low ESL/Family Literacy classes with babysitting*	Mandel, Giammalvo
9:00am-11:00am	Tues/Thu	Fairmont Elementary, MP Room 724 Kearney St., El Cerrito	Multi-level ESL/Family Literacy class with babysitting*	Goodsill
8:45am-11:45am	Mon /Wed	Grant Elementary, Room 22 2400 Downer Ave., Richmond	Multi-level ESL/Family Literacy class with babysitting*	DeWall
8:45am-11:45am	Mon/Fri	Ford Elementary School, Library 2711 Maricopa Ave., Richmond	Multi-level ESL/Family Literacy class with babysitting*	Knebelman
9:00am-11:30am	Mon-Thu	Helms Middle School, HCP Room 2500 Road 20, San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Finkelstein
8:45am-11:45am	Mon/Fri	Mira Vista Elementary, MS Library 6397 Hazel Ave., Richmond	Multi-level ESL/Family Literacy class with babysitting*	Wani
8:45am-10:45am	Mon/Fri	Riverside Elementary, Staff Room 1300 Amador St., San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Hansen
8:45am-12:00pm	Mon-Thu	Serra Adult School 6028 Ralston Ave., Richmond	Four ESL and Family Literacy classes Beginning Low to Intermediate High no babysitting available	Dacumos, Marks Knebelman, Staff
9:00am-12:00pm	Tue/Wed/ Thu	St. Mark's Church, Room 1 159 Harbour Way, Richmond	Multi-level ESL/Family Literacy class with babysitting*	Hedges
8:30am-12:30pm	Mon-Thu	Verde Elementary, Portables 2000 Giaramita St., Richmond	Beginning and Intermediate ESL/Family Literacy classes with babysitting (6 months-5 years)	Miles, Staff
9:15am-10:45am	Tues/Thu	Washington Elementary, Room TBA 565 Wine St., Richmond	Multi-level ESL/Family Literacy class with babysitting*	DeWall
8:30am-11:15am	Tue/Wed/ Thu	Wilson Elementary, Room 18 629 42nd St., Richmond	Multi-level ESL/Family Literacy class with babysitting*	Wani

*Babysitting for children 2-5 years old.

Color shaded class listings indicate Summer classes.

EVENING ENGLISH CLASSES/CLASES POR LA NOCHE

Time	Day	Location	Description	Teacher
5:00pm-7:00pm	Tue/Thu	Highland Elementary, William Harrison Room 2829 Moyers Road, Richmond	Multi-level ESL with babysitting*	Staff
4:00pm-6:00pm	Mon/ Wed	King Elementary, Teachers Room 4022 Florida Avenue, Richmond	Multi-level ESL with babysitting*	Carothers
6:00pm-8:30pm	Mon/ Wed	Latina Center, Multipurpose Room 3701 Barrett Ave., Richmond	Intermediate VESL class for Early Childhood Education with babysitting* To register call 510-215-1453	Ryan
6:00pm-8:00pm	Tue/Thu	Latina Center, Multipurpose Room 3701 Barrett Ave., Richmond	Multi-level ESL/Family Literacy class with babysitting*	Staff
6:30pm-8:30pm	Tue/Thu	Montalvin Elementary, Library 300 Christine Dr., San Pablo	Multi-level ESL/Family Literacy class with babysitting*	Adviento
6:00pm-8:30pm	Mon/ Wed	St. Mark's Church, Room 2 159 Harbour Way, Richmond	Multi-level ESL/Family Literacy class no babysitting available	Adviento
6:30pm-9:00pm	Mon/ Tue/ Wed	Richmond High School 1250 23rd St., Richmond	11 ESL classes from Literacy to Advanced To make an appointment to take a test call 510- 231-1453 no Babysitting available at RHS	Staff, Chretien, Gabriel, Itil, Long, Louie Manuel, McMullen, Ortega, Adefuin, Tolentino

*Babysitting for children 2-5 years old.



Color shaded class listings indicate Summer classes.

FOOD AND NUTRITION CLASSES

DIM SUM

Enrollment is limited to 12 students.

Dim Sum is a unique culinary experience. It is a highly specialized kind of Chinese cooking. Dim Sum is generally served between 10:00am and 3:00pm. If you are ever invited for “tea” in Hong Kong, you are really being invited to dim sum. The dim sums are generally small dumplings or pieces of meat that are fried or steamed. They can be salty or sweet. They make wonderful hors d’oeuvres. During this 4-hour workshop, we will prepare the following: Shrimp Toast, Shiu Mai (Pork Dumplings), Lemon Chicken Wings, Shrimp Stuffed Bell Peppers, and Stuffed Rice Noodles.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30550.00	Coe	Alvarado	12	\$60	5/5	1	Sat	10:00am-2:00pm

FISH AND SEAFOOD DINNER

Enrollment is limited to 12 students.

Come and learn how to prepare some fish and seafood in interesting and delicious ways. During this 4-hour class we will prepare: Calamari Steaks, Crab Cakes, Sole Florentine, Trout with Almonds and Steamed Fish with Ginger Sauce

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30522.00	Coe	Alvarado	12	\$60	4/21	1	Sat	10:00am-2:00pm

HAWAIIAN COOKING

Enrollment is limited to 12 students.

The cuisine of Hawaii has been greatly influenced by Polynesian Voyagers, Europeans, Americans, Koreans, Chinese, Japanese, Filipinos, Puerto Ricans and Portuguese. During this class students will have a chance to experience different foods influenced by these different cultures. We will be making Poke (an appetizer made of seafood and seasonings), Musubi (a popular snack made of fried Spam upon a bed of rice wrapped in a strip of nori seaweed), Portuguese Sausage Corn Soup, Pineapple Chicken and Macadamia Nut Coconut Pie.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30525.00	Coe	Alvarado	12	\$60	4/28	1	Sat	10:00am-2:00pm

SOUTHWEST/SANTA FE COOKING

Enrollment is limited to 12 students.

The cuisine of the Southwest and Santa Fe has been greatly influenced by the indigenous peoples of the area, the Spanish, the different settlers to the region and the newcomers. During this 4-hour class we will be preparing 5 dishes that are common to this area. We will prepare: Navajo Fry Bread (sopaipillas), Indian Tacos, Bacon Green Chili Casserole, Tortilla Soup and Cornish Game Hens with a Jalapeno Jelly Glaze.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30527.00	Coe	Alvarado	12	\$60	5/12	1	Sat	10:00am-2:00pm

Color shaded class listings indicate Summer classes.

FOOD AND NUTRITION CLASSES

SUSHI PARTY

Enrollment is limited to 12 students.

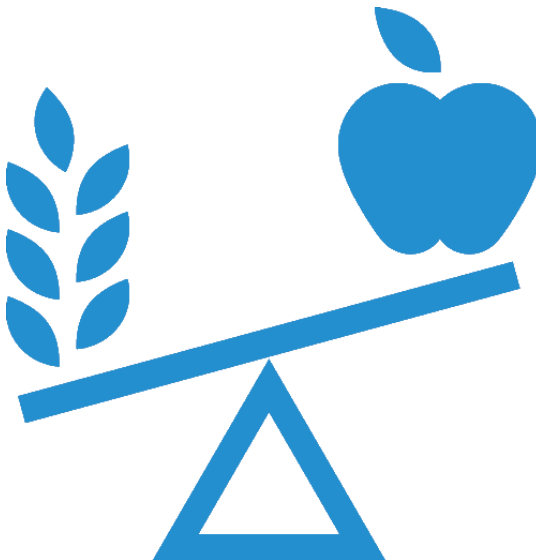
Be the first on your block to have one of the unusual parties in vogue. Sushi is good for cocktail parties, luncheons, dinners, and every other occasion where food is served. We will be making a wonderful variety of sushi at this 4-hour workshop.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30528.00	Coe	Alvarado	12	\$60	5/19	1	Sat	10:00am-2:00pm

COOKING 4 ONE

Cooking 4 One is a course designed to bring excitement and glamour to individuals eating alone day after day. This class will teach individuals to prepare nutritious, fun and exciting dishes. This class will cut participants monthly grocery bill by 30% with savvy shopping tips, meal planning, kitchen safety and proper food storage routines.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
30501.00	Fischer	Alvarado	12	\$120	4/10	5	Tues	10:30am-12:30pm
30501.01	Fischer	Alvarado	12	\$120	6/26	5	Tues	10:30am-12:30pm



Color shaded class listings indicate Summer classes.

