SCHEDULE OF CLASSES
Fall 2011

Why people are choosing HBAS?

Relevant and timely classes.
Experienced and Friendly Instructors.
Classes located throughout the community.
Accredited by the Western Association of Schools and Colleges.
Easy, quick registration.

GET A HIGH SCHOOL DIPLOMA - Your first step to get ahead!

EXCELLENT PRESCHOOL Parent Education Classes & Seminars
CAREER & TECHNICAL EDUCATION Prepare for a new Career!
LEARN ENGLISH: Học Anh Ngữ ¡Aprenda Inglés!
Exercise, Brain Fitness, Health, Art, Music, Personal Finance & History Classes

WWW.HBAS.EDU (714) 842-HBAS
Welcome back to another exciting year at Huntington Beach Adult School.

We've been hard at work developing new classes, upgrading equipment and furniture, and we've moved into our brand new facility located next to Ocean View High School on Gothard Street. This new building has been two years in the making and we are excited to open its doors to the community. The facility is filled with the latest equipment and technology. It's designed to be energy efficient while maintaining a comfortable learning environment.

Although a new building is always nice, our greatest value lies in the classes we offer and the teachers who teach them. At this facility you will be able to take a variety of classes designed just for our community. They are all taught by qualified and credentialed instructors with the sole goal of making sure that you get the education you're looking for.

Be sure to visit our redesigned web site that makes it easier to find and enroll in our classes. We at HBAS look forward to serving you this year!

Steve Curiel, Principal
<table>
<thead>
<tr>
<th>TABLE OF CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>STUDENT SERVICES / INFORMATION. ........................................... 4</td>
</tr>
<tr>
<td>Vocational Guidance and Counseling Services</td>
</tr>
<tr>
<td>TRAIN FOR A CAREER .......................................................... 5 - 15</td>
</tr>
<tr>
<td>Prepare for a new career!</td>
</tr>
<tr>
<td>Administrative Assistant, General Office Clerk</td>
</tr>
<tr>
<td>Medical Assistant, Pharmacy Technician</td>
</tr>
<tr>
<td>Computer Classes - Vocational</td>
</tr>
<tr>
<td>COMPUTER CLASSES FOR FUN AND HOME .................................. 16 - 17, 18</td>
</tr>
<tr>
<td>Technology for Leisure / Technology and Computers for Older Adults</td>
</tr>
<tr>
<td>PROFESSIONAL ENRICHMENT .............................................. 19</td>
</tr>
<tr>
<td>Conversational Spanish / Speech Communication Workshops / Woodworking</td>
</tr>
<tr>
<td>LEARN ENGLISH ............................................................ 20 - 22</td>
</tr>
<tr>
<td>English as a Second Language / Distance Learning</td>
</tr>
<tr>
<td>PARENT EDUCATION .......................................................... 23 - 27</td>
</tr>
<tr>
<td>Parent Smart Toddler Classes</td>
</tr>
<tr>
<td>Parent Smart Preschool</td>
</tr>
<tr>
<td>Evening Seminars for Parents of Toddlers and Preschoolers</td>
</tr>
<tr>
<td>Special Classes for Parents of Older Children</td>
</tr>
<tr>
<td>HOME ARTS &amp; PERSONAL FINANCE ........................................ 28 - 29</td>
</tr>
<tr>
<td>OLDER ADULTS &amp; COMMUNITY CLASSES ................................ 30 - 36</td>
</tr>
<tr>
<td>Brain Fitness - “Sight” and “Sound” / Mental Health, Empowerment, and Fitness</td>
</tr>
<tr>
<td>Technology and Computers for Older Adults, see pages 18</td>
</tr>
<tr>
<td>Communication Skills and Literature</td>
</tr>
<tr>
<td>Arts and Music Classes</td>
</tr>
<tr>
<td>World &amp; History</td>
</tr>
<tr>
<td>OLDER ADULTS HEALTH &amp; FITNESS ....................................... 37 - 39, 41</td>
</tr>
<tr>
<td>Active Health &amp; Fitness Classes for Older Adults</td>
</tr>
<tr>
<td>Lifelong Learning in Senior Living Facilities</td>
</tr>
<tr>
<td>HEALTH &amp; SAFETY EDUCATION ............................................. 40</td>
</tr>
<tr>
<td>CPR &amp; First Aid Classes, American Red Cross Certified</td>
</tr>
<tr>
<td>HIGH SCHOOL DIPLOMA / GED ............................................. 42 - 43</td>
</tr>
<tr>
<td>Get a Diploma! Achieve Your Goals!</td>
</tr>
<tr>
<td>GENERAL INFORMATION ..................................................... 44 - 45</td>
</tr>
<tr>
<td>REGISTRATION INFORMATION &amp; FORM ................................ 46</td>
</tr>
<tr>
<td>CLASS LOCATIONS ............................................................ 47</td>
</tr>
</tbody>
</table>
GENERAL INFORMATION

Complete training programs are offered through HBAS. Students interested in completing one of the following training programs must complete the required coursework within a two year period in order to receive a Vocational Diploma. A Vocational Diploma signifies a mastery of a broad set of skills related to a particular career. By earning a Vocational Diploma, students also demonstrate an ability to complete complex tasks, overcome challenges, and prioritize competing responsibilities. For more information, please contact our counselor, Cynthia Bonnycastle.

Individual Computer Classes - HBAS also offers students the opportunity to take computer classes individually. Brush up on your office skills or take a class for fun. Take the right courses and earn a Vocational Diploma!

How to register:
- Online at www.hbas.edu for classes with the mouse icon.
- By mail - 17231 Gothard Street, Huntington Beach 92647
- In person at our NEW Main Capus - 17231 Gothard St., Huntington Beach (enter off of Gothard)

For more information please call (714) 842-HBAS (4227).

Need help choosing a career?
Our guidance counselor is here to help!
Counselor: Cynthia Bonnycastle cbonycastle@hbas.edu
(714) 842-4227 ext. 4470

Services & Workshops:
- Resume Assistance
- Educational, Career, Personal Counseling
- Coaching for Successful Job Performance
- Job and College Application Assistance
- Career and Job Information Resources
- Interests, Values, Personality Assessments
- Career Exploration
- Career Interest Assessment Testing
- Goal Setting
- Effective Communication
- Resume and Job Interview Skills Training

Appointments: Call (714) 842-4227, ext. 4470 for an appointment.
Administrative Assistant $1,495 (includes books and materials)

Enter the world of office administration by performing and coordinating an office’s administrative activities and storing, retrieving, and integrating information for dissemination to staff and clients. Administrative assistants perform a variety of administrative and clerical duties necessary to run an organization efficiently. They serve as information and communication managers for an office; plan and schedule meetings and appointments; organize and maintain paper and electronic files; manage projects; conduct research; and disseminate information by using the telephone, mail services, web sites, and e-mail. Administrative Assistants with experience and/or specialized training can advance to Executive Assistants and legal and medical secretaries. Such advancements can result in significantly higher pay.

Required Coursework (some course requirements completed in seminars or online):
- Data Entry/10 Key
- Keyboarding I & II
- Accounting I & II
- Internet Basics
- Microsoft Access
- Microsoft Outlook
- Microsoft Word I & II
- Record Keeping
- Filing
- Customer Service Skills
- Job Placement Preparation
- Business Communications
- Microsoft Excel I & II
- Microsoft PowerPoint
- QuickBooks Pro I & II
- Windows File Management

Office Clerk/Data Entry Clerk $795 (includes books and materials)

Rather than performing a single specialized task, office clerks / data entry clerks have responsibilities that often change daily with the needs of the specific job and the employer. Some clerks spend their days filing or keyboarding. Others enter data at a computer terminal. They also operate photocopiers, fax machines, and other office equipment; prepare mailings; proofread documents; and answer telephones and deliver messages. The specific duties assigned to a clerk vary significantly, depending on the type of office in which he or she works. An office clerk in a doctor’s office, for example, would not perform the same tasks that a clerk in a large financial institution or in the office of an auto parts wholesaler would. The HBAS Career Training Center prepares Office Clerks / Data Entry Clerks to be prepared for just about any environment they might find themselves in.

Required Coursework (some course requirements completed in seminars or online):
- Data Entry/10 Key
- Customer Service Skills
- Computer Basics
- Microsoft Excel I
- Microsoft Word I
- Keyboarding
- Job Placement Preparation
- Internet Basics
- Microsoft Outlook
- Windows File Management

Quick Occupational Facts for the OC:
Average Wage: $21.53/hr
Job Openings 2006-2016: 7,030
Source: labormarketinfo.edd.ca.gov

Quick Occupational Facts for the OC:
Average Wage: $13.40/hr
Job Openings 2006-2016: 11,680
Source: labormarketinfo.edd.ca.gov

✓ Classes only 5 weeks long, two days a week ✓ Offered days and evenings ✓ Free parking
Medical Assistant

Fee: Early Bird $145, Regular $165 (Books not included. See web site for pricing.)

Medical Assistants greet patients in medical offices or other medical settings where they help doctors with examinations and treatments. They run routine lab tests such as urinalysis and take blood pressure readings and take temperatures. They may give injections or perform ‘finger sticks’ to draw small amounts of blood if they are properly trained. Assistants may instruct patients about medication and self-treatment.

Required Coursework:
- Administrative Medical Office
- Medical Terminology
- Medical Billing/Coding
- Clinical Medical Assistant
- Keyboarding
- Windows File Management
- Internet Basics
- Job Placement Preparation
- Customer Service Skills
- Microsoft Outlook
- Microsoft Word I

Terminology

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Module A:</th>
<th>Module B:</th>
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<tbody>
<tr>
<td>0679101</td>
<td>Tuesday</td>
<td>6:00 pm - 10:00 pm</td>
<td>9/6/11 - 11/1/11</td>
<td>11/8/11 - 1/24/12</td>
</tr>
<tr>
<td>0679102</td>
<td>Tuesday</td>
<td>6:00 pm - 10:00 pm</td>
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<tr>
<td>or</td>
<td>M/W</td>
<td>1:00 pm - 4:00 pm</td>
<td>9/7/11 - 11/2/11</td>
<td>11/7/11 - 1/25/12</td>
</tr>
<tr>
<td>0679104</td>
<td>M/W</td>
<td>1:00 pm - 4:00 pm</td>
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</tbody>
</table>

Quick Occupational Facts for the OC:
- Average Wage: $15.18/hr
- Job Openings 2006-2016: 8,000
- Source: labormarketinfo.edd.ca.gov

I did it! YOU CAN TOO!

See the High School Diploma program on pages 42-43.
Pharmacy Technician

Pharmacy Technicians work under the direct supervision and control of a licensed pharmacist. They perform repetitive, basic routine tasks related to the processing of a prescription in a pharmacy. Pharmacy Technicians may count tablets; measure, mix, pour, and record amounts and dosages of medications; label bottles; and package pharmaceuticals. Pharmacy Technicians typically work in retail or hospital settings that are clean, organized, well-lit, and well-ventilated. They spend most of their work day on their feet and may work 8 hours or more per day. The job of Pharmacy Technician will appeal to those who enjoy working with people and performing duties that are organized, clearly defined, and require accuracy and attention to detail. Students must have a high school diploma or GED and submit a background check.

Fee: (includes books and materials)

Session I: Early Bird $995, Regular $1,250 (Last class offered at this introductory fee.)
Session II: Early Bird $1,250, Regular $1,450

Orientation:
Session I: September 2 12:30 pm 0618511
Session II: December 12 12:30 pm 0618512

Pharmacy Technician Class Schedule:
0678501 M - Th (some Fridays) 8:30 am - 1:30 pm 9/12 - 12/9/11
0678502 M - Th (some Fridays) 8:30 am - 1:30 pm 1/3 - 3/23/12

✓ 12 Week Program ✓ All materials and uniform provided

Registration available online for this class!

Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.

Did you know?

...THAT HUNTINGTON BEACH
ADULT’S PARENT ED PROGRAM IS
OUTSTANDING IN ORANGE COUNTY?

Learn more about the program on pages 23-27.
**COMPUTER CLASSES**

Fee: Early Bird $60, Regular $75 per class per session.  
*(Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.)*

**Prerequisites are essential to our classes.** Meeting the prerequisite skills from previous classes will enhance your learning experience and allow the class to run smoothly and with fewer interruptions. If you are unsure about whether you have all the skills to take an intermediate or advanced class, then please take a look at the prerequisites for each course or schedule a meeting with our counselor who can help you choose the right class.

### Computer Basics 1 with Windows 7

Discover computers with us! Computer Basics 1 is for those with little or no prior experience. We'll introduce you to basic computer terminology, the basic parts of a computer, how to use the mouse, and keyboard to accomplish simple tasks. Students will be exposed to Word Processing and learn techniques for performing basics editing functions in a document, creating, editing, saving and opening/closing files. **This is a PRE-CLASS to all computer classes.**

**Instructor:** Foreman  
0672101  T / Th  8:00 am - 11:00 am  
9/8 - 10/6/11  HBAS C122  

**Instructor:** P. Jones  
0672103  M / W  2:30 pm - 5:30 pm  
10/10 - 11/9/11  HBAS C122

### Computer Essentials for the Workplace (2010)

This course is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. We'll focus on practical applications most common to the workplace (Outlook, File Management, Word, Excel and PowerPoint). When you finish this course, you will have learned why employers consider technological literacy so critical to the success of any organization.

**Instructor:** Foreman  
0672701  T / Th  11:30 am - 2:30 pm  
9/8 - 10/6/11  HBAS C122

### Computer Basics 2 with Windows 7

A FUN class for those completing Computer Basics 1. Create a variety of documents using Microsoft Word 2007. Learn how to insert clipart, download clip art from the Internet, add borders, write letters and learn shortcut keys using the keyboard, create labels and envelopes with clipart and more.

**Instructor:** Foreman  
0672201  T / Th  8:00 am - 11:00 am  
10/11 - 11/10/11  HBAS C122  

**Instructor:** C. Jones  
0672203  M / W  2:30 pm - 5:30 pm  
11/14 - 12/14/11  HBAS C122

### Word 2010 - Beginning

Learn the basics of Word 2010 including letter formatting, how to insert clip art, use symbols, insert page breaks, set margins, use and change bullets, create a numbered list, create an outline and newsletter, use tables, find & replace, use mail merge, tables and more.

**Instructor:** Foreman  
0675401  T / Th  2:30 pm - 5:30 pm  
9/8 - 10/6/11  HBAS C123  

**Instructor:** Foreman  
0675402  T / Th  11:30 am - 2:30 pm  
10/11 - 11/10/11  HBAS C122  

**Instructor:** P. Jones  
0675403  T / Th  6:00 pm - 9:00 pm  
11/15 - 12/15/11  HBAS C122
**Word 2010 - Intermediate**

After completing Word 2010 Beginning, learn to use macros, work with long documents, create forms and brochures, use advanced table techniques, etc.

*Instructor:* Foreman  
0675501  T / Th  2:30 pm - 5:30 pm  
10/11 - 11/10/11  HBAS C123

**Excel 2010 - Intermediate**

Once the basics of Excel are learned, it’s time to move on to more challenging uses. Learn how to move data within and between workbooks, manage worksheets, format with styles, insert comments, insert images and WordArt, use conditional formatting, use Excel templates, and more. Format your Excel spreadsheets into reports and learn the user-friendly features of Excel 2010.  
*Prerequisites:* Participants must have Windows File Management and Beginning Excel 2007 experience.

*Instructor:* P. Jones  
0675502  T / Th  11:30 am - 2:30 pm  
11/15 - 12/15/11  HBAS C122

**Excel 2010 - Beginning**

Learn the basics of Excel 2010 worksheets including understanding the Excel environment, entering and editing text and number values, entering and editing formulas and functions, applying formatting to selected cells, printing a worksheet, and creating charts and graphs.  
*Minimum skill requirements:* Before enrolling in this course, participants should possess basic computer skills including mouse operation, creating folders, creating files and saving files into folders; and some experience with browsing the Internet. We offer a basic computer course if you require acquisition of these skills.

*Instructor:* P. Jones  
0673401  M / W  11:30 am - 2:30 pm  
9/7 - 10/5/11  HBAS C122

**PowerPoint 2010 - Beginning/Intermediate**

Learn how to create a presentation, add slides, transitions, animations, clipart, photographs, graphs, smart art, create hyperlinks, add video content, sounds and more. This class starts off from the a beginning level and finishes at an intermediate level.  
*Minimum skill requirements:* Before enrolling in this course, participants should possess basic computer skills including mouse operation, creating folders, creating files and saving files into folders; and some experience with browsing the internet. We offer a basic computer course if you require acquisition of these skills.

*Instructor:* P. Jones  
0674301  M / W  11:30 am - 2:30 pm  
9/8 - 10/8/11  HBAS C122

**Self Paced Lab**

*Lab Style Learning Classes* – This class allows you to work at your own pace. There is an instructor available to assist you if you need to ask questions or need help. Keyboarding practice is available if you need to increase your speed and accuracy. Each student is guaranteed the use of a computer. Classes available include Word, Excel, Access, PowerPoint, Publisher, Typing and Internet.  
*Fee:* $30

*Instructor:* P. Jones  
0670201  M / W  9/7 - 10/5/11  2:30 pm - 5:30 pm  HBAS C123  
0670203  M / W  10/10 - 11/9/11  2:30 pm - 5:30 pm  HBAS C123  
0670205  M / W  11/14 - 12/14/11  2:30 pm - 5:30 pm  HBAS C123
Accounting - Level 1
Begin with the basic study of Accounting/Bookkeeping Theory for a Service Business Organized as a Proprietorship. Procedures and terminology for the accounting cycle for a business is presented in a logical sequence demonstrating accounting activities that include analysis and recording of business transactions using general journal, general ledger, and financial statements.


**Prerequisite:** Some basic Excel knowledge or completion of beginning Excel.

**Instructor:** C. Marshall
0676601 T / Th 6:00 pm - 9:00 pm
9/8 - 10/6/11 HBAS C123

Accounting - Level 2
Continue with Accounting/Bookkeeping Theory for a Merchandising Business Organized as a Corporation. Procedures and terminology leading to specialized journals, general and subsidiary ledgers, and financial statements. Further study of accounting procedures includes Accounts Receivable/Payable, Payroll, Uncollectible Procedures, Plant Assets, Depreciation, Inventory, Notes and Interest.

**Prerequisite:** Accounting (Level 1) or equivalent.

**Instructor:** C. Marshall
0676701 T / Th 6:00 pm - 9:00 pm
10/11 - 11/10/11 HBAS C123

QuickBooks 1
Become a confident QuickBooks user and discover everything that it can do for you. Don’t waste time through trial and error learning. Master the fundamentals with our QuickBooks course. If you want to reduce frustration and increase accuracy, then this QuickBooks class is for you!

**Minimum skill requirements:** Before enrolling in this course, participants should possess basic computer skills including mouse operation, creating folders, creating files and saving files into folders; and some experience with browsing the Internet. We offer basic computer course if you require acquisition of these skills.

**Instructor:** C. Marshall
0676201 T / Th 6:00 pm - 9:00 pm
11/15 - 12/15/11 HBAS C123

Internet & Email
The Internet can be quite overwhelming, but here is your chance to stay afloat! A slow-paced, hands-on introduction to the Internet, including terminology, operation, and navigation on the Internet and email. Learn how to gain access to a large body of information, how to search, keyboard shortcuts, how to save and organize favorites, and more! Then learn how to create, send, and organize your e-mail including sending attachments.

**Instructor:** C. Jones
0677301 M / W 2:30 pm - 5:30 pm
9/7 - 10/5/11 HBAS C122

Windows 7 & File Management
This class investigates the various utilities and functions of the Windows software, including the control panel settings, start menu configuration, folder options and other desktop management tools. Windows file management will be covered in detail, exploring a variety of techniques for storing and retrieving data. This is a great class for those who would like to organize their files more efficiently. After learning file management, learn the basics of Windows Media Player and Windows Movie Maker.

**Instructor:** P. Jones
0675901 T / Th 2:30 pm - 5:30 pm
9/8 - 10/6/11 HBAS C122

**Instructor:** Foreman
0675903 T / Th 8:00 am - 11:00 am
11/15 - 12/15/11 HBAS C122

**Instructor:** C. Jones
0675902 M / W 6:00 pm - 9:00 pm
11/14 - 12/14/11 HBAS C122

Fee: Early Bird $60, Regular $75 per class per session.

*(Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.)*
Photoshop Elements - Beginning
This class teaches basic photo editing concepts. Adjust color and lighting with the Quick Fix editing interface. Learn to crop, enhance, remove red-eye, adjust shadows/highlights, select and copy from one photo to another. Learn to use tools such as the spot healing brush tool, the clone stamp tool and the quick selection tool. Introduction to using layers to edit your photos.

Prerequisites: Participants must have a good working knowledge of Windows.

Instructor: P. Jones
0686101 M/W 8:00 am - 11:00 am 9/7 - 10/5/11 HBAS C122
Instructor: P. Jones
0686102 T/Th 2:30 pm - 5:30 pm 10/11 - 11/10/11 HBAS C122

Photoshop Elements - Intermediate
Learn to use the Enhanced menu commands and review the most useful tools such as the spot healing brush tool, the clone stamp tool and the quick selection tool.

Use layers to edit photos and create photo panoramas from your digital photos. Once editing is complete, use your artistic talent to arrange photos in collages.

Prerequisites: Adobe Photoshop Elements Beginning.

Instructor: P. Jones
0686201 M/W 8:00 am - 11:00 am 10/10 - 11/9/11 HBAS C122
Instructor: P. Jones
0686202 T/Th 2:30 pm - 5:30 pm 11/15 - 12/15/11 HBAS C122

Photoshop Elements - Holiday Projects
A FUN class for those familiar with Adobe Photoshop Elements 8. Create a variety of projects using your own photos and Photoshop Elements. We will be making calendars, cards, clock faces, candy bar wrappers and more. A $10 materials fee will be collected in class.

Instructor: P. Jones
M/W 8:00 am - 11:00 am
11/14 - 12/14/11 HBAS C122

Web Design 1
This class is intended for people with little or no exposure to making websites. This is a beginner’s course. We will learn basic HTML code, CSS (Cascading Style Sheets), using a WYSIWYG (what you see is what you get) HTML editor.

Instructor: Stone
0677001 M/W 6:00 pm - 9:00 pm
9/7 - 10/5/11 HBAS C122

Web Design 2
A continuation of Web Design 1, students move to more advanced topics such as choosing a host, and briefly discuss SEO (Search Engine Optimization), troubleshooting problems with web sites and cross browser consistency. Prerequisites: Web Design 1.

Instructor: Stone
0677101 M/W 6:00 pm - 9:00 pm
10/10 - 11/9/11 HBAS C122

Registration available online for this class!
### FRIDAY CLASSES 8:30 AM - 11:30 AM  CAREER TRAINING CENTER
$20 PER STUDENT PER CLASS

<table>
<thead>
<tr>
<th>Date</th>
<th>Section #</th>
<th>Topic</th>
<th>Instructor</th>
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</thead>
</table>
| September 9    | 0671101   | **Intro to Facebook**  
Want to join Facebook, but wondering how to get into it? We'll do the hand-holding. | C. Jones   |
| September 16   | 0671102   | **Communicating with Skype**  
Skype is a free VOIP software application currently being used by 150,000 NEW users a day! Skype is a peer-to-peer program, meaning the people you call must have Skype installed too. Calls are easy to set up and free to any Skype user in the world. | C. Jones   |
| September 23   | 0671103   | **How to Buy and Sell on Ebay**  
Learn how to create a sellers account so you can buy and sell on Ebay. The instructor will buy an item on Ebay and explain all of the numbers and descriptions. Then we will walk through the process of putting an item up for sale on Ebay. This is lecture only; please do not bring an item to sell. | Foreman   |
| September 30   | 0671104   | **Understanding Files and Folders**  
Confused about the computers’ filing system? Can’t find your files, folders or digital photos? Learn how to work with Windows filing system, create new folders, copy and move files into folders and organize your photos and documents. An essential skill! | C. Jones   |
| October 7      | 0671105   | **Backing Up Your Computer!**  
Learn to back up your files on a CD, DVD and External Hard drive. Learn how to find those missing files using the Search feature. | C. Jones   |
| October 14     | 0671106   | **Mastering Cut, Copy and Paste**  
Do you know the multiple ways to cut, copy and paste? Learn how to cut, copy and paste text, graphics and photos from the Internet or other files into Word, Email messages and more. | C. Jones   |
Learn great Computer Skills in just one day!