FOOD SERVICES

FOOD SAFETY AND SANITATION CERTIFICATION TRAINING

This class will prepare you for taking the National Registry of Food Safety examination, 5-year certificate. Fee includes 8-hour class and test. Testing takes place at the end of the second day of training. Book is required and available for purchase at Alvarado.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
40101.01	Ruiz	Alvarado	4	\$64	4/11 & 4/18	2	Wed	4:00pm-8:00pm
40101.02	Ruiz	Alvarado	4	\$64	5/16 & 5/23	2	Wed	4:00pm-8:00pm
40101.03	Ruiz	Alvarado	4	\$64	6/13 & 6/20	2	Wed	4:00pm-8:00pm
40101.01	Ruiz	Alvarado	4	\$64	7/18 & 7/25	2	Wed	4:00pm-8:00pm

SPECIAL INSTRUCTIONS FOR FOOD SAFETY TRAINING AND EXAMINATION: Retesting fee is \$40.

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.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
40105.00	Lopez	Alvarado	5	\$64	4/10 & 4/17	2	Tue	4:00pm-8:00pm
40105.01	Lopez	Alvarado	5	\$64	6/5 & 6/12	2	Tue	4:00pm-8:00pm
40105.01	Lopez	Alvarado	5	\$64	7/17 & 7/24	2	Tue	4:00pm-8:00pm

NOTA IMPORTANTE — PARA EL CURSO DE PREPARACIÓN DE ALIMENTOS Y EXAMINACIÓN: El costo para repetir el examen es de \$40.



Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

ACUPRESSURE/CHINESE MEDICINE TOPICS

On the second Wednesday of every month in Spring and Summer quarters 2018, three 2-hour acupressure classes will be offered between 11 a.m. and 6 p.m. Which classes will actually take place from the classes listed below will be decided by student interest. To cast your “vote”, contact the instructor at HuldaNystrom@sbcglobal.net or 510-798-8626 voice/text. By the first Wednesday of every month the 3 classes with the most number of students indicating that they will sign up will be announced at the www.wccae.info/healthfit.html and will be available for registration online, in the WCCAE – Alvarado Campus office or by mail-in. Classes will take place on the second Wednesday either from 11am – 1pm; 1:30pm-3:30pm; or 4pm-6pm. It is our aim to thus be optimally responsive to student interest.

ACUPRESSURE PRINCIPLES: YIN AND YANG **NEW**

The concept of Yin & Yang is central to Chinese philosophy and medicine. This brief introduction touches on the nature of Yin & Yang, their relationship to each other, and their manifestations in the body. Simple qigong exercises, as well as acupressure point combinations for the ears and eyes, will be taught to help students embody the concepts. It's best to take this class before taking The Vital Substance Qi and The Five Elements, but it can be taken independently. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE PRINCIPLES: THE VITAL SUBSTANCE QI **NEW**

Qi (pronounced “chee”) can be called the material substrate of the Universe. Three essential forms of Qi, the Three Treasures (Jing [“Essence”], Qi [matter-energy] and Shen [Mind-Spirit]), will be introduced and illustrated with simple qigong acupressure exercises and point combinations for disharmonies typical for each. It's best to take this class after taking Yin & Yang and before The Five Elements, but it can be taken independently. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

ACUPRESSURE PRINCIPLES: THE FIVE ELEMENTS

Along with Yin & Yang, the Five Elements is the core of Chinese philosophy and medicine. Ancient Chinese doctors applied dynamics observed in nature to the body. Students will be introduced to key correspondences for each element, including qigong movements, as well as simple acupressure point combinations to address a common disharmony of each element. It's best to take this class after taking Yin & Yang and The Vital Substance Qi, but it can also be taken independently. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE FOR BACK PAIN

As many as 80% of people in the U.S. will experience back pain sometime in their lives, either a sudden acute episode or a chronic condition. Acupressure can give relief for both. Several points will be shown for each type, both hands on and in a handout. Emphasis will be laid on embedding back care in the context of 4 Pillars of Health: Sunshine – Exercise – Energy Balancing (both self-help and professional) – Diet. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE WHOLE FOODS AND OSTEOPOROSIS

This class is best taken after "Beyond Organic: Healing with Whole Foods". Emphasis will be placed on movement, nutrition and acupressure (both self-help and professional) to support not only the bones, but the internal organ energy systems that, according to Chinese medicine, are responsible for bone health, esp. the kidneys. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

ACUPRESSURE FOR THE EARS

Enrollment is limited to 8 students.

According to Chinese medicine, the ears are “governed” by the kidneys. Other organ systems play significant roles in various ear issues as well, including the heart, lungs, liver, gall bladder and spleen/pancreas. Students will be shown acupressure point sequences to energetically support the above organs in cases of hearing loss, tinnitus (“ringing in the ears”), earache, itchy ears, etc. The instructor will demonstrate point locations and assist students in locating the points on themselves. The handouts illustrate the points and show their associations with underlying organ disharmonies. Dietary and lifestyle adjustments for auditory health will be covered, as well as the importance of professional energy work, such as acupressure, for resolving ear issues. Personal anecdotes illustrate the effectiveness of the points. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE FOR EMERGENCIES

Enrollment is limited to 8 students.

Learn acupressure points for reducing the effects of – or even stopping – a heart attack, stroke or seizure, as well as for restoring someone’s consciousness or breathing. The handout lists signs and symptoms of a heart attack, stroke and seizure, and contains images of the acupressure points, which the instructor will demonstrate and assist students in finding on themselves. Personal anecdotes illustrate the effectiveness of these emergency points. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.



Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

ACUPRESSURE FOR THE EYES

Enrollment is limited to 8 students.

The Liver energy system, according to Chinese medicine, has a predominant influence on the eyes. Improper diet, insufficient exercise and certain emotions can throw it out of kilter, causing various eye complaints, as well as other conditions. More than a dozen acupressure points will be covered for reducing or potentially eliminating blurry, cloudy, foggy, dim or filmy vision, as well as near- or far-sightedness, eye pain, redness of the eyes, floaters (spots before the eyes), eye tremors, flashing lights and other conditions. The handouts illustrate the points and show their associations with underlying organ disharmonies. Dietary and lifestyle adjustments for auditory health will be covered, as well as the importance of professional energy work, such as acupressure, for resolving eye issues. Personal anecdotes illustrate the effectiveness of the points. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE FOR HEADACHES

Enrollment is limited to 8 students.

Learn how to reduce or stop headaches in different areas of the head by gently holding acupressure points on your body. A handout illustrates point locations, while guided practice reinforces the instructor's demonstration of the points. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.



Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

ACUPRESSURE FOR INSOMNIA

Enrollment is limited to 8 students.

Insomnia can be an incredibly complex condition to resolve. According to Chinese medicine, the quantity and quality of one's sleep depends on the Mind, which is considered "the spirit of the Heart". Other organs, such as the liver, kidneys, stomach and gall bladder, can also be affected, leading to difficulty getting to sleep, staying asleep or getting restful sleep. Learn what lifestyle adjustments in conjunction with self-help and professional acupressure can lead to restful sleep. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text).

The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE FOR MEMORY

Enrollment is limited to 8 students.

Memory loss seems to be all around us, even among young people. Learn what roles Chinese medicine attributes to the Heart, Kidneys, Spleen and Lungs in short- and long-term memory. And how memory loss can be reduced – even reversed – with lifestyle adjustments along with self-help and professional acupressure. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

ACUPRESSURE FOR THE STOMACH

Enrollment is limited to 8 students.

Learn how to reduce or stop a stomachache or other stomach discomforts using acupressure points. A handout illustrates point locations, while guided practice reinforces the instructor's demonstration of the points. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

When starting a new physical activity, it is recommended that you check with your doctor first.

BA DUAN JIN – EIGHT BROCADES

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	Room	Fee	Starts	Meetings	Days	Time
70115.00	Miner	Alvarado	8	\$48	6/25	3	Mon	9:30am-11:30am

BEYOND ORGANICS - Healing with Whole Foods

Enrollment is limited to 8 students.

This class is based on Paul Pitchford's book *Healing with Whole Foods* (3rd ed. 2002), and incorporates key points of *The China Study* (revised 2016), as well as of *Whole: Rethinking the Science of Nutrition* (2013), both by T. Colin Campbell, PhD. Topics: the nutritional benefits of unprocessed, unrefined organic plant-based foods: proper preparation to unlock those benefits: the crucial role of pure water; the importance of the manner in which we eat: the vital contributions that exercise and sunshine make towards recovering and maintaining good health. For questions about course content or to request scheduling, please contact the instructor at: HuldaNystrom@sbcglobal.net or 510-798-8626 (voice/text). The 3 classes in this list that have the most number of students indicating to the instructor their intention to take this class will be listed at www.wccae.info/healthfit.html by the 1st Wednesday of the month. Those 3 classes will take place on the 2nd Wednesday either from 11am-1pm; 1:30pm-3:30pm; or 4pm-6pm.

Please note: This class is intended to complement, not replace medical care. Students are encouraged to consult a medical professional for diagnosis and treatment.

DAYAN QIGONG — PART A (MORNING)

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.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70130.00	Miner	Alvarado	8	\$160	4/9*	10	Mon	9:30am-11:30am

*No class on 5/28



Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

DAYAN QIGONG — PART A & B (EVENING)

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.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70135.00	Dey	Alvarado	8	\$160	4/11	10	Wed	7:00pm-9:00pm

HATHA YOGA WITH BLUE SKIES

This is your Basic and Advanced Yoga Poses class. ALL levels welcome. MODIFICATIONS are shown for the less able but it is a floor class. For info email yoga4blues2@gmail.com.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70145.00	Luke	Alvarado	Multipurpose	\$60	4/12	5	Thur	9:30am-11:00am
70145.01	Luke	Alvarado	Multipurpose	\$84	5/3	7	Thur	9:30am-11:00am

HATHA YOGA WITH LILIANE

Enrollment is limited to 25 students.

Yoga combines physical postures, relaxation, breathing, and meditation techniques. Through various combinations of practices, the yogi undergoes a complete and harmonious development — physically, emotionally, mentally, and spiritually.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70150.00	Younes	Alvarado	Multipurpose	\$132	4/10	10	Tue	6:00pm-7:30pm

PILATES/STRETCH I — BEGINNING

Enrollment is limited to 20 students.

Required: foam roller, Thera band (*Both can be purchased from the instructor*)

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 the beginning Pilates class, we will start by learning the fundamentals.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70155.00	Younes	Alvarado	Multipurpose	\$132	4/12	10	Thurs	5:00pm-6:15pm

Color shaded class listings indicate Summer classes.

HEALTH AND FITNESS CLASSES

**When starting a new physical activity,
it is recommended that you check with your doctor first.**

STICK STRETCHING

Moving with sticks. This is a gentle movement class using 4-foot long sticks to help improve balance, flexibility and posture.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70180.00	Miner	Alvarado	8	\$40	7/16	2	Mon	9:30am-11:30am

YOGA I (BASICS OF KUNDALINI YOGA)

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. You progress at your own rate and work comfortably at your own level of fitness. Please bring a blanket or mat.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70195.00	Khalsa, S.A	Alvarado	Multipurpose	\$108	4/11	9	Wed	5:45pm-7:00pm

YOGA II

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70165.00	Dante-Barragan	Alvarado	8	\$108	4/9*	9	Mon	5:45pm-7:00pm

*No class on 5/28

T'AI CHI

The gentle art of meditation through movement is taught through a series of easy-to-learn movement patterns, which focus on self-awareness and flow. T'ai Chi is healthful for all ages and physical conditions.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70160.00	Umeki	Alvarado	Multipurpose	\$120	4/17*	10	Tue	11:00am-12:30pm
70160.01	Umeki	Alvarado	Multipurpose	\$60	6/26	5	Tue	11:00am-12:30pm

*No class 4/24, 5/1, 6/12

INTEGRATED WELLNESS

In this course, you will be easily working at all levels on this transformational course: sleep, nutrition, stress management, yoga and meditation, time and task management, life coaching, work, relationships, self-esteem, commitment, reshaping bad habits, etc. Most importantly, you will work with ease and at your own pace. Students will need to bring: a mat, comfortable clothes and journal/pen.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
70128.00	Dante-Barragan	Alvarado	8	\$108	4/11	9	Wed	4:00pm-5:15pm

Color shaded class listings indicate Summer classes.



ADULT EDUCATION PROGRAM

INFORMATION/ORIENTATION/TESTING

GED® EXAM (MUST BE 18 YEARS OR OLDER)
To register for the Pearson Vue GED Exam, go to: myged.com

WCCAE students must complete
PHASE 1 — ASSESSMENT
prior to enrolling in Phase 2 classes.



INFORMACION PARA GED®/ORIENTACION/EXAMENES

EXAMEN GED® (TIENE QUE TENER 18 AÑOS O MAYOR)
Para inscribirse al GED Examen de Pearson Vue,
vaya a: myged.com

Los estudiantes de WCCAE tienen que completar:
FASE 1 — EXAMINACION
antes de inscribirse en la Fase 2 clases.

FOR CURRENT INFORMATION ON DATES AND TIMES OF GED
ORIENTATIONS AND CLASSES PLEASE CHECK OUR WEBSITE AT
WWW.WCCAE.INFO OR CALL 510-231-1453.

Color shaded class listings indicate Summer classes.

GED® TEST PREPARATION

GED® DISTANCE LEARNING TEST PREPARATION

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	Room	Fee	Starts	End date	Days	Time
02120.01	Pekedis	Alvarado	7	No Fee	Open Enrollment*	6/7	Tue & Thu	6:00pm-7:30pm

*No Class: 2/20, 2/22, 4/3, 4/5

GED® TEST PREPARATION – PHASE I - ORIENTATION

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
02101.00	Lopez-Tello	Alvarado	5	No Fee	4/11 & 4/18	2	Wed	9:00am-2:00pm

CLASE DE PREPARACION PARA GED® FASE I - ORIENTATION

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
02105.00	Abril	Alvarado	5	No Costo	4/14 & 4/21	2	Sab	9:00am-2:00pm

CLASE DE PREPARACION PARA GED® FASE II

Course Code	Instructor	Site	Room	Fee	Starts	Days	Time
02115.00	Lopez-Tello	Alvarado	5	No Costo	On-Going	Monday	6:00pm-9:00pm

*No class 5/28



Color shaded class listings indicate Summer classes.

HIGH SCHOOL DIPLOMA/ ADULT BASIC EDUCATION

ORIENTATIONS WILL BE HELD ON:

WEDNESDAY	APRIL 11	6:00PM
WEDNESDAY	APRIL 25	6:00PM
WEDNESDAY	MAY 2	6:00PM
WEDNESDAY	MAY 16	6:00PM

REGISTER AT ALVARADO CAMPUS PRIOR TO THE
ORIENTATION DATE

ORIENTATIONS WILL BE HELD THOUGHOUT THE SEMESTER, FOR DATES
PLEASE CALL 510-231-1453

HIGH SCHOOL COURSE OFFERINGS

English 1-4 • Math Electives • Physical Science • Algebra 1
Health and Life Sciences • World History • U.S. History
American Government • Social Studies/Social Science Electives
Economics • Visual and Performing Arts • Electives • Test Preparation

ADULT BASIC EDUCATION

English Language Arts • Mathematics

Site	Course	Room	Day	Time
Serra	See list above	3	Mon-Thu	8:30am-11:45am
Serra	See list above	3	Mon-Thu	12:15pm-2:15pm
Serra	See list above	3	Mon-Thu	6:15pm-9:30pm

WCCAЕ offers a high school program for adults 18 or older. Upon completion of the requirements, a high school diploma is awarded. Requirements for graduation include completion of 180 required credits.

CAHSEE SUSPENSION (SB 172)

On October 7, 2015, Governor Brown signed legislation that exempts students from passing the California High School Exit Examination as a requirement for earning a high school diploma.

Effective January 1, 2016, former students who met all requirements to earn a high school diploma, with the exception of passing the CAHSEE, are now eligible to receive a high school diploma.