<table>
<thead>
<tr>
<th>Date</th>
<th>Section #</th>
<th>Topic</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 21</td>
<td>067107</td>
<td>LinkedIn &amp; Twitter</td>
<td>C. Jones</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You’ve heard of Twitter, LinkedIn… but have you used them? Social media has become an integral part of our daily lives. However, that doesn’t mean that it’s something that everyone innately understands or knows how to use – especially when it comes to using it for marketing, PR, or other business-related purposes. Join us as we explore these new tools to keeping in touch and marketing ourselves.</td>
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<tr>
<td>October 28</td>
<td>067108</td>
<td>Halloween Project</td>
<td>Aoyagi</td>
</tr>
<tr>
<td>November 4</td>
<td>067109</td>
<td>Downloading Digital Photos</td>
<td>C. Jones</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Learn how to get those digital photos from your camera to your computer! Then learn to email them, change your desktop background, set up a screen saver and more. We will be using Windows 7 to demonstrate.</td>
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<td>November 18</td>
<td>067110</td>
<td>Scanning</td>
<td>P. Jones</td>
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<tr>
<td></td>
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<td>Learn to scan photos, negatives, slides and documents.</td>
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<td>December 2</td>
<td>067111</td>
<td>Music and MP3’s</td>
<td>C. Jones</td>
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<td></td>
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<td>Learn to download music from the Internet, create playlists and burn cd’s from your favorite artists. Please bring CD’s with music on them and 2 blank CD-Rs to burn.</td>
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<tr>
<td>December 9</td>
<td>067112</td>
<td>Windows Movie Maker Part 1</td>
<td>C. Jones</td>
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<tr>
<td></td>
<td></td>
<td>Learn how to create movies with your digital photos and/or videos to share with family and friends using the FREE program, Windows Movie Maker on Windows 7.</td>
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<tr>
<td>December 16</td>
<td>067113</td>
<td>Windows Movie Maker Part 2</td>
<td>C. Jones</td>
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<td></td>
<td></td>
<td>Embellish your movies with multimedia elements including titles, background music, and voice-over!</td>
<td></td>
</tr>
</tbody>
</table>
Have only one day to spare for training? Looking for specific computer skills? These courses are designed for those looking to get as much training packed into a single day as possible. Courses are meant for those who are familiar with computers, not complete beginners (i.e. basics students).

<table>
<thead>
<tr>
<th>Date</th>
<th>Section #</th>
<th>Topic</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 10</td>
<td>0671301</td>
<td><strong>Windows 7 Essentials and File Management</strong> - Learn what snap, peek, shake and Aero mean in Windows 7. Learn to change your desktop background, set up screensavers, use sticky notes and more. The afternoon will focus on navigating through your computers filing system, create new folders, move files, copy files, rename and delete files.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>September 17</td>
<td>0671302</td>
<td><strong>Word 2010 Essential</strong> - Come see the new 2010 environment in Word. Create your own tab and customize your ribbon. Learn to make flyers and insert clip art to enhance your basic skills. See the new Picture tools that have enhanced the Word program. Tips and tricks will also be given.</td>
<td>Prantalos</td>
</tr>
<tr>
<td>September 24</td>
<td>0671303</td>
<td><strong>Word 2010 – Tables and Resumes</strong> - Learn how to use tables to organize your documents. Merge cells, change text direction, alphabetize columns and use table formats. We will also create resumes using tables.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>October 1</td>
<td>0671304</td>
<td><strong>Sending emails and attaching files to email</strong> - Learn how to send and receive email attachments such as photos, spreadsheets and documents.</td>
<td>Prantalos</td>
</tr>
</tbody>
</table>
# NEW FULL DAY WORKSHOPS

**SATURDAYS  8:30 AM - 3:00 PM  LUNCH BREAK FROM 11:30 AM - 12:00 PM**

$40 PER STUDENT PER CLASS

<table>
<thead>
<tr>
<th>Date</th>
<th>Section #</th>
<th>Topic</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 8</td>
<td>0671305</td>
<td><strong>Facebook</strong> - A complete overview of using Facebook and setting up Facebook security.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>October 15</td>
<td>0671306</td>
<td><strong>Excel 2010 - Spreadsheets and Formulas</strong> - A guided tour of Excel 2010. Create Excel spreadsheets and learn to use basic formulas. Lots of little tips and tricks.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>October 22</td>
<td>0671307</td>
<td><strong>Excel 2010 - Formatting, Graphs and Charts</strong> - Learn to use formatting and create charts and graphs using Excel 2010.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>October 29</td>
<td>0671308</td>
<td><strong>Excel 2010 - Sorting and Freezing</strong> - Learn to sort worksheet data, use the various views, print multiple worksheets, set title rows and column headings to print on all pages, use watermarks, headers and footers, freeze and split worksheet windows and more.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>November 5</td>
<td>0671309</td>
<td><strong>Word 2010 - Mail Merge</strong> - This class focuses on creating a database (in Access and Excel) that allows you to merge with Word to create form letters, labels and envelopes. A great tool and time saver for the office! An AWESOME tool for holiday cards and newsletters.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>December 3</td>
<td>0671310</td>
<td><strong>PowerPoint 2010</strong> - Learn to create presentation slide shows with text and clip art and add animations and slide transitions.</td>
<td>C. Jones</td>
</tr>
<tr>
<td>December 10</td>
<td>0671311</td>
<td><strong>iStuff</strong> - Learn how to use your iPad, iPhone or iPod and iTunes, download apps, music, books and more!</td>
<td>C. Jones</td>
</tr>
</tbody>
</table>

**DID YOU KNOW?**

HBAS offers typing speed tests for employment applications. If your speed and or accuracy isn’t quite up to snuff, enroll in our self-paced lab and practice your typing skills. In no time at all, you’ll be typing 40+ and even 60+ words per minute.

Registration available online for all full day workshops!
Digital Media Arts: Basics
After completing the Photo Elements courses, take the tools you’ve learned to the next level and apply them to digital media arts and digital scrapbooking. This is an introduction to using the computer as an art and design tool. Emphasizes the fundamental tools learned in Photoshop Elements as it pertains to creating one of a kind layouts for personal or profession publication. This is your 1st step into the world of Digital Media Arts and is a required course to the vast array of classes offered in this medium. **Prerequisites:** Completion & Understanding of Photoshop Elements Beginning, Intermediate & Advanced and Windows file Management.

**Instructor:** Aoyagi
0687101  M / W  10/10 - 11/9/11
8:00 am - 11:00 am  HBAS C123

Digital Media Arts: Cards 1
Cardmaking is just one great way to make your scrapbooking skills come to life. You will learn how to take a flat image and make it spring or twist, spin or hang. Traditional cardmaking techniques with a new digital twist. There is a $10 materials fee that will be collected in class. **Prerequisite:** Completion of Beginning, Intermediate and Advanced Photo Elements, Digital Media Arts 1 thru 3 and Windows & File Management. **A $10 materials fee will be collected on the first day of class.**

**Instructor:** Aoyagi
0688401  M / W  11/14 - 12/14/11
6:00 pm - 9:00 pm  HBAS C123

Digital Media Arts: Cards 2
Take your card-making skills to the next level. Learn how to pull, twirl, and waterfall cards that will keep your customers guessing how you did it. Learn traditional card making techniques with a contemporary digital flair. **Prerequisite:** Completion of Beginning, Intermediate and Advanced Photo Elements, Digital Media Arts 1 thru 6 and Windows & File Management. **A $10 materials fee will be collected on the first day of class.**

**Instructor:** Aoyagi
0688501  M / W  11/14 - 12/14/11
11:30 am - 2:30 pm  HBAS C123

Digital Media Arts: Projects 1
This is an intermediate technique class. Share your family stories in creative photo craft projects. This INTERMEDIATE class is for hybrid computer users that wish to extend their style and branch out into multi-dimensional projects. **Prerequisite:** Completion & Understanding of DMA 1, 2, 3, 4. **A $15 material fee will be collected in class.**

**Instructor:** Aoyagi
0687901  M / W  10/10 - 11/9/11
11:30 am - 2:30 pm  HBAS C123

Fee: Early Bird $60, Regular $75 per class per session. (Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.)
Digital Media Arts: Holiday Projects
Just in time for the holidays. Come and learn how to create one of a kind gifts and projects using photos hybrid style. **A $20 material fee will be collected in class.**

**Instructor:** Aoyagi  
0688401 M / W 11/14 - 12/14/11  
6:00 pm - 9:00 pm HBAS C123

**Instructor:** Aoyagi  
0688301 T / Th 11/15 - 12/15/11  
8:00 am - 11:00 am HBAS C123

Digital Media Arts: Fun with Filters 1
Make one of a kind layouts using the skills you will learn in this class. We will sharpen blurry photos, add textures and filters while experimenting with adjustment layers. In this course we will discover the mystery behind filters and how to create an ad campaign that looks like a comic strip to a Rembrandt style painting. The course is designed to help the student use the computer as an art and design tool. **Prerequisite:** Completion & Understanding of Digital Media Arts 1, 2, 3, 5.

**Instructor:** Aoyagi  
0687601 M / W 10/10 - 11/9/11  
6:00 pm - 9:00 pm HBAS C123

Digital Media Arts: Fun with Filters 2
This course picks up where the first Digital Media Arts Filters 1 class left off. We will be working on more tricks and tips to make the composites one of a kind. The course is designed to help the student use the computer as an art and design tool. In this class we will explore in depth filters and the power of fonts. **Prerequisite:** Completion & Understanding of Digital Media Arts 1, 2, 3, 5.

**Instructor:** Aoyagi  
0687701 M / W 9/7 - 10/5/11  
11:30 am - 2:30 pm HBAS C123

Digital Media Arts: Fun with Filters 3
Grunge is the main emphasis of this class. You will learn how to use filters, overlays, blending modes and other tricks to “Grunge” up photos to create one of a kind pieces of art. **Prerequisite:** Completion & Understanding of Digital Media Arts 1, 2, 3, 5.

**Instructor:** Aoyagi  
0687801 M / W 9/7 - 10/5/11  
8:00 am - 11:00 am HBAS C123

Digital Media Arts: Minibooks & Templates
**Prerequisite:** Completion of Digital Media Arts 1-3.

**Instructor:** Aoyagi  
0687501 M / W 9/7 - 10/5/11  
6:00 pm - 9:00 pm HBAS C123

**Instructor:** Aoyagi  
0687502 T / Th 10/11 - 11/10/11  
8:00 am - 11:00 am HBAS C123

Digital Media Lab - Administrative Assistant Lab - Keyboarding
**Lab Style Learning Classes** – How many times have you been working on your own and wish you could just turn around and ask a teacher a question. This class was created just for you. Those who have completed the DMA series can come and work on their own and have the teacher there to answer your questions or help tweak a layout. **A $30 material fee will be collected in class.**

**Instructor:** Aoyagi  
0670202 T / Th 9/8 - 10/6/11  
11:30 am - 2:30 pm HBAS C123

0670204 T / Th 10/11 - 11/10/11  
11:30 am - 2:30 pm HBAS C123

0670206 T / Th 11/15 - 12/15/11  
11:30 am - 2:30 pm HBAS C123
COMPUTER CLASSES FOR OLDER ADULTS

(714) 842-4227, extension 4405

Beginning Computers - Windows, Word, & Other Technology
Fee: Early Bird $55, Regular $65
This course provides opportunities for group or individualized instruction. Learn to type or work independently on your personal projects with assistance from a credentialed Adult School teacher. Work on areas such as keyboarding, emailing, using the Internet, or performing word processing tasks. The teacher will provide Beginning Computer students direct instruction for an easy start in operating computers and software. Experience friendly, hands-on orientation to the basic parts of computers, terminology, creating basic documents, revising, saving, retrieving, printing, and other basic applications. The class can be repeated to increase skills or for further independent work.
No class 1/21-24, 1/16, 2/13, 2/20, 4/9-12.
Instructor: S. Messina
086511 5-MW 9/19 - 10/19/11 9:00 - 11:00 am FVSC Lab
086512 5-TTh 10/25 - 12/1/11 9:00 - 11:00 am FVSC Lab
086513 5-MW 1/9 - 2/8/12 9:00 - 11:00 am FVSC Lab
086514 5-TTh 2/14 - 3/15/12 9:00 - 11:00 am FVSC Lab
086515 5-MW 3/19 - 4/25/12 9:00 - 11:00 am FVSC Lab