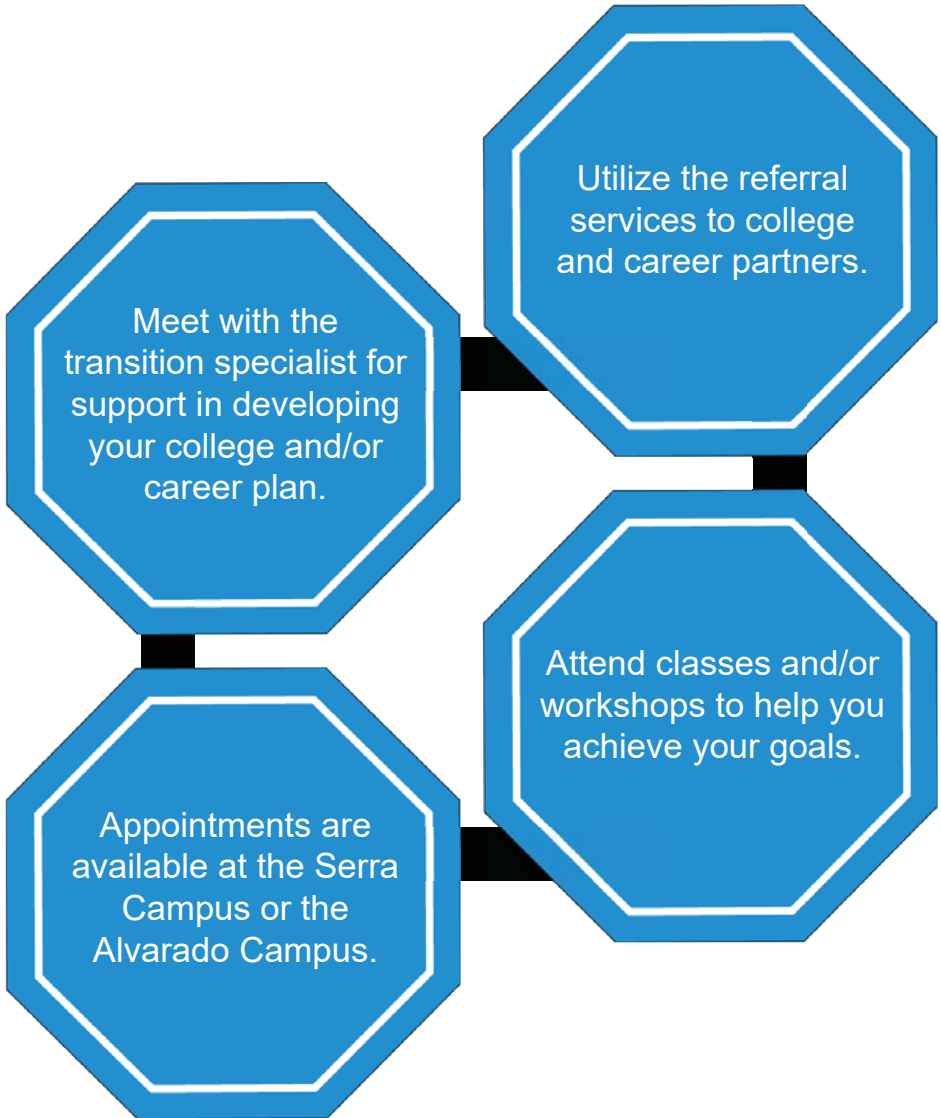
If you believe you now qualify for a high school diploma under the new law, please contact the WCCAУ Office, 510-231-1453, for further information.

Color shaded class listings indicate Summer classes.

COLLEGE AND CAREER READINESS SERVICES

The workshops listed below are a collaborative effort with community partners and Contra Costa Community College. They are free and open to the public. All workshops are currently scheduled at the Serra Campus except for the community college tour. Signing up in advance is encouraged. Please contact the facilitator, Lillie Clausen, Transition Specialist at 510-231-1453 x 28001 or via email, lclausen@cccoe.k12.ca.us for further information.

Online Job Search Strategies	April 10	10:30-12:00 PM	Room 6
College Information & Application	April 11	6:00- 8:00 PM	Room 6
College Information & Application	April 17	11:00-1:00 PM	Room 6
College Information & Application	April 24	11:00-1:00 PM	Room 6
WCC Pathways Information	April 25	10:00- 1:00 PM	Room 6
College Tour (CCC)	May 3	9:30- 12:00 PM	SSC114
Practice Interview Skills	May 8	10:00- 1:00 PM	Room 6
College Information & Application	May 15	11:00-1:00 PM	Room 6
WCC Pathways Information	June 13	11:00-1:00 PM	TBD



Color shaded class listings indicate Summer classes.

HEALTH AND SAFETY CLASSES

BASIC FIRST AID

Enrollment is limited to 12 students.

Members of this class will manage bleeding control, shock, learn to describe and react to burns, spinal injuries, severe allergic reactions, poisoning, diabetes and seizures, etc.

Certification is awarded upon successfully passing skills and written exam. Must be able to read and understand English. \$3 extra for EMSA (pediatric) sticker if needed or required for card. Students who need recertification may come to class anytime between 1:30pm-2:30pm. Recertification fee is \$20. Must bring current certification card at time of registration and to class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
80110.00	Berry	Alvarado	1	\$24	4/21	1	Sat	1:30pm-4:30pm
80110.01	Berry	Alvarado	1	\$24	5/19	1	Sat	1:30pm-4:30pm
80110.02	Berry	Alvarado	1	\$24	6/9	1	Sat	1:30pm-4:30pm
80110.03	Berry	Alvarado	1	\$24	6/30	1	Sat	1:30pm-4:30pm
80110.04	Berry	Alvarado	1	\$24	7/21	1	Sat	1:30pm-4:30pm

CPR

Enrollment is limited to 12 students.

This course meets the requirements established by state childcare licensing (EMSA), bus drivers (EMSA), clear credentials, healthcare and a wide variety of professional, state and federal agencies. Must be able to read and understand English. Certification is awarded upon successfully passing skills and written exam. Be on time to class. Doors close at 8:10am. Students who need recertification may come to class anytime between 8:00am-9:30am. If you need recertification for pediatric care you must attend the full class. Recertification fee is \$20. Current certification cannot be expired more than two months.

Must bring current certification card at time of registration and to class. (Must bring original card, copies not accepted). \$3 per card for Pediatric payable to Marian Berry during class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
80105.00	Berry	Alvarado	1	\$40	4/21	1	Sat	8:00am-1:00pm
80105.01	Berry	Alvarado	1	\$40	5/19	1	Sat	8:00am-1:00pm
80105.02	Berry	Alvarado	1	\$40	6/9	1	Sat	8:00am-1:00pm
80105.03	Berry	Alvarado	1	\$40	6/30	1	Sat	8:00am-1:00pm
80105.04	Berry	Alvarado	1	\$40	7/21	1	Sat	8:00am-1:00pm



Color shaded class listings indicate Summer classes.

LANGUAGES

ARABIC, FRENCH, GERMAN, INGLES, ITALIAN, PORTUGUESE, RUSSIAN AND SPANISH

**Recommended Order for learning a language: Level I, Level II and Level III.
For best results take Level C after taking Level I. Good luck and have fun
learning your new language!**

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 I before taking this Level C.

INGLES I

Para Hispanohablantes (English for Spanish Speakers) Este curso de Inglés se imparte en español para que los hispanohablantes puedan aprender Inglés de la manera rápida y divertida. El libro de texto es también en español para facilitar el aprendizaje del idioma Inglés. (This English course is taught in Spanish so that Spanish speakers can learn English the fast and fun way. The textbook is also in Spanish to facilitate learning the English language.)

Materials cost of approximately \$69 payable to the Instructor

Color shaded class listings indicate Summer classes.