Intermediate Beginners
Fee: Early Bird $55, Regular $65
Take your basic knowledge of computers to the next level of computer and software applications. Become familiar with various computer operations and components. Continue your learning in Windows, managing files, and using several higher functions of Word like tables, columns, and other formatting. Learn to insert clipart, add Word Art to jazz up a document, use bullets and numbering, page numbering, and more! Gain stronger computer skills so that you can move on into digital cameras, photo albums, and photo projects. Previous knowledge of computers is required.
No class 2/13, 2/20.
Instructor: S. Messina
086521 5 MW 2/15 - 3/21/12 9:00 - 11:00 am FVSC Lab

Accessing the Internet and Using Email
Fee: Early Bird $55, Regular $65
Enjoy this introductory class and learn to email friends and family. Create your own free email account and access it from any computer. Learn what is Skype and how do you use a web cam? Take a look at Twitter - what is it and what others are like it? Does the idea of being on a social networking site like Facebook overwhelm you? Learn how easy it is to create a page where you control who sees you on the Internet, and connect with family members and old friends. Learn how to go directly to a website, search for sites, use different browsers, and download files. Learn about Internet safety and protection from viruses and other ailments. Previous knowledge of computers is required.
No class 1/16, 2/13.
Instructor: S. Messina
086711 5 TTh 9/19 - 10/19/11 9:00 - 11:00 am FVSC Lab

Digital Cameras and Photos
Fee: Early Bird $55, Regular $65
Join other seniors and learn how to work with digital photos for the holidays or family fun! Transfer digital camera photos to your computer and save, put the photos in folders, delete and rename photos, and attach them to emails. Edit your photos to include in various projects such as greeting cards, family newsletters or flyers. Previous knowledge of computers is required.
Instructor: S. Messina
086821 5 TTh 9/20 - 10/20/11 9:00 - 11:00 am FVSC Lab

Picassa 3 and Photo Albums
Fee: Early Bird $55, Regular $65
Learn to download this FREE photo management and editing program. Organize your photos so you can find them easily – by events, dates, or activities. Use Picassa’s editing tools to improve your photos such as adjust color and lighting, crop and enhance, re-size, and make color variations. Restore old photos and present them in an album. Learn to create web albums to share with friends and family. Previous knowledge of computers is required.
Instructor: S. Messina
086831 5 MW 10/24 - 11/30/11 9:00 - 11:00 am FVSC Lab

Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.
"You Talkin’ to Me?"
A Speech Communication workshop for you...

Fee: Early Bird $45, Regular $53

Strong communication skills are essential for a successful professional career, but also for fulfillment in most of life’s endeavors. This course will concentrate on two domains of communication: Interpersonal exchanges (social “small” talk) and more formal public speaking (“big” talk). Gain in self-awareness (and grace) and become less preoccupied with self-consciousness (or awkwardness). Participants’ anxiety about one-on-one and small group encounters will diminish, and ability to inform, inspire, and persuade individuals and audiences will increase. Students will be introduced to a variety of experiences designed to develop their skills in oral communication. Relevant theory and loads of enjoyable practice will be included, and participants will come to understand why “human beings are made for talking.”

Instructor Dr. Ben Miles is a faculty member at the Art Institute of California, Orange County, where he teaches Effective Speaking, Theater, and Journalism. Ben is also a theater critic for The Beachcomber Newspaper (Long Beach) and at Showmag.com (online).

No class 1/10 or 1/24.

085801 8 Th 6:30 - 9:30 pm 10/13-12/15/11 HBAS A103
085802 8 Th 6:30 - 9:30 pm 2/16-4/5/12 HBAS A103
085803 8 Th 6:30 - 9:30 pm 5/10-6/28/12 HBAS A103

Woodworking

Fee: Early Bird $160, Regular $195

Learn the craft of woodworking and take the first steps into such careers as Cabinet Making, Millwork, Furniture Design and Manufacturing. Instruction will cover hand tools, machine safety, plan development, lumber identification, wood joinery and finishing techniques. Student will purchase their own wood. No experience necessary.

064401 Th 6:00 - 9:00 pm 9/8/11 - 1/26/12 Marina High Carser
ESL Administrative Office: is located at 17231 Gothard Street, Huntington Beach (Main Campus). 
For information, please call (714) 842-4227.

$50 registration fee is payable upon enrollment (cash only, correct change please, includes books). There is no mail-in registration for ESL classes.

How to register:
1. Go to the site you would like to attend (see below)
2. Complete a registration form and take a short placement test
3. You will be placed in the appropriate class that same day.

Cómo inscribirse:
1. Vaya a la escuela a la que quiera asistir
2. Llene una forma de inscripción y tome un examen corto para niveles
3. Se le asignará a la clase apropiada ese mismo día

Thể lệ ghi danh:
1. Thân chinh đến trường quý vị muốn học.
2. Điền Mẫu Ghi Danh và làm một bài trắc nghiệm ngắn.
3. Quý vị sẽ được xếp lớp vào cùng ngày.

ESL CLASS LOCATIONS AND SCHEDULE

Westminster Campus - 14325 Goldenwest Street, Westminster
Classes begin Monday, September 6, 2011.

<table>
<thead>
<tr>
<th>Level</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESL 1</td>
<td>030619</td>
<td>M-F</td>
<td>8:30 - 11:30 am</td>
<td>Pritzos A2</td>
</tr>
<tr>
<td>ESL 2</td>
<td>033619</td>
<td>M-F</td>
<td>8:30 - 11:30 am</td>
<td>Grisby A3</td>
</tr>
<tr>
<td>ESL 3</td>
<td>034519</td>
<td>M-F</td>
<td>8:30 - 11:30 am</td>
<td>Le A4</td>
</tr>
<tr>
<td>ESL 4</td>
<td>035519</td>
<td>M-F</td>
<td>8:30 - 11:30 am</td>
<td>Ngo A5</td>
</tr>
<tr>
<td>ESL 1</td>
<td>030019</td>
<td>M-Th</td>
<td>6:00 - 9:00 pm</td>
<td>Roberts A2</td>
</tr>
<tr>
<td>ESL 2</td>
<td>033719</td>
<td>M-Th</td>
<td>6:00 - 9:00 pm</td>
<td>Vu A3</td>
</tr>
<tr>
<td>ESL 3</td>
<td>034619</td>
<td>M-Th</td>
<td>6:00 - 9:00 pm</td>
<td>Last A6</td>
</tr>
<tr>
<td>ESL 4</td>
<td>035319</td>
<td>M-Th</td>
<td>6:00 - 9:00 pm</td>
<td>Hunter A5</td>
</tr>
</tbody>
</table>

Computer Classes (VESL)  Fee: $20 per session
Fall 2011 - Session 1 starts September 13, 2011.
Introduction to Computers/MS Word  0392319  T / Th  11:45 am - 2:45 pm Wood Lab/A6
Fall 2011 - Session 2 starts November 15, 2011.
Intermediate Computers/MS Word & MS Excel  039119  T / Th  11:45 am - 2:45 pm Wood Lab/A6

Anderson Elementary School - 8902 Hewitt Place, Garden Grove
Classes begin on Monday, September 12, 2011.

<table>
<thead>
<tr>
<th>Level</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-level</td>
<td>036429</td>
<td>M - Th</td>
<td>6:00 - 9:00 pm</td>
<td>White P-5</td>
</tr>
</tbody>
</table>

Cecil B. DeMille - 15400 Van Buren Street, Midway City
Classes begin on Monday, September 12, 2011.

<table>
<thead>
<tr>
<th>Level</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-level</td>
<td>036650</td>
<td>M - Th</td>
<td>8:30 - 11:00 am</td>
<td>Duong MPR</td>
</tr>
</tbody>
</table>
Finley Elementary School - 13521 Edwards Street, Westminster

Classes begin on Monday, September 12, 2011.

VESL Childcare
0392669  M - Th  8:15 - 11:00 am  Roberts  Room 21
Childcare available.

Guadalupe Manor - 17103 Magnolia Street, Fountain Valley

Classes begin on Wednesday, September 7, 2011.

ESL Multi-level
036617  W / F  9:00 am - 12:00 pm  Roberts  Room 21
Childcare available.

Holy Spirit Catholic Church - 17270 Ward Street, Fountain Valley

Classes begin on Tuesday, September 6, 2011.

ESL Level 1
031151  M - Th  9:00 am - 12:00 pm  White  Parish Ctr. 5
ESL Level 2
033651  M - Th  9:00 am - 12:00 pm  Hunter  Parish Ctr. 5

Huntington Beach Campus - 17231 Gothard Street, Huntington Beach

Classes begin on Monday, September 12, 2011. (No Break.)

ESL Level 3
034532  M - F  8:00 - 11:00 am  Athougies  B101
ESL Level 4
033432  M - F  8:00 - 11:00 am  Mozell  B102
ESL Level 3
032032  M - Th  6:00 - 9:00 pm  Hammoud  B101

Oak View Preschool & Education Resource Center - 17131 Emerald Lane, Huntington Beach (CBET – AM classes only)

Classes begin on Monday, September 12, 2011.

ESL Level 1
030832  M - F  8:00 - 11:00 am  Souders  Room 6
ESL Level 2
032132  M - F  8:00 - 11:00 am  Stecker  Room 7
ESL Level 1
036532  M / T  6:00 - 9:00 pm  Souders  Room 6
  W / Th  6:00 - 9:00 pm  Grisby
ESL Level 2
032032  M - Th  6:00 - 9:00 pm  Staff  Room 7
Childcare available for morning & afternoon classes only, in Room 10 or 11. (Child must be 1 year old & walking.)

Ray Schmitt Elementary School - 7200 Trask Avenue, Westminster

Classes begin on Monday, September 12, 2011.

ESL Level 1
030052  M - Th  8:15 - 11:15 am  Vu  Bungalow 37
ESL Level 2
036652  M - Th  8:15 - 11:15 am  Carey  Bungalow 39
ESL Level 1
030152  M - Th  6:00 - 9:00 pm  Staff  Bungalow 37
ESL Level 2
036452  M - Th  6:00 - 9:00 pm  Carey  Bungalow 39
Childcare available for morning classes only.

DID YOU KNOW?

HBAS offers a variety of English classes in your neighborhood. You can learn English near your home assisted by friendly teachers and new friends.

We can help you improve your English!
Warner Middle School - 14171 Newland Street, Westminster

Classes begin on Monday, September 12, 2011.

- ESL Level 1: 036327 M-Th 6:00 - 9:00 pm Tayyar Room 18
- ESL Level 2: 034127 M-Th 6:00 - 9:00 pm Klein Room 19
- ESL Level 3: 034127 M-Th 6:00 - 9:00 pm Duong Room 21

Westminster Advanced Medical Institute - 14600 Goldenwest Street, Westminster

Classes begin on Tuesday, September 13, 2011.

- ESL Multi-level: 036319 T/W 12:30 - 3:30 pm Ngo

Westminster Senior Center - 8200 Westminster Blvd., Westminster

Classes begin on Tuesday, September 6, 2011.

- ESL Multi-level - Ages 50+: 036364 T/Th 8:30 - 11:30 am Chung Room 5

Study in the comfort of your home!

ESL DISTANCE LEARNING

Main Campus -
17231 Gothard Street, Huntington Beach

Classes begin on Tuesday, September 13, 2011.

Fee: $40

- ESL Distance Learning Multi-level (0-7): 0398119 T 12:30 pm - 3:30 pm Stecker A3

CITIZENSHIP DISTANCE LEARNING

U.S. CITIZENSHIP AT HOME

Have you submitted your N-400 paperwork to USCIS (formerly INS)? Do you have your interview appointment? Our Distance Learning Citizenship course is for YOU! This program helps you review the newly revised Citizenship questions, learn U.S. History and Government, and prepare you for your interview. All work is done at home with a DVD and homework packet. You will earn a Certificate of Completion.
The following classes are offered for parents and (parenting figures) who want to participate in their children’s learning by experiencing activities designed to enhance early childhood exploration and learning. Adult school teacher, Lisa Marcinko, is a highly respected and fully credentialed (PreK-8 & Adult) parent educator. In this program, each child must be accompanied by a parent or responsible adult to ensure a one-to-one relationship of parents and children. Parents are required to attend two of the “Evening Seminars for Parents of Young Children,” listed on pages 25-26.