LANGUAGES

ARABIC — LEVEL I, II

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20101.00-I	Bandar	Alvarado	3	\$88	4/12	10	Thu	6:00pm-7:00pm
20105.00-II	Bandar	Alvarado	3	\$88	4/12	10	Thu	7:15pm-8:15pm
20101.01-I	Bandar	Alvarado	3	\$44	6/28	5	Thu	6:00pm-7:00pm
20105.01-II	Bandar	Alvarado	3	\$44	6/28	5	Thu	7:15pm-8:15pm

FRENCH — LEVEL I, II, III, C

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20110.00-I	Bandar	Alvarado	3	\$88	4/10	10	Tue	6:00-7:00pm
20115.00-II	Bandar	Alvarado	3	\$88	4/10	10	Tue	7:15pm-8:15pm
20117.00-III	Bandar	Alvarado	3	\$88	4/10	10	Tue	3:30pm-4:30pm
20116.00-C	Bandar	Alvarado	3	\$88	4/10	10	Tue	4:45pm-5:54pm
20110.01-I	Bandar	Alvarado	3	\$44	6/26	5	Tue	6:00pm-7:00pm
20115.01-II	Bandar	Alvarado	3	\$44	6/26	5	Tue	7:15pm-8:15pm
20117.01-III	Bandar	Alvarado	3	\$44	6/26	5	Tue	3:30pm-4:30pm
20116.01-C	Bandar	Alvarado	3	\$44	6/26	5	Tue	4:45pm-5:45pm

GERMAN — LEVEL I, II

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20120.00-I	Bandar	Alvarado	3	\$88	4/11	10	Wed	2:15pm-3:15pm
20125.00-II	Bandar	Alvarado	3	\$88	4/12	10	Thu	2:15pm-3:15pm
20120.01-I	Bandar	Alvarado	3	\$44	6/27*	5	Wed	2:15pm-3:15pm
20125.01-II	Bandar	Alvarado	3	\$44	6/28	5	Thu	2:15pm-3:15pm

*No class on 7/4

INGLES – LEVEL 1

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20104.00	Bandar	Alvarado	3	\$88	4/10	10	Tue	2:15pm-3:15pm
20104.01	Bandar	Alvarado	3	\$44	6/26	5	Tue	2:15pm-3:15pm

ITALIAN — LEVEL I, II, III, C

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20130.00-I	Bandar	Alvarado	3	\$88	4/9*	10	Mon	6:00pm-7:00pm
20135.00-II	Bandar	Alvarado	3	\$88	4/9*	10	Mon	7:15pm-8:15pm
20136.00-III	Bandar	Alvarado	3	\$88	4/9*	10	Mon	3:30pm-4:30pm
20140.00-C	Bandar	Alvarado	3	\$88	4/9*	10	Mon	4:45pm-5:45pm
20130.01-I	Bandar	Alvarado	3	\$44	6/25	5	Mon	6:00pm-7:00pm
20135.01-II	Bandar	Alvarado	3	\$44	6/25	5	Mon	7:15pm-8:15pm
20136.01-III	Bandar	Alvarado	3	\$44	6/25	5	Mon	3:30pm-4:30pm
20140.01-C	Bandar	Alvarado	3	\$44	6/25	5	Mon	4:45pm-5:45pm

*No class on 5/28

Color shaded class listings indicate Summer classes.

LANGUAGES

PORTUGUESE — LEVEL I, II

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20145.00-I	Bandar	Alvarado	3	\$88	4/12	10	Thu	3:30pm-4:30pm
20155.00-II	Bandar	Alvarado	3	\$88	4/12	10	Thu	4:45pm-5:45pm
20145.01-I	Bandar	Alvarado	3	\$44	6/28	5	Thu	3:30pm-4:30pm
20155.01-II	Bandar	Alvarado	3	\$44	6/28	5	Thu	4:45pm-5:45pm

RUSSIAN I — LEVEL I

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20160.00	Bandar	Alvarado	3	\$88	4/9*	10	Mon	2:15pm-3:15pm
20160.01	Bandar	Alvarado	3	\$44	6/25	5	Mon	2:15pm-3:15pm

*No class on 5/28

SPANISH — LEVEL I, II, III & C

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20165.00-I	Bandar	Alvarado	3	\$88	4/11	10	Wed	6:00pm-7:00pm
20170.00-II	Bandar	Alvarado	3	\$88	4/11	10	Wed	7:15pm-8:15pm
20175.00-III	Bandar	Alvarado	3	\$88	4/11	10	Wed	3:30pm-4:30pm
20180.00-C	Bandar	Alvarado	3	\$88	4/11	10	Wed	4:45pm-5:45pm
20165.01-I	Bandar	Alvarado	3	\$44	6/27*	5	Wed	6:00pm-7:00pm
20170.01-II	Bandar	Alvarado	3	\$44	6/27*	5	Wed	7:15pm-8:15pm
20175.01-III	Bandar	Alvarado	3	\$44	6/27*	5	Wed	3:30pm-4:30pm
20180.01-C	Bandar	Alvarado	3	\$44	6/27*	5	Wed	4:45pm-5:45pm

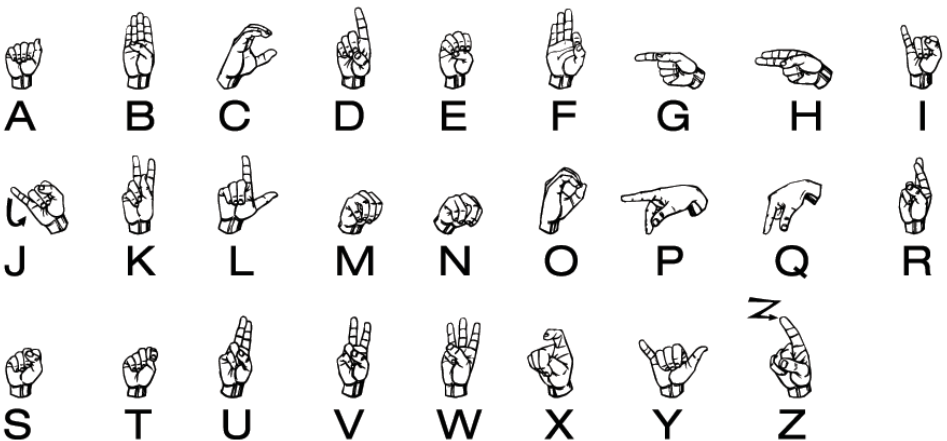
*No class on 7/4

DEAF INTERPRETER — SIGN LANGUAGE 1 and 2

Materials cost of \$20 payable to the instructor.

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	Room	Fee	Starts	Meetings	Days	Time
20197.00	Berry	Alvarado	1	\$84	4/9	7	Mon	7:00pm-8:30pm



Color shaded class listings indicate Summer classes.

LANGUAGES

DEAF INTERPRETER - SIGN LANGUAGE 3 PLUS

Materials cost of \$15 payable to the instructor.

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	Room	Fee	Starts	Meetings	Days	Time
20196.00	Berry	Alvarado	1	\$84	4/11	7	Wed	7:00pm-8:30pm

DEAF INTERPRETER – SUMMER SIGN LANGUAGE 3 – REVIEW & MAINTENANCE

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06143.00	Berry	Alvarado	1	\$60	6/25	5	Mon	7:00pm-8:30pm

INTRODUCTION OF NON-VERBAL COMMUNITIES SIGN LANGUAGE OF INDIVIDUALS (AAUT)

This is the non-verbal communication approach for the Universal Communities Language of Individuals (AAUT). It uses hands and body gesture/signs of the characbetts and visual interpretation to communicate with each other. It covers the most basic elements of its sign language: Vocabulary, non-verbal conversation and body language. This is an experimental course for you and me!

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20195.00	Luks	Alvarado	4	\$32	4/10	4	Tue	11:00am-12:00pm

INTRODUCTION OF UNIVERSAL COMMUNITIES LANGUAGE OF INDIVIDUAL (AAUT)

This is the non-verbal communication approach for the Universal Communities Language of Individuals (AAUT). It uses hands and body gesture/signs of the characbetts and visual interpretation to communicate with each other. It covers the most basic elements of its sign language: Vocabulary, non-verbal conversation and body language. This is an experimental course for you and me!

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20194.00	Luks	Alvarado	1	\$32	4/10	4	Tue	10:00am-11:00am



Color shaded class listings indicate Summer classes.

MEDICAL PROGRAMS

Check our website, www.wccae.info, for the latest information.

ONLINE MEDICAL COURSES

BUSINESS OF MEDICINE: MEDICAL OFFICE SPECIALIST AND MANAGEMENT II– ONLINE/DISTANCE LEARNING

A MANDATORY orientation and course information class on April 10, 2018 from 5:00-7:00pm at Alvarado Adult School.

Open Lab: Tuesday 5:00pm-7:00pm

This second class is Medical Office Specialist and Management prepares students to oversee a healthcare facility by learning how to lead people and manage office operations. The Management Specialist most often aspires to eventually manage some segment of a medical organization. Students interested in management work in a medical setting should enjoy working with healthcare professionals, demonstrate strong communication skills, show an interest in medical and health issues, and be dedicated to professionalism. Student should have typing competency and basic formatting knowledge.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
07320.00	Robinson	Alvarado	10	\$176	4/10	11	Tue	5:00pm-7:00pm

COMMON MEDICAL CONDITIONS AND DISEASES – ONLINE/DISTANCE LEARNING

The first week, there will be a MANDATORY orientation and course information class on April 10, 2018 at 7:00pm-9:00pm at Alvarado Adult School.