**Parent Smart Toddler Programs Preview**

Families interested in the program may visit the teachers and classrooms at our new permanent Parent Smart Campus, 15859 Springdale Street, Huntington Beach, CA 92649 (in front of Marina HS). The preschool classrooms will also be open for visitations.

Fri 9/2/11 10:00 - 11:30 am Toddler Classroom #502

**Parent Smart Toddler Schedule**

Registration Morning: Friday, 9/2/11 10:30 - 11:30 am New Parent Smart Campus

Registration will continue ongoing as space is available at the New Main Offices of HB Adult School, now located on Gothard just south at Warner. Parents must bring proof of parent TB test administered after 9/1/09.

Orientation: All parents are required to attend or they will be required to pay a $25 private orientation fee; no children, please.

Th 9/15/11 6:30 - 9:30 pm New HBAS Main Campus, C116


**Parent Smart Toddler Classes - Fees Per Session**

Parenting the Toddler (12-23 mos.) Fee: $90
071201 Th 9:15 - 11:15 am

Parenting the Two Year-old (24-32 mos.) Fee: $100
072101 T 9:15 - 11:45 am
072201 W 9:15 - 11:45 am

Parenting the Three Year-old (33-39 mos.) Fee: $110
072301 M 9:15 am - 12:15 pm (Offered in winter/spring semester only.)
Are you looking for an outstanding Preschool or Pre-K with a 26-year reputation for excellence?

Do you want to be involved “hands-on” in your child’s first classroom?

Do you want credentialed teachers teaching the California Preschool Standards to your child?

Would you like an adult-child ratio of 1-8 or less?

Whether you are wealthy or on a limited income, this preschool offers you and your child a high quality education within the Huntington Beach Union High School District and its Adult Education system that invites parents to become learning members of their child’s first classroom.

The Parent Smart Preschool provides children a nurturing and enriching preschool experience designed for maximum “school readiness.” Parents are provided a strong background in effective parenting, child development, and the learning process. Unlike in most preschools, all instructors are fully credentialed (PreK-8 & Adult) and experienced teachers.

Children (aged 3 or 4 by October 1st or November 1st and potty-trained) attend two or three mornings a week during each 17-week semester. Children develop their cognitive and social skills by participating in research-based activities that ensure school success in later years.

Our parents are required to be involved in the classroom by attending with their child one of the mornings each week, acting as an assistant teacher and practicing the skills they are learning as Parent Education students. Parents must also attend periodic meetings with teachers each month.

Parent Smart parents are required to attend the Orientation (no children please), a special family night, and four parenting seminars (see pages 25-26 for a list of options). This requirement ensures that parents gain information on current “best practices” in effective parenting from our teacher specialists and also have opportunities to interact with other parents regarding the challenges and successes they are experiencing.

Finally, parents are also required to complete three take-home learning units during each semester. Parents receive the book, Systematic Training in Effective Parenting, as a part of the TTh program. New parents entering the MWF program are required to purchase the book ($15).

Parent Smart Preschool Program parents who complete two years of participation receive our HB Adult School Parent Smart Academy Certificate.

The State of California Public Education funds our programs through Adult Education based on parent attendance and learning units completed. Multiple children cannot be accommodated without multiple adult participation, homework, and fees.

If you are a potential Parent Smart Parent, please visit our Program Preview, September 2nd (see information on the next page).
Parent Smart Preschool & Pre-K Program Preview

Families interested in the program may visit the teachers and classrooms at our new permanent campus, 15859 Springdale Street, Huntington Beach, CA 92649 (in front of Marina HS).

Fri 9/2/11 10:00 - 11:30 am Mrs. Chen, Room 504 and Mrs. Perruccio, Preschool 503

Registration: Friday, 9/2/11 10:30 - 11:30 am Parent Smart Campus

Registration will continue ongoing as space is available at the New Main Offices of HB Adult School, now located on Gothard, just south of Warner, Huntington Beach. Parents must bring proof of parent TB test administered after 9/1/09.

Orientation Evening, Required:
All parents are required to attend. If the parent is absent, we require the parent to pay a $35 private orientation fee. Parents must bring child’s birth certificate & immunization records to Orientation.

T/Th Preschool: Tues 9/6/11 6:30 - 9:30 pm New Parent Smart Campus, Room 500
MWF Pre-K: Wed 9/7/11 6:30 - 9:30 pm New Parent Smart Campus, Room 500

Session Dates and Fees per Session:
Fall: September 12, 2011 - January 27, 2012
Winter/Spring: February 6 - June 9, 2012

We observe all public school holidays and recess periods.

Preschool: 3+ years by October 1st Fee: $400 TTh 9:00 am - 12:30 pm
Pre-K: 4+ years by November 1st Fee: $500 MWF 9:00 - 12:30 pm

Evening Seminars for Parents of Toddlers and Preschoolers

Research shows that parents who are trained in effective parenting raise healthier, more successful children. The HB Adult School is proud to offer parents and extended family members of infants, toddlers, and preschoolers a series of seminars taught by credentialed specialists. These sessions require a $10 fee paid in cash at the door and are held at either our new Main Campus (17231 Gothard Street, Huntington Beach, Room C116) or our new permanent Parent Smart Campus (PSP), 15859 Springdale Street, Portable #500 (in front of Marina HS). Classes are from 6:30 pm to 9:30 pm, and pre-registration is preferred - please call (714) 842-HBAS (4227) x4405.

- Seminars are free to participants in the Parent Smart Preschool and Toddler Programs.
- Parents in the Parent Smart Toddler Programs (”parent and me”) are required to attend two of these seminars each semester.
- Parents in the Parent Smart Preschool are required to attend four seminars each semester and two special evenings.

Raising “Triple A” Kids - Academics, Athletics and Arts

Raise children to strive for active participation and excellence in a balanced life. Academics, Athletics and the Arts form the human triangle of skills. All are important in a child’s development.

074001 Wed 9/14 HBAS C116 Chen

Understanding Young Children’s Behavior

This seminar is the first in a series of workshops based on the book, Systematic Training in Effective Parenting, “STEP” for preschool parents. Learn principles of child development and age appropriate behaviors.

074001 Tues 9/20 HBAS C116 Chen

Help Your Child Develop a Love of Reading

How can you ensure your child will become a reader? Learn effective strategies and activities as well as how to handle problems encountered, such as the effect of television, the media and computers in child learning.

074001 Wed 10/5 PSP 500 Chen
074001 Wed 11/2 PSP 500 McLean

Listening and Talking Effectively with Your Child

This is the second in a series of workshops based on the book, Systematic Training in Effective Parenting, “STEP” for preschool parents. This seminar teaches parents discipline and communication strategies that are effective with preschoolers.

074001 Tues 10/11 HBAS C116 McLean
Infant, Adult, Child CPR & First Aid
Fee: $45. Receive American Red Cross certification. This training counts for two seminars for participants in the Parent Smart programs. Classes are held 8:00 am - 3:30 pm.
090101 Sat 9/24 HBAS C117 Baird
090102 Sat 12/3 HBAS C117 Baird
More offered in the Spring Trimester.
Parents must call to pre-register.

The 40 Developmental Assets, Raising “Asset-Rich,” Resilient Children
Learn recent research from the Search Institute on the 40 Assets we need to build and reinforce in our children. These 40 assets will ensure strong children have a resiliency to “bounce back” when life goes wrong and avoid high risk behaviors.
074001 Mon 10/17 HBAS C116 Perruccio

Toilet Training without Tears - Introducing Toddlers to Healthy and Consistent Habits (and getting them to “stick”)
This is our annual “Potty Talk” Seminar - parents will examine various strategies that are appropriate and not stressful for toilet training toddlers. Healthful habits and other toddler worries will also be covered.
074001 Thurs 10/20 HBAS C116 Marcinko

Discipline for Young Children
This is the third seminar of the series of workshops based on the book, Systematic Training in Effective Parenting, “STEP” for preschool parents. Learn positive discipline practices effective with preschool children.
074001 Tues 11/1 HBAS C116 Perruccio

Accessing Your Central Library
Learn how to use the acclaimed Huntington Beach Children’s Library (and your own local one), programs for children, effective materials for ages 1-5 and strategies to encourage reading and improve language acquisition.
074001 Mon 11/7 Marcinko
6:00 - 9:00 pm, City of HB, Central Library, Talbert Ave.

What You Can Do To Stimulate Your Child’s Brain (0-5) - Research and Strategies in Enhancing Child Development and Intelligence
Learn recent research in brain development and child learning, multiple intelligences, and parent strategies that are effective for improving your child’s cognitive development.
074001 Mon 11/14 HBAS C116 Chen

Nurturing Emotional and Social Development
This seminar is fourth in the series of units contained in Systematic Training in Effective Parenting the “STEP” program, effective parenting of preschool children. Topics include goals of discipline and punishment, natural and logical consequences, and holding family meetings.
074001 Tues 11/29 HBAS C116 Perruccio

Child Safety
Learn how to teach your child to say “no” and avoid strangers, how to develop safe environments and practices for your child, and help your child to develop good judgment in new situations. Find out about resources and strategies to keep your child safe and how from a special guest speaker.
074001 Thurs 12/1 HBAS C116 Marcinko

Family Time and Traditions: Creating Quality Family Time During Holidays
Avoid or lighten the “stressful holiday syndrome” and learn how you can make this time of year special for you and your family. Learn how to establish your family traditions, and hear about other cultures. Teach your child tolerance and how to avoid materialism.
074001 Mon 12/12 PSP 500 Chen

Rescue Breathing/CPR for Infants, Toddlers & Young Children
Learn basic life-saving methods in caring for infants and toddlers who are choking or who stop breathing. For a certified class (recommended) Infant, Child and Adult CPR & First Aid on page 40.
074001 Thurs 1/12 HBAS C117 Baird

Parenting Toddlers - A Round Robin of Topics and Issues Concerning Toddler Parents Today
Parents will enjoy a variety of topics presented by specialists and covering issues in parenting toddlers. Keep an eye on our website for additions and more details regarding this seminar in the coming weeks. An “Open Forum” for general questions and answers will also be included.
074001 Thurs 1/19 PSP 500 Marcinko/Staff
**SPECIAL CLASSES FOR PARENTS OF OLDER CHILDREN**

**Systematic Training for Effective Parenting**  
(for parents of K-5 children)

**Early Bird Fee (postmarked 7 days prior to first day):** $48 (includes book, $15)  
**Regular Fee:** $53 (includes book, $15)  
*Spouse is free but must pre-register at same time.*

Parents are invited to attend this popular course based on the book Parenting Young Children, by Don Dinkmeyer and Gary McKay. Topics include understanding your child’s behavior, building self-esteem, communicating with young children, learning cooperation and effective discipline. This series of six evenings will be held at local elementary schools.

**Instructor Nancy Diamant** is an experienced elementary teacher and parent with a Masters in Child Development.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>077001</td>
<td>6 W</td>
<td>10/5 - 11/19/11</td>
<td>6:00 - 8:30 pm</td>
<td>Westmont School, Library</td>
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<td></td>
<td></td>
<td>(on Heil Ave., one block east of Beach Blvd.)</td>
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<tr>
<td>077002</td>
<td>6 W</td>
<td>2/1 - 3/7/12</td>
<td>6:00 - 8:30 pm</td>
<td>Schmitt School</td>
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<td>(Trask Ave., north of Talbert, FV)</td>
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<tr>
<td>077003</td>
<td>6 W</td>
<td>4/25 - 5/30/12</td>
<td>6:00 - 8:30 pm</td>
<td>Smith School, 17th Street, Room 14</td>
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<td>(just north of Palm, HB)</td>
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**Active Parenting of Teens**  
(for parents of middle school children)

**Early Bird Fee (postmarked 7 days prior to first day):** $48 (includes book, $15)  
**Regular Fee:** $53 (includes book, $15)  
*Spouse is free but must pre-register at same time.*

This nationally recognized program of instruction in parenting skills was developed by Michael H. Popkin, Ph.D. Six seminars cover topics of concern to parents such as developing self-esteem and responsibility, communicating effectively, preventing alcohol and drug abuse, and dealing with sexuality. Class activities include “APT” videos, discussions, and workbook activities. This series runs three times a year at local schools in Westminster, Huntington Beach, & Fountain Valley.