Open Lab: Tues. 7:00pm-9:00pm

This course introduces the medical coding student to common medical conditions and diseases. Topics include etiology, symptoms and the physical and psychological reactions to diseases and injuries.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
07312.00	Robinson	Alvarado	10	\$176	4/10	11	Tue	7:00pm-9:00pm

MEDICAL CODING III

This course is the final part of the Medical Coding Practices. It is designed to provide advanced knowledge and skills in using diagnosis coding systems. The course will focus on advanced diagnosis coding skills and the guidelines associated with all three volumes of the CPT, HCPCS and ICD-10-CM manuals and hospital reimbursement methodologies. No textbook required.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
07311.00	Robinson	Alvarado	10	\$220	4/12	11	Thu	6:30pm-9:00pm

Color shaded class listings indicate Summer classes.

OLDER ADULT CLASSES

SENIOR CENTERS

Senior Centers offer topical speakers, resource information, some health screening, exercises, table games, handicrafts, needlework, special occasion celebrations, a variety of entertainment, occasional field trips, fellowship, friendship, massage, snacks, and cultural activities. In addition, instruction is available in foreign languages (Spanish and German), computer skills, internet access, arts and crafts, t'ai chi, current events, and dance. A low-cost lunch is also available.

MONDAYS

El Sobrante Senior Center

9:30am-1:30pm

at El Sobrante Library (formerly @ St. Callistus)
4191 Appian Way, El Sobrante
Contact Marge Essel at 510- 223-1153

Christ Lutheran Senior Center

9:00am-3:00pm

780 Ashbury, El Cerrito
Offering: Spanish, German, line dancing, current events, special speakers, home cooked lunch, seated exercise, beginning Spanish and ukulele and Mandarin.
Contact Carol Kehoe at 510- 916-6120

TUESDAYS

St. John's Senior Center (T'ai Chi)

9:30am-10:30am

6500 Gladys Avenue, El Cerrito
Contact Glenn Corley at 510- 237-3808

WEDNESDAYS

***Senior Scholars/Partners in Education**

10:00am-1:00pm

San Pablo Public Library
13751 San Pablo Ave., San Pablo
Contact Marge Essel at 510-223-1153



FRIDAYS

***Senior Scholars/Partners in Education**

10:00am-1:00pm

San Pablo Public Library
13751 San Pablo Ave., San Pablo
Contact Marge Essel at 510-223-1153



SATURDAYS (FIRST AND THIRD SATURDAYS ONLY) 9:00am-3:00pm

El Cerrito Open House Senior Center
6500 Stockton Avenue, El Cerrito
Contact Marjorie Fujioka or Kimi Honda at 510- 559-7679

Last day at El Cerrito Open House is June 30, 2018

NEW LOCATION - Alvarado Campus

Starting July 7, 2018

5625 Sutter Avenue Richmond, CA 94804
Contact Marjorie Fujioka or Kimi Honda 510-778-3406
To see what we offer visit www.SakuraKaiEC.org

Color shaded class listings indicate Summer classes.

OLDER ADULT CLASSES

ONGOING 55+ CLASSES

If you are 55+ you are invited to take advantage of the various classes. Most classes meet weekly. Come to class and share the fun of learning with others. Computer classes for seniors are listed on pages 11 and 12.

OLDER ADULT CLASSES

Tuesday and Thursday, 11:00am-12:30pm — Strong Women Stay Young

Instructor: Amy Aldrich 510- 307-8085
Richmond Senior Center, 2525 Macdonald Avenue, Richmond

Tuesday, 1:30pm-3:30pm — Physical Fitness “Ballroom Dancing”

Instructor: Amy Aldrich 510- 307-8085
Richmond Senior Center, 2525 Macdonald Avenue, Richmond

Tuesday, 3:15pm-4:30pm — Strong Women Strong Bones

Instructor: Amy Aldrich 510- 307-8085
Richmond Senior Center, 2525 Macdonald Avenue, Richmond

Thursday, 12:30pm-2:30pm — Strong Women Strong Bones

Instructor: Amy Aldrich 510- 307-8085
Richmond Senior Center, 2525 Macdonald Avenue, Richmond



Color shaded class listings indicate Summer classes.

SEWING AND FABRIC CRAFTS

BASIC BEGINNING SEWING

Enrollment is limited to 9 students.

Learn to sew, basic techniques of clothing construction, sewing for the home, and creating unique gifts. Learn about fabric and pattern selection, pattern layout, construction methods, how to understand and safely use a sewing machine, and factors in the selection of your sewing machine. Factory sewing tips included. ESL students welcome.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
60101.00	Lang	Alvarado	6	\$160	4/12	8	Thu	6:30pm-9:00pm

CONTINUING SEWING I

Enrollment is limited to 3 students.

(This class is not for beginners!)

This class will be joining the already existing basic sewing class. Continuing Sewing is designed for students who have taken the Basic course and are ready to further their sewing skills with a basic or intermediate project. Review of basics, increased understanding of your machine and additional techniques.

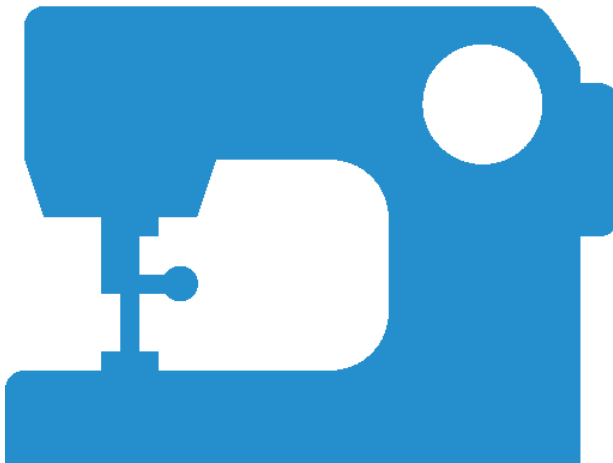
Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
60105.00	Lang	Alvarado	6	\$144	4/26	6	Thu	6:00pm-9:00pm

HEMMING

Enrollment is limited to 6 students.

This will be a hands-on class for machine and hand sewing methods of hemming clothing, including jeans. Students should arrive at the first class meeting with items in need of hemming, and matching thread. Everything else will be available in class.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
60125.00	Lang	Alvarado	6	\$40	7/11	2	Wed	6:00pm-8:30pm



Color shaded class listings indicate Summer classes.

SPECIAL INTEREST

ACTORS STUDIO THEATER

Be in a play! Whether you're a beginner or a professional, join this class to rehearse and perform short plays, one acts, ten minute, one minute plays are all on the playbill. In the process you will gain acting and performing skills building a theater community, work with seasoned professional theater artists who have worked and directed theater throughout the Bay Area.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
44101.00	Garcia	Alvarado	7	\$64	4/18	8	Wed	7:30pm-8:30pm
44101.01	Garcia	Alvarado	7	\$32	6/27*	4	Wed	7:30pm-8:30pm

*No class on 7/4

A QUICK FIX! ENGLISH WRITING FOR IMMIGRANTS, TOURISTS AND VISITORS

Make a mistake in common English grammar writing? No problem! Put your thinking words, phrases and sentences into proper English writing. Put corrected English sentences into paragraphs. You can write, chat and text message abbreviations to a friend, relative or anyone. Bring a cell phone or iPhone to class, have fun!