**Instructor Rick Perruccio** is an experienced middle school counselor, father, and parent educator.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>077101</td>
<td>6 W</td>
<td>10/5 - 11/9/11</td>
<td>6:30 - 9:00 pm</td>
<td>Marina HS, #500 (portable on front of school)</td>
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<tr>
<td>077102</td>
<td>6 W</td>
<td>2/1 - 3/7/12</td>
<td>6:30 - 9:00 pm</td>
<td>Dwyer MS, Library</td>
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<tr>
<td>077103</td>
<td>6 W</td>
<td>4/25 - 5/30/12</td>
<td>6:30 - 9:00 pm</td>
<td>FVHS, Room TBA</td>
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</table>

**Parenting the Adolescent - The Challenging High School Years - Vital!**

**Early Bird Fee (postmarked 7 days prior to first day):** $48 (includes book, $15)  
**Regular Fee:** $53 (includes book, $15)  
*Spouse is free but must pre-register at same time.*

Take this series of six evening sessions to help you free yourself from that nagging self-doubt that so many caring parents feel about parenting their high school teens. Discover simple and effective strategies to help you establish and maintain a healthier relationship with your adolescent. Learn to take affirmative action in setting and enforcing limits for behavior that are appropriate for this age group, how to better communicate with your son or daughter, how to manage your own frustration and anger, and how to achieve increased peace in the family.

**Classes will be held in Room 405 at Ocean View High School, located on the corner of Gothard and Warner in Huntington Beach.**

**Instructor Jeneane Ottman,** a successful high school teacher and mother of two teenagers, holds a license in Marriage/Family Therapy and an MA in Psychology. She worked part-time at an adult rehabilitation center for drugs and alcohol and is committed to guiding parents and their teens to setting meaningful boundaries and developing a more positive relationship.

<table>
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<tr>
<th>Class Code</th>
<th>Days</th>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>077301</td>
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<td>10/5 - 11/9/11</td>
<td>6:00 - 9:00 pm</td>
<td>OVHS-405</td>
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<tr>
<td>077302</td>
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<td>6:00 - 9:00 pm</td>
<td>OVHS-405</td>
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<tr>
<td>077303</td>
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<td>4/25 - 5/30/12</td>
<td>6:00 - 9:00 pm</td>
<td>OVHS-405</td>
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**Registration available online for this class!**
Sewing Workshops
Fee: Early Bird $55, Regular $65
Learn basic and intermediate sewing skills in this fun multilevel workshop class. Work on personal projects or assigned skills. Please bring your own sewing machine to class (not needed at first meeting). A supplies list will be given at first meeting.
Instructor: Leah Bratcher is a popular home arts teacher at Marina HS and experienced adult education instructor.
Beginning:
107001 10 W 5:00 - 6:30 pm MHS 243
9/28 - 12/7/11 (No classes 11/23.)
107002 10 W 5:00 - 6:30 pm MHS 243
1/25 - 3/28/12
Intermediate:
107011 10 W 6:30 - 8:00 pm MHS 243
9/28 - 12/7/11 (No classes 11/23.)
107012 10 W 6:30 - 8:00 pm MHS 243
1/25 - 3/28/12

Knitting Workshops - Beginning
Fee: Early Bird $46, Regular $56
Come join this fun class and explore the basics and fundamentals of knitting. This is an introductory class focusing on the different styles of knitting and how to Knit, Purl and use combination stitches. By the third week, you will be ready to start a project. All levels of knitters are welcome.
No class 11/21, 2/13 & 2/20.
Instructor Leah Bratcher
1070201 8 M 5:00 - 6:30 pm MHS 243
10/3 - 11/28/11
1070202 8 M 5:00 - 6:30 pm MHS 243
1/30 - 4/2/12

Crocheting Workshops - Beginning
Fee: Early Bird $46, Regular $56
This class is designed to teach the basics of crochet, while learning to enjoy a new craft. Beginning with the chain stitch, students will learn various stitches and practice making some basic design squares. We will make many small samples, and by the end of the class students will be able to create a fun project.
No class 11/21, 2/13 & 2/20.
Instructor Leah Bratcher
1070401 8 M 6:30 - 8:00 pm MHS 243
10/3 - 11/28/11
1070402 8 M 6:30 - 8:00 pm MHS 243
1/30 - 4/2/12

The Organized Home - It’s not a Myth!
Fee: Early Bird $65, Regular $75
This organizing class is designed for busy people who feel stressed out and overwhelmed by the disorganization in their home. In the first evening, you will learn organizing principles, the SORT-IT de-cluttering method, and receive instructions for a home organizing project that week. In the second session, you will discuss results of your organizing project, gain tactics for organizing specific areas of the home, and learn how to maintain an organized home. If you are ready to get organized, this class is for you! Class is held at our new Main Campus.
Instructor Kelly Rhoten
202001 2 Th 6:30 - 9:00 pm HBAS A103
9/29 & 10/6/11
202002 2 Th 6:30 - 9:00 pm HBAS A103
2/2 & 2/9/12

Flower Arranging and Decorating
Fee: Early Bird $110, Regular $130
Jimmy Camarena of Creations by Camarena offers you fun 7-week demonstration and participation classes. You will observe techniques in creating seasonal fresh flower and silk center pieces and other smaller decorating strategies with flowers, bows, and other items. Learn to “do it yourself” and take home your creations. A Saturday field trip will be included in lieu of one of the sessions if students desire, and students will have the opportunity to participate in at least one special, hands-on project for an additional fee of $25. Class is held on our new Main Campus in the Art Room, B104, 3:30 - 6:00 pm, and class size is limited.

“Autumn Season Fest”
105001 9/29 - 10/26/11

“Holiday Decorating & Flowers”
105002 11/2 - 12/14/11 - Option to take a field trip to a design center or attend on 12/21 will be offered in lieu of 11/23.

“Winter Hearts & Flowers”
105003 1/10 - 2/16/12

“Birthdays, Weddings & Special Events”
105004 2/29 - 4/14/12 - Option to take a field trip to a design center will be offered in lieu of 4/11/12 (Spring Recess).

“Spring Flings”
105005 4/29 - 6/6/12

“Summer Splash & Color”
105006 6/13 - 8/1/12 No class 7/4.
PERSONAL FINANCE CLASSES

Basic Investing - Start Now!
Fee: Early Bird $46, Regular $52  (Spouse is free, but must pre-register)
This class is offered to those who want to begin planning their financial future, but have little experience in investing. Learn about stocks, bonds, mutual funds, money markets, annuities and retirement plans. Maximize your return on investments and lower your taxes through conservative investing.
Instructor Ron Witter, Jr. brings with him over 25 years of experience with a preeminent Wall Street investment firm in the area of personal and family finance. As a third generation of the original Dean Witter family, Ron has considerable training and access to resources in the brokerage industry.

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<th>Course</th>
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<th>Dates</th>
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<tbody>
<tr>
<td>101001</td>
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<td>6:30 - 9:30 pm</td>
<td>9/27 - 10/11/11</td>
<td>HBAS A103</td>
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<tr>
<td>101002</td>
<td>W</td>
<td>6:30 - 9:30 pm</td>
<td>1/25 - 2/8/12</td>
<td>HBAS A103</td>
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Retirement Planning and Investing -
Who is Helping You Write the Next Chapter in Your Life?
Fee: Early Bird $46, Regular $52  (Spouse is free, but must pre-register)
Another great class with Ron Witter, experienced investment and retirement planner (see above), this seminar consists of three evenings that will give you the power and knowledge to plan your retirement years so that they will meet your goals and expectations. Learn the step by step approach that addresses the 10 key components of a sound retirement plan that EVERYONE needs to understand.

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<th>Course</th>
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<tr>
<td>101011</td>
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<td>11/2 - 11/16/11</td>
<td>HBAS A103</td>
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<tr>
<td>101012</td>
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<td>6:30 - 9:30 pm</td>
<td>3/20 - 4/3/12</td>
<td>HBAS A103</td>
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College Selection & Planning -
How to Pay for College without Going Broke!
Fee: Early Bird $42, Regular $50  (Spouse is free, but must pre-register)
It is not necessarily more expensive to go to a more expensive college. Most parents are lost when it comes time to select a college with their high school student and then pay for the tuition and housing. Indeed, the high school years may be too late to plan effectively. However, many options are available to parents that are rarely utilized. This three-evening class is designed to help parents understand their options depending upon their financial status, the college admission and financial aid process and timelines, strategies to select a college that fits the student best, and how to obtain the highest funding assistance. A list of resources will be provided, and parents will be encouraged to bring their high school student to the third session. Instructors Ted & Kate Gregory, (both CFP’s) are Certified Financial Planners with a combined experience of over 40 years who have a college daughter that recently benefitted from their process. Ted is a retired high school teacher and founder of Gregory Advisors, Inc. (a Registered Investment Advisor).

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<td>101031</td>
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<td>10/5 - 10/19/11</td>
<td>HBAS C116</td>
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<td>101032</td>
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<td>6:30 - 9:30 pm</td>
<td>1/24 - 2/7/12</td>
<td>HBAS C116</td>
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</table>

Countdown to Retirement -
Social Security, Medicare, and Other Retirement Dangers!
Fee: Early Bird $42, Regular $50  (Spouse is free, but must pre-register)
5-4-3-2-1-Go! If retirement is looming, it is time to get acquainted with your options, challenges, and risks. Plan ahead by learning details about social security planning for Boomers, the Medicare maze, and the biggest five mistakes retirees make. Time will be provided to address individual questions and concerns, and resources for further study or action will also be available.
Instructors: Ted & Kate Gregory  (see description in above class)

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<th>Day</th>
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<th>Dates</th>
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<td>101021</td>
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<td>101022</td>
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<td>HBAS A103</td>
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Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.
Office Staff: Cathy McGough, Assistant Principal
Lynn Bergman, Assistant Principal

For information: Call (714) 842-HBAS (4227), x4405, or email lbergman@hbas.edu

To enroll: Online registration is available via our website, www.hbas.edu, or use the Registration Form (page 46) and mail, fax (714) 373-5245, or drop off at our new Main Campus, 17231 Gothard St., Huntington Beach, CA 92647 (just south of Warner). We send email confirmations, so please include your email address.

Early Bird Fees: Discounted fees are available if postmarked (or paid in person) at least seven days prior to start date of classes, unless otherwise stated.

BRAIN FITNESS - “SIGHT” AND “SOUND”

Featured on Public Television (PBS) and Researched by University of San Francisco and Mayo Clinic! If you are 45 years old or more, you can lose 10+ years in “Brain Age!”

Revolutionary Brain Fitness Classes

A global team of more than 50 scientists at leading universities created the “Brain Fitness” program for Posit Science. Huntington Beach Adult School is now the first school in Orange County to offer this ground breaking program to older adults, 45+, in the community!

Sign up for our new “Brain Fitness” classes, and work out daily on the software exercises specially designed to be responsive to your response level. This new program requires absolutely no experience on computers. The “graduates” from our first 13 sessions report dramatic results - proven increases in memory, response time, emotional well-being, communication skills, and thinking skills.

You will feel the difference immediately as you:
- Lose 10 years in your “brain age!”
- Improve your memory for names, directions, facts, lists and ideas.
- Sharpen your listening and thinking skills, and
- Gain alertness, confidence, and vitality that you thought were lost.
- Hear more, retain more, and quicken your response time to process what you hear!

Enjoy the motivation of your fellow seniors in the class as well as our Instructors Suzanne Messina and Sharon Fleming who are specially trained to coach you through the class.

Brain Fitness - “Sound” and “Sight” Classes

Call now to enroll as class sizes are limited! Remember you must commit to regular attendance in this demanding program in order to attain “brain fitness” gains. No one says it will be easy, but it will be the best thing in your life you did for yourself. Don’t delay! Research indicates that after one year, you should return to review the program again. We will be here for you!

Start first with the 40 “Sound” exercises, and improve your auditory processing and memory. Move on into Insight when you are ready – the “Sight” software takes “Brain Fitness” to the next level for improving your visual memory & processing speed!