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
20102.00	Luks	Alvarado	1	\$32	4/17	4	Tue	5:00pm-6:00pm

BACH FLOWER REMEDIES

Discover the healing powers of Bach flower remedies. How to enhance your life and the lives of loved ones.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
05511.00	Kehoe	Alvarado	2	\$24	4/14	1	Sat	1:00pm-4:00pm
05511.01	Kehoe	Alvarado	2	\$24	6/30	1	Sat	1:00pm-4:00pm

HESPERIAN: WESTERNERS FAMILY SURNAMES AND AFFAIRS – INTRODUCTION

A brief introduction to Hesperian – Westerners cultural affairs and the countries of different surnames and family names. Students will learn the most common European surnames structure and to recognize various Hesperian-Westerners surnames origin. This is not an ancestry finding course but an opportunity to know about a surname without asking “Who are You?” An optional reference book of “Hesperian Surnames and History” will be available at the end of the course.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
44105.00	Luks	Alvarado	2	\$32	4/11	4	Wed	11:00am-12:00pm

HOW TO DO SUDOKU

Learn how to do Sudoku. It is an easy game once you understand how it works.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
05505.00	Kehoe	Alvarado	2	\$16	4/12	1	Thu	1:00pm-3:00pm
05505.01	Kehoe	Alvarado	2	\$16	6/28	1	Thu	1:00pm-3:00pm

Color shaded class listings indicate Summer classes.

SPECIAL INTEREST

IMPROVE YOUR MEMORY

Learn simple easy-to-use techniques and time-tested strategies to improve your memory, to retain what you read, and to be able to find things you mislaid. Learning to use your abilities wisely you will be able to become more confident.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
05510.00	Kehoe	Alvarado	2	\$64	4/19	4	Thu	1:00pm-3:00pm
05510.01	Kehoe	Alvarado	2	\$64	7/5	4	Thu	1:00pm-3:00pm

WELCOME TO MEDICARE

Do you have questions about MEDICARE? HICAP has the answers. Welcome to Medicare is a free class presented by the Health Insurance Counseling and Advocacy Program (HICAP) in Contra Costa County. This session will explain and answer questions about Medicare benefits, prescription medication coverage, Medicare Advantage plans (HMOs), Medicare Supplemental insurance and will discuss how Medicare coordinates with retiree benefits or veterans' benefits. After this session, you will be able to make informed decisions on how best to address your needs for health insurance coverage with Medicare. Call HICAP to register 925-602-4168.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
44110.00	McIntosh	Alvarado	2	Free	4/10	1	Tue	6:30pm-8:30pm
44110.01	McIntosh	Alvarado	1	Free	5/8	1	Tue	6:30pm-8:30pm
44110.02	McIntosh	Alvarado	2	Free	6/12	1	Tue	6:30pm-8:30pm
44110.03	McIntosh	Alvarado	1	Free	7/10	1	Tue	6:3-8:30pm

Color shaded class listings indicate Summer classes.

TEST PREPARATION

CBEST TEST PREPARATION

Math

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
88110.00	Roberts	Alvarado	2	\$40	4/14 & 4/21	2	Sat	8:00am-10:00am
88110.01	Roberts	Alvarado	2	\$40	6/30 & 7/7	2	Sat	8:00am-10:00am

Reading

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
88115.00	Roberts	Alvarado	2	\$40	4/14 & 4/21	2	Sat	10:15am-1:15pm
88115.01	Roberts	Alvarado	2	\$40	6/30 & 7/7	2	Sat	10:15am-1:15pm

Writing

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
88120.00	Roberts	Alvarado	2	\$40	4/14 & 4/21	2	Sat	1:30pm-3:30pm
88120.01	Roberts	Alvarado	2	\$40	6/30 & 7/7	2	Sat	1:30pm-3:30pm

WCCUSD INSTRUCTIONAL ASSISTANT TEST REVIEW (DISTANCE LEARNING)

WCCAIE is offering test preparation for the Instructional Assistant Exam through Distance Learning. Anyone interested in preparing for the exam should meet with the Distance Learning instructor for testing and instructional materials to take home and return on a weekly basis.

Course Code	Instructor	Site	Room	Fee	Starts	Days	Time
88101.01	Pekedis	Alvarado	7	\$45	On-going	Tue & Thu	6:00pm-7:30pm

To take the instructional assistant test, contact lzurita@wccusd.net



Color shaded class listings indicate Summer classes.

TRADES PROGRAMS

APPRENTICESHIP PROGRAM

This Apprenticeship Training is for plumbers and pipefitters. You will gain knowledge in math and mechanical reasoning to prepare you for the union apprenticeship test. Start date to be determined. Please call the Alvarado Campus for details, 510-231-1453.

CERTIFICADO DE REPARACION Y MANTENIMIENTO DE EDIFICIOS – PRINCIPIANTE

Registracion limitada para 10 estudiantes.

Esta clase es entrenamiento manual en carpinteria, lectura de planos, electricidad, plomeria, pintura y reparaciones. Materiales y herramientas seran proporcionadas para uso en la clase. 20 horas tienen que ser completadas para recibir certificado.

Curso	Instructor	Lugar	Salon	Costo	Empleza	Clases	Dias	Hora
06205.00	Rodriguez	DeJean	E103	\$160	4/12	8	Thu	6:00pm-8:30pm
06205.01	Rodriguez	DeJean	E103	\$100	6/28	5	Thu	6:00pm-8:30pm

CERTIFICADO DE REPARACION Y MANTENIMIENTO DE EDIFICIOS – AVANZADO

Registracion limitada para 10 estudiantes.

La Clase de Principiante puede tomarse al mismo tiempo que la clase avanzada.

Curso	Instructor	Lugar	Salon	Costo	Empleza	Clases	Dias	Hora
06210.00	Rodriguez	DeJean	E103	\$200	4/14	5	Sat	9:00am-2:00pm
06210.01	Rodriguez	DeJean	E103	\$160	6/30	4	Sat	9:00am-2:00pm

ELECTRICAL CONTROLS

Learn how to read electrical schematics and ladder drawings. Understand motor control logic, relay logic, circuit protection, transformers, generators, photo cells, power distribution, building automation (BACNET), programmable logic controllers (PLC), HMI, SCADA, VFD. We will also be working with robotic and Wi-Fi technology. Students will learn electrical troubleshooting methods using different types of testing equipment. Buildings are becoming smarter, so we must keep pace with them.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06215.00	Bartoni	ECHS	Auto Shop	\$308	4/11	11	Wed	6:00pm-9:30pm
06215.01	Bartoni	ECHS	Auto Shop	\$112	6/27*	4	Wed	6:00pm-9:30pm

*No class on 7/4

Color shaded class listings indicate Summer classes.

TRADES PROGRAMS

FACILITY MAINTENANCE OPERATOR TRAINING

For those interested in starting a career as a stationary engineer (local 39), facility maintenance or just in the mechanical trades. This course teaches you the skills needed to be successful in this very important industry. Learn to operate boilers, chillers, pumps, ventilation systems, electrical distribution, fire and life safety systems and much more. We will also learn different welding and fabrication skills related to gas welding, arc welding, GMAW and GTAW. Become one of many highly skilled individuals who maintain our power plants, hospitals, high rise buildings, hotels, airports, school districts just to name a few.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06220.00	Bartoni	ECHS	Auto Shop	\$280	4/9*	10	Mon	6:00pm-9:30pm
06220.01	Bartoni	ECHS	Auto Shop	\$140	6/25	5	Mon	6:00pm-9:30pm

*No class on 5/28

HOME/BUILDING MAINTENANCE REPAIR CERTIFICATE

Enrollment is limited to 18 students.

This class is hands-on training in basic carpentry, electrician, lock installation, blueprint reading and plumbing. Tools and supplies provided. You must complete 20 hours to receive certificate.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06225.00	Bartoni	RHS	509	\$264	4/14*	11	Sat	9:00am-12:00pm
06225.01	Bartoni	RHS	509	\$96	6/30	4	Sat	9:00am-12:00pm

*No class on 5/28

H.V.A.C-I & HVAC II (HEATING, VENTILATION, AND AIR CONDITIONING)

Enrollment is limited to 15 students.

This class is structured to give maximum training in the principal and theory of air conditioning and refrigeration systems. You will learn the techniques of soldering, brazing and other welding skills. The second part of this class will provide hands on training in evacuations and charging of air conditioners. Students will also learn how to test, adjust, balance and troubleshoot a variety of heating and cooling systems such as split systems, heat pumps, boilers, chillers and ventilation equipment. We are an official Environmental Protection Agency (EPA) testing center for type I, type II, type III and universal certifications. This will be discussed in our first meeting.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06270.00	Bartoni	ECHS	Auto Shop	\$308	4/10	11	Tue	6:00pm-9:30pm
06270.01	Bartoni	ECHS	Auto Shop	\$140	6/26	5	Tue	6:00pm-9:30pm



Color shaded class listings indicate Summer classes.