Ask about “DRIVESHARP” AND INSURANCE COMPANY DISCOUNTS!
No Computer Experience Necessary!

The optimum schedule of classes, according to PositScience Corporation, is to take our 5-week sessions, 4 days/week, providing you the best “exercise” and results for your brain gain. We offer two time choices on Mondays through Thursdays: 11:00 am - 12:30 pm or 1:00 - 2:30 pm. All classes are held at the Fountain Valley Senior and Community Center in our Adult School Lab.

Students need to complete two 5-week sessions to master all the lessons and receive the full benefits provided in the software and instructional program.

**Fee: Early Bird $50, Regular $60**

No classes 11/11, 11/21-24, 1/16/12, 2/13, 2/20, 4/9-12.

**Take Sound or Sight Four Days a Week at Two Times of the Day, Monday - Thursdays**

<table>
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<td>11:00 - 12:30 pm</td>
<td>9/19 - 10/20/11</td>
<td>FVSC Computer Lab</td>
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<td>087552</td>
<td>M-Th</td>
<td>11:00 - 12:30 pm</td>
<td>10/24 - 2/1/11</td>
<td>FVSC Computer Lab</td>
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<tr>
<td>087553</td>
<td>M-Th</td>
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<td>1/9 - 2/9/12</td>
<td>FVSC Computer Lab</td>
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<tr>
<td>087554</td>
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<td>087555</td>
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<td>3/19 - 4/26/12</td>
<td>FVSC Computer Lab</td>
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</tbody>
</table>

Now offering evenings! **Brain Fitness - “Sight” or “Sound” for Active Seniors who are busy during the day!**

Students may take either “Brain Fitness” programs - “Sound” for visual processing or “Sight,” the follow-up. **Class sessions** are 10 weeks, 6:30 - 8:00 pm, Monday & Wednesday evenings. **Students need to complete two sessions of 10 weeks to master all the PositScience lessons in either course.**

**Fee: Early Bird $50, Regular $60**

No classes 1/17, 2/14, 2/21, 4/18-20 & 5/28.

**Instructor: S. Fleming**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
</tr>
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<td>FVSC Computer Lab</td>
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<td>1/9 - 3/14/12</td>
<td>FVSC Computer Lab</td>
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<tr>
<td>087563</td>
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<td>6:30 - 8:00 pm</td>
<td>3/19 - 5/30/12</td>
<td>FVSC Computer Lab</td>
</tr>
</tbody>
</table>

**MENTAL HEALTH, EMPOWERMENT, AND FITNESS**

**Memory Enhancement: How Does Memory Work & What Can You Do to Nurture Yours?**

**Fee: Early Bird $48, Regular $56**

This class focuses on the basics of what you can do to maintain a healthy and alert mind throughout your years. Learn the latest research and tactics, tricks, and tips in a fun and relaxing atmosphere. Practice memory skills and learn healthy habits for brain longevity.

**Instructor: D. Ryan**

<table>
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<th>Time</th>
<th>Dates</th>
<th>Location</th>
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<td>8</td>
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<td>9/28 - 11/16/11</td>
<td>FVSC-LR</td>
</tr>
<tr>
<td>087502</td>
<td>8 T</td>
<td>1:30 - 3:30 pm</td>
<td>1/31 - 3/20/12</td>
<td>HBAS A103</td>
</tr>
</tbody>
</table>

**Mental Gymnastics: Have Fun While Strengthening & Sharpening Your Brain!**

**Fee: Early Bird $43, Regular $47**

Take Mental Gymnastics for a fun way to wake up your brain - and/or as a compliment to your Brain Fitness program. Learn how you can become sharper and quicker as you get older by exercising your mental abilities, memory and critical thinking power. Join this mind-bending and fun group and work-out on brain teasers, Sudokus and other visual puzzles and mind boggling riddles each session. Learn the latest research on brain health and how to maintain your mental sharpness on your own in the future. Keep “senior moments” from becoming senior months!

**Instructor: Sharon Fleming**

<table>
<thead>
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<td>HBAS A103</td>
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<td>087532</td>
<td>8 T</td>
<td>9:30 - 11:30 am</td>
<td>2/7 - 3/27/12</td>
<td>FVSC-AR</td>
</tr>
</tbody>
</table>
Scrabble Scramble: Gain Brain Brawn While You Play the Game!  
Fee: Early Bird $28, Regular $35
This class will be a Scrabble enthusiast’s delight or a chance for newcomers to learn the game! Learn strategy and reasoning to increase your scores and have more fun playing. All levels welcome! Please bring your own Scrabble set from home if you have one!
No class 1/12/22.  
Instructor: S. Fleming
087571  8 T  11:30 am - 1:00 pm  FVSC-AR
087572  8 T  11:30 am - 1:00 pm  FVSC-AR

Retirement Opportunities: Creating a New Life for Yourself*  
Fee: Early Bird $48, Regular $53
Whether you are newly retired, have been for years, or just thinking about it, this class is designed to help you find new opportunities for happiness and fulfillment. Explore ways in a supportive environment to create a life you love that includes feeling healthier and more optimistic about your future. Learn how you can take control and make your retirement the best years of your life!  
*Not for retired people only - for anyone who is thinking about retirement, too!
No class 1/12/22 - 1/13/23.  
Instructor: S. Fleming
089801  8 T  9:30 - 11:30 am  FVSC-AR
089802  8 W  10:00 - 12:00 pm  HBAS A103

“You Talkin’ to Me?” A Speech Communication workshop for you...  
Fee: Early Bird $45, Regular $53
Strong communication skills are essential for a successful professional career, but also for fulfillment in most of life’s endeavors. This course will concentrate on two domains of communication: Interpersonal exchanges (social “small” talk) and more formal public speaking (“big” talk). Gain in self awareness (and grace) and become less preoccupied with self-consciousness (or awkwardness). Participants’ anxiety about one-on-one and small group encounters will diminish, and ability to inform, inspire, and persuade individuals and audiences will increase. Students will be introduced to a variety of experiences designed to develop their skills in oral communication. Relevant theory and loads of enjoyable practice will be included, and participants will come to understand why “human beings are made for talking.”
Instructor Dr. Ben Miles is a faculty member at the Art Institute of California, Orange County, where he teaches Effective Speaking, Theater, and Journalism. Ben is also a theater critic for The Beachcomber Newspaper (Long Beach) and at Showmag.com (online).
No class 1/12/22.
085801  8 Th  6:30 - 9:30 pm  10/5 - 11/30/11 HBAS A103
085802  8 Th  6:30 - 9:30 pm  2/1 - 3/21/12 HBAS A103

Conversational Spanish for the Workplace... and for Travel & Fun, too!  
Fee: Early Bird $85, Regular $95, Book purchase required (good for both levels).
Learn to speak Spanish in everyday practical situations, particularly in the world of work, such as asking directions, giving or seeking information, or requesting services. Apply basic Spanish to travel situations, emergency situations, and friendly encounters. Gain comfort and skill as you practice basic vocabulary, improve your accent, and advance your comprehension. Repeat the class for stronger review, or move on to the “B” level and continue your practice and vocabulary growth.
0619101  10 T  6:00 - 9:00 pm  9/27 - 12/6/11 (No class 11/22.) OVHS 203
0619102  10 T  6:00 - 9:00 pm  1/31 - 4/3/12 OVHS 203
0619202  10 T  6:00 - 9:00 pm  1/31 - 4/3/12 OVHS 205

Writing Your Life Stories  
Fee: Early Bird $45, Regular $53
Learn how to creatively record your important memories as a family treasure, gift to friends, autobiography for family, or a published work. Practice in a friendly atmosphere writing auto-biographical sketches, journal writing, composing to various prompts, and narrative editing. Gain ideas for episodes and stories that you may not have considered including. Take additional 8-week session to continue your work, if you like. Enrollment is limited to 15.
085414  8 W  3:15 - 4:45 pm  10/5 - 11/30/11 TBA
085415  8 W  3:15 - 4:45 pm  2/1 - 3/21/12 TBA
Surfcity Senior Singers! Vocal Music, Choral Training, and Fun!

Fee: Early Bird $28, Regular $35

Enjoy participation in a new chorus taught by master teacher, Allan Katz. Learn choral techniques, breathing, timing, and performance skills. Help lay the groundwork for this new chorus which will perform at various events, singing the old standards, Broadway classics, as well as some newer styles. Participate in solos, duets, and group performances as this company gains renown. **Class is held in our newly constructed Main Campus!**

No class 1/23.

- 085651 10 W 3:00 - 5:00 pm 9/28 - 12/7/11 HBAS C116
- 085652 10 W 3:00 - 5:00 pm 1/25 - 3/28/12 HBAS C116
- 085653 10 W 3:00 - 5:00 pm 4/18 - 6/20/12 HBAS C116

Music: Appreciation of Opera

Fee: Early Bird $48, Regular $58

Join us and learn about opera, one of the most fascinating of the classical arts. No previous knowledge is required - just interest, curiosity, and a taste for vocal and orchestral splendor, high drama, not-so-high comedy, and great stagecraft! This course will focus on each element of this musical art in order to deepen participants’ appreciation for its beauty and significance. The greatest works of the most famous opera composers will be sampled, and some of the most famous arias will be heard, performed by the great singers of our time. Learn to understand these classic sung plays, inspired by legend and literature, in a fun and inspiring environment.

No class 11/23 & 24.

**Instructor:** Allan Katz

- 085621 8 W 9:30 - 11:30 am 10/5 - 11/30/11 RSC-D
- 085622 8 Th 9:30 - 11:30 am 10/6 - 12/1/11 HBAS A103
- 085623 8 Th 1:00 - 3:00 pm 10/6 - 12/1/11 HLC-MP

Music: History of Jazz

Fee: Early Bird $48, Regular $58

Trace the origins and development of our own American art form - jazz - from the rhythms of Africa, through the slave fields, Dixieland, swing, and into modern styles. Hear examples of each period, and gain a deeper understanding and appreciation of this moving, expressive music.

**Instructor:** Allan Katz

- 085624 8 W 9:30 - 11:30 am 2/1 - 3/21/12 RSC-D
- 085625 8 Th 9:30 - 11:30 am 2/2 - 3/22/12 HBAS A103
- 085626 8 Th 1:00 - 3:00 pm 2/2 - 3/22/12 HLC-MP

Coming in Spring 2012!

**History of American Musical Theatre**

Fee: Early Bird $48, Regular $58

Trace the origins and development of “Old Broadway.” Compare the lives, works, and productions of the early composers and performers. Review how historical and social events shaped our musical theatre. Refresh your memory regarding scores, titles, lyrics and performers through audio and visual samples and bits of trivia. Enjoy lively discussions, listening, and even singing some of the musical favorites of past popular productions.

**Instructor:** Allan Katz

- 085601 8 W 9:30 - 11:30 am 4/25 - 6/13/12 RSC-D
- 085602 8 Th 9:30 - 11:30 am 4/26 - 6/14/12 HBAS A103
- 085603 8 Th 1:00 - 3:00 pm 4/26 - 6/14/12 HLC-MP

Registration available online for this class!

**Early Bird Fees** available if enrolled or postmarked at least 7 days prior to start date of class.
**The Art of Film - The Great Films of Gary Cooper**  
Fee: Early Bird $55, Regular $65  
(Spouse is free, but must pre-register)

Movie buffs will love our special series each trimester that demonstrates film analysis, critical viewing skills, and appreciation of one of the most influential art forms in modern history. This session will focus on the theatrical craft and performances of another Hollywood great, Gary Cooper. Famous for his quiet, stoic acting style and individualist character portrayals of the common man, Cooper starred in westerns and “common man” idealistic movies. He completed over 100 films during his 25-year career and received five Academy Award nominations for Best Actor - winning twice for *Sergeant York* and *High Noon*. Students will view these and other films of this quiet hero, such as *Friendly Persuasion, The Fountain Head, The Pride of the Yankees,* and *The Court Martial of Billy Mitchell.*

Films will be shown on our new 12-foot screen in “state-of-the-art” projection at the new main campus of HB Adult School!  
*Instructor Lynn Aase,* well-known retired master teacher, will provide insights into film techniques, history, and performances.  
*No class 1/23.* Series will also be offered in Winter and Spring Trimesters.