TRADES PROGRAMS

OSHA 10 HOUR FOR CONSTRUCTION CERTIFICATE JOB TRAINING

This course provides the training to receive a Federal OSHA 10hr for Construction Certificate upon successful completion of the class and exams. Martin Herzfeld is also one of the few OSHA-Authorized Construction Trainers who provides an emphasis on the installation and support of solar energy systems. As a registered course, this class qualifies for continuing education units (CEU) with the North American Board of Certified Energy Practitioners (NABCEP).

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06241.00	Herzfeld	Alvarado	4	\$120	4/14	6	Sat	1:00pm-3:00pm
06241.01	Herzfeld	Alvarado	4	\$120	6/30	4	Sat	1:00pm-3:00pm

SOLAR TECHNOLOGY (EPJS) + ENERGY STORAGE SYSTEMS

This course provides the training to receive a Federal OSHA 10hr for Construction Certificate upon successful completion of the class and exams. Martin Herzfeld is also one of the few OSHA-Authorized Construction Trainers who provides an emphasis on the installation and support of solar energy systems. As a registered course, this class qualifies for continuing education units (CEU) with the North American Board of Certified Energy Practitioners (NABCEP).

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06240.00	Herzfeld	Alvarado	4	\$380	4/14	6	Sat	9:00am-12:00pm
06240.01	Herzfeld	Alvarado	4	\$320	6/30	4	Sat	9:00am-12:00pm

WELDING

Enrollment is limited to 15 students.

This course will train you in the art of metal fabrication, structural design and metallurgy. Learn how to weld using oxy/acetylene welding, arc welding, TIG welding and MIG welding. We cover blueprint reading and shop drawings. Learn all the welding skills needed to get a job in this demanding field. Safety and PPE discussed at first meeting.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06275.00	Bartoni	ECHS	Auto Shop	\$308	4/13	11	Fri	6:00pm-9:30pm
06275.01	Bartoni	ECHS	Auto Shop	\$140	6/29	5	Fri	6:00pm-9:30pm

WOODWORKING

This is a very unique class that teaches old and new world techniques. Learn wood turning, surface planing, wood joinery and much more. We have all the machines and talent to help you create and complete your projects. Come and join our family of woodworkers.

Course Code	Instructor	Site	Room	Fee	Starts	Meetings	Days	Time
06265.00	Bartoni	RHS	509	\$264	4/14*	11	Sat	9:00am-12:00pm
06265.01	Bartoni	RHS	509	\$96	6/30	4	Sat	9:00am-12:00pm

*No class on 5/28

Color shaded class listings indicate Summer classes.

SAN PABLO ECONOMIC DEVELOPMENT CORPORATION

Removing Barriers is a low-cost laser tattoo removal program to remove barriers to opportunity. We offer flat-fee laser tattoo removal every third Saturday of the month from 8am to 11:30am. Each 5-minute session costs \$50 for San Pablo residents; \$80 for all others. Call today to make your appointment at 510-215-3189.

Free monthly job readiness workshops for workforce take place at the San Pablo EDC the first Thursday of the month at 5:30pm. Call 510-215-3200 to enroll.

VOCATIONAL TRAINING

FOCUS (FINDING OPPORTUNITIES/CAREERS FOR ULTIMATE SELF-SUFFICIENCY)

FOCUS is a class for CalWORKS participants. It covers reading, writing, math, speaking and listening skills in the workplace. If you are a CalWORKS participant and interested in this class, please contact your CalWORKS caseworker for further information and/or referral.

ESSENTIAL SKILLS FOR THE WORKPLACE

Essential Skills for the Workplace is a class for CalWORKS participants. If you are a CalWORKS participant and interested in this class, please contact your CalWORKS caseworker for further information and/or referral.

HOW TO REGISTER

Register online: Go to wccae.info and follow instructions. Credit or debit card required.

Register in person: Adult Education – Alvarado Campus, 5625 Sutter Avenue, Richmond. Cash, Check, Credit and Debit Cards Accepted. Do not use the mail-in registration form when registering in person. Forms are available in the office.

ALL REGISTRATION IS DONE AT ALVARADO CAMPUS

Register by mail: *Use the form to the right* (also available at www.wccae.info). Mail the form with check or money order to: Adult Education – Alvarado Campus, 5625 Sutter Avenue, Richmond, CA 94804. To receive confirmation of enrollment, please include a self-addressed stamped envelope or provide an email address.

Note: Special registration procedures are required for High School Diploma, Adult Basic Education, English as a Second Language and Adults with Disabilities. See course details for registration information.

Make checks payable to: WCCAE
(Charged for insufficient funds, fee of \$35; cash only.)

Color shaded class listings indicate Summer classes.

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 NUMBER _____ FEE\$ _____

COURSE TITLE _____ INSTRUCTOR _____

COURSE NUMBER _____ FEE\$ _____

COURSE TITLE _____ INSTRUCTOR _____

COURSE NUMBER _____ FEE\$ _____

TOTAL FEE \$ _____

CASH CHECK (payable to: WCCAE) Check Number: _____

*Charged for insufficient funds, fee of \$35; 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 Ins. Unemployment Benefits

NO REFUNDS UNLESS CLASS CANCELS.



Join our team, we need you!!!

HOW TO BECOME A TEACHER/INSTRUCTOR

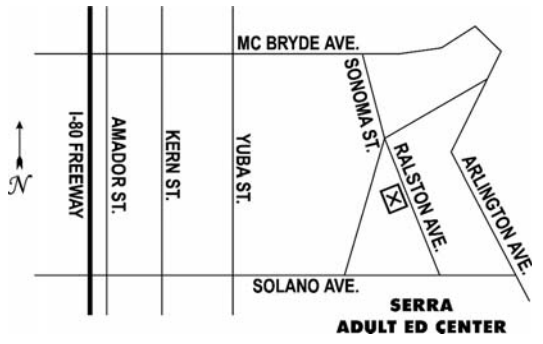
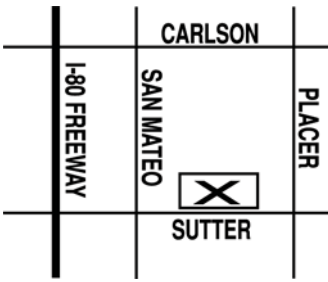
Are you a credentialed teacher that has experience in English as a Second Language, High School Diploma, General Education Development, Career Technical Instructor or have a special skill that would benefit community or individual enrichment?

Contact us at: adulted@wccusd.net

Place in the subject line: Join the WCCAE Team

HOW TO BECOME A VOLUNTEER

The Board of Education adopted Board Policy 1240 Volunteer Assistance, to ensure our students have the right to learn in a safe environment and remain protected from any form of misconduct by adults on our schools' campuses. The Board is cognizant of the critical role parents, guardians and community members play in the education of our students. Parents, guardians and community members are encouraged to share their special knowledge and abilities with our students. At the same time, schools must be able to operate with full confidence that our students are working with adults who are there to serve their needs. The new policy is a means to ensure student safety and not a deterrent for parent/guardian and community involvement in our schools. If you have any questions, please contact the Community Engagement Office at 510-307-4526 or visit our website at www.wccusd.net/domain/93.



Alvarado Campus
Main Office Location
 5625 Sutter Avenue
 Richmond, CA 94804
 510-231-1453 adulted@wccusd.net

Serra Campus – Room 7
Student Support Center
 6028 Ralston Avenue
 Richmond, CA 94805

ADULT EDUCATION SITE LOCATION

El Cerrito High School (ECHS)
 540 Ashbury Ave El Cerrito, CA 94530

John F. Kennedy High School (JFK)
 4300 Cutting Blvd. Richmond, CA 94804

LaVonya DeJean Middle School (DeJean)
 3400 MacDonald Ave Richmond, CA 94805

Walter T. Helms Middle School (Helms)
 2500 Road 20 San Pablo, CA 94806

Richmond High School (RHS)
 1250 23rd Street Richmond, CA 94804



For site maps visit www.wccae.info

WEST CONTRA COSTA
 UNIFIED SCHOOL
 DISTRICT
 Adult Education
 1108 Bissell Avenue
 Richmond CA 94801

Non-Profit
 Organization
 US Postage
 PAID
 Richmond, CA
 Permit No. 117

***** DATED MATERIAL *****
 RESIDENTIAL CUSTOMER LOCAL