- **085201**  
  10 W  
  7:00 - 10:00 pm  
  9/28 - 12/7/11  
  HBAS C116

**The Art of Film - The Great American Western!**  
Fee: Early Bird $55, Regular $65  
(Spouse is free, but must pre-register)

This winter’s session will focus on Westerns as an art form in motion pictures. Westerns are devoted to telling romanticized tales of the American West with the fundamental plots being simple. Life is reduced to its basic elements: a horse, a shirt on your back, and your gun. These simple elements weave tales of morality, revenge, passion, and power, setting them against the spectacular scenery of the American West - the real star of these movies. Enjoy such films as *The Magnificent Seven, The Wild Bunch, Silverado, The Unforgiven,* and the more recent, *Open Range.*  
*Class is held at the new HB Adult School Main Campus.*

*Instructor Lynn Aase*

- **085202**  
  10 W  
  7:00 - 10:00 pm  
  1/25 - 3/28/12  
  HBAS C116

**Coming Spring 2012** the “Art of Film” will focus on “The Great Films of Kirk Douglas” (4/25 - 6/27/12).

**Art Appreciation: “California Regionalism, 1930-1950”**  
Fee: Early Bird $48, Regular $56

The late 1920’s & early 1930’s saw a dramatic change in the art scene. The beautiful landscapes of the California Impressionists were replaced by subject matter reflecting changes taking place in America that transformed the country from a rural agrarian society into an industrialized world power. Join in other art enthusiasts and learn about some of the artists of this period and see how they took watercolor painting to a whole new dimension. A very special Saturday fieldtrip will possibly be included as an option.

*Instructor: Diane Ryan*

- **085231**  
  8 W  
  1:30 - 3:30 pm  
  1/25 - 3/28/12  
  HBAS A103

**Italian Renaissance Art & Artists**  
Fee: Early Bird $48, Regular $56

Develop a greater appreciation and understanding of one of the most amazing periods in art history. The High Renaissance period spanned from the 1490s to 1527 and represented a revival of the arts and a complete change in how artists would depict the visible world around them. This class will look at some of the artists of this period including Michelangelo and Leonardo DaVinci, as well as some of the labor-intense techniques used to produce the art, such as egg tempera and frescoes.  
*Class will be held at our newly constructed Main Campus on Gothard in Huntington Beach!*

*Instructor: Diane Ryan*

- **085033**  
  8 T  
  1:30 - 3:30 pm  
  4/24 - 6/12/12  
  HBAS A103

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**THE ARTS**

**PROGRAMES FOR OLDER ADULTS**

www.HBAS.EDU
French Impressionists
Fee: Early Bird $48, Regular $56
Today, we have come to love the French Impressionist period of art; however, in the late 1800s, it was considered “shocking.” Learn more about the artists of this period who dared to rebel against the traditional academic method of art and lead the way to new forms of art. Some of the artists to be covered include Claude Monet, Pierre-Auguste Renoir, and Vincent Van Gogh.

Instructor: Diane Ryan
085222  8 W  9:30 - 11:30 am
2/1 - 3/21/12  FVSC-LR

Basic Oil Painting
Fee: Early Bird $60, Regular $70
Learn basic principles of composition and painting still life or landscapes, in oil, whether regular oil or water-based. No experience is necessary. Students must furnish their own supplies. (A list will be provided at the first class.)

No class 11/23.
Instructor: Beth Chilcott
085121  11 W  2:30 - 4:30 pm
9/21 - 12/7/11  VaVHS 22
085122  11 W  2:30 - 4:30 pm
1/25 - 4/4/12  VaVHS 22
085123  11 W  2:30 - 4:30 pm
4/18 - 6/27/12  VaVHS 22

Experimental Drawing and Painting - a Multi-Level Workshop for Beginners, too!
Fee: Early Bird $55, Regular $65
This class is for artists in all levels: beginning, intermediate, and advanced. We will utilize observational skills, imagination, and abstract applications of making marks. Traditional subject matter such as still-life, landscape, cityscape, and portraits will be explored. Students will use medium of their choice: Acrylic, watercolor, oil, pastel, pencil, etc. Demonstrations will be given each week and individual attention will be given to tap into your creative and expressive potential. Bring your own materials the first night and be ready to create. Class will be held in our newly built Main Campus Art Room!
No class 11/23.
Instructor: Matt Harward
085118  10 W  6:00 - 8:00 pm
9/28 - 12/7/11  HBAS B104
085119  10 W  6:00 - 8:00 pm
2/1 - 4/4/12  HBAS B104
085120  10 W  6:00 - 8:00 pm
4/25 - 6/27/12  HBAS B104

Ceramics: Hand-Building and Throwing
Fee: Early Bird $80, Regular $90
Create ceramic objects using a variety of hand building techniques, glazing and firing processes. Try your hand at shaping forms with an introduction to wheel throwing. A $15 materials fee will be due to the teacher for basic materials. Anything beyond this may add additional fees. Please bring a lock for an assigned locker.
No class 11/22 or 24.
Instructor: Matt Harward
085131  12 T  5:30 - 8:30 pm
9/20 - 12/13/11  HBHS I-6
085132  12 T  5:30 - 8:30 pm
9/22 - 12/15/11  HBHS I-6
085133  12 T  5:30 - 8:30 pm
1/17 - 4/3/12  HBHS I-6
085134  12 Th  5:30 - 8:30 pm
1/19 - 4/5/12  HBHS I-6
085135  12 Th  5:30 - 8:30 pm
4/17 - 7/3/12  HBHS I-6
085136  12 Th  5:30 - 8:30 pm
4/19 - 7/5/12  HBHS I-6

Registration available online for this class!

Early Bird Fees available if enrolled or postmarked at least 7 days prior to start date of class.
American History -
The Roaring 20’s and Tumultuous 30’s
Speakeasies, Flappers, & Fortunes Lost
Fee: Early Bird $48, Regular $56
Learn about our country’s history in a fun and exciting environment without grades or tests. Four decades of the 20th Century will come alive for you through movies, instruction, and class discussions in these two classes (see following class). In this first class, take a look at the changes and optimism of the 1920’s and what factors led to financial and emotional collapse. Join in an examination of the times and discussions of how this decade was followed by the Depression and 1930’s crime, corruption, and change.
Instructor Scott Walton is a teacher at Marina High School with a passion for American History who will engage you with his extensive knowledge and enthusiastic style. Follow this class with the second class in this series (below) or join in anew.
No class 11/10 & 11/24.
088111 10 Th 3:30 - 5:30 pm 088113 10 Th 3:30 - 5:30 pm
9/29 - 12/15/11 MHS-413 4/19 - 6/21/12 MHS-413
Take the Springdale entrance to the parking lot all the way to the end; park on the right, adjacent to the west end of the football field. Portable #413 is in the back row.

American History - The Fabulous 40’s and Swingin’ 50’s
Fee: Early Bird $48, Regular $56
New students are welcome to join other history buffs in this second class in a series that continues from the previous session (above). Focus on the next two decades in American cultural and political history, beginning with America’s involvement in WWII and continuing on into the 1950’s. Share stories, watch key movies, and join in lively discussions as we look behind the picket fences, pearl necklaces and bow ties into the prosperity and problems of these decades.
What legacy have these decades left for America today? (See listing above.)
Instructor: Scott Walton
088112 10 Th 3:30 - 5:30 pm
1/26 - 3/29/12 MHS-413

California History - Missions
Fee: Early Bird $48, Regular $56
Twenty-one missions were established in California by Spanish missionaries between 1769 and 1823. Today, they are among the state’s oldest structures and the most visited historic monuments. This class will look at these wondrous structures and the influence they had on the development of California. A fieldtrip to one of these missions may be an option.
Instructor: Diane Ryan
088212 8 W 1:30 - 3:30 pm
2/1 - 3/21/12 FVSC-LR

Coming Spring 2012
Historic Landmarks & Pioneers of Southern California!
Enjoy another fascinating class with instructor Diane Ryan!
Yoga for All Levels - This class is appropriate for all levels - beginners are welcome! Yoga will help to create a vigorous and well-functioning body and an alert mind. It is both energizing and restful, cleansing and calming, and brings to the body agility and vitality. Students will work on different postures and various areas of the body in every class to help develop strength, flexibility, and balance throughout the entire body. Students must bring their own yoga mat. Props (straps and blocks) will be available from the instructor. For more information please email Instructor Jerry at jerrycruiseyoga@gmail.com.

Yoga Instructor Jerry Cruise has been teaching yoga for nearly 20 years and has trained with internationally known instructors including: Patricia Walden, Erich Schiffmann, Richard Freeman, and Rodney Yee. (See also page 41.)

**ACTIVE HEALTH & FITNESS CLASSES FOR OLDER ADULTS**

**EXERCISE CLASS DESCRIPTIONS**

**NEW!**

**YOGA CLASSES AT OUR NEW MAIN CAMPUS!**

All levels are welcome! Classes taught by the extremely popular instructor Jerry Cruise may be taken once or twice a week to fit your schedule at our new HB Adult School Main Campus, Room C116. Classes run 13-14 weeks. Qualify for “Early Bird“ fees by sending Registration Form postmarked at least seven days prior to the start of fall classes 9/6 and prior to 12/16 for Winter Trimester.

<table>
<thead>
<tr>
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<th>Regular Fee</th>
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<td>096001</td>
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<td>9:00 - 10:15 am</td>
<td>Yoga for All Levels A (2-day)</td>
<td>HBAS C116</td>
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<td>$55</td>
<td>M or W</td>
<td>9:00 - 10:15 am</td>
<td>Yoga for All Levels A (1-day)</td>
<td>HBAS C116</td>
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<tr>
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<td>$75</td>
<td>$85</td>
<td>MW</td>
<td>10:30 - 11:45 am</td>
<td>Yoga for All Levels B (2-day)</td>
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<td>10:30 - 11:45 am</td>
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<td>HBAS C116</td>
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<td>$42</td>
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<td>$42</td>
<td>M or W</td>
<td>5:00 - 6:15 pm</td>
<td>Yoga for Health D (1-day)</td>
<td>HBAS C116</td>
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*No class the first Monday of each month (approx.) due to GED testing.

45 and over? Take our Brain Fitness Classes! See page 30!

Use the latest research in brain aging, visual and auditory memory, and vitality and take years off your “brain age!” Visit the Posit Science Corporation website: www.positscience.com
ACTIVE HEALTH & FITNESS CLASSES FOR OLDER ADULTS

Fall Trimester 9/6 - 12/16/11
Winter Trimester 1/3 - 4/6/12
Spring/Summer Trimester 4/16 - 7/20/12

♦ Qualify for “Early Bird” prices by sending Registration Form postmarked (or provided in person) by at least 7 days prior to the start of fall classes and by 12/16 for Winter Trimester. HB Adult School’s exercise classes are offered as space is available and run for 13-14 weeks.

♦ Please complete a registration form - included at the end of this brochure or see our website, www.hbas.edu - and either mail or drop it off with payment to HB Adult School beginning 8/15/11. Students must pre-register, and no refunds will be provided unless a class is canceled by HB Adult School.

♦ Students who enroll in physical fitness classes should consult their doctor prior to beginning an exercise program and must speak basic English.

♦ Beginners who want to enroll in Dance Aerobics must first take Intro to Basic Dance Aerobics. Students must have permission of the teacher to enroll in higher Dance Aerobics levels.

FOUNTAIN VALLEY SENIOR CENTER LOCATION

<table>
<thead>
<tr>
<th>Code</th>
<th>Early Bird</th>
<th>Regular Fee</th>
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<th>Location</th>
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<td>087448</td>
<td>$50</td>
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<td>Dance Aerobics 1</td>
<td>FVSC-C</td>
<td>V. Williams</td>
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<td>087428</td>
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<td>$60</td>
<td>T</td>
<td>1:00 - 2:30 pm</td>
<td>Dance Aerobics 1 &amp; 2</td>
<td>FVSC-C</td>
<td>V. Williams</td>
</tr>
<tr>
<td>087433</td>
<td>$45</td>
<td>$55</td>
<td>M</td>
<td>10:00 - 11:15 am</td>
<td>Dance Aerobics 2</td>
<td>FVSC-C</td>
<td>Camarena</td>
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<td>$55</td>
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<td>FVSC-C</td>
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<td>$55</td>
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<td>12:45 - 2:00 pm</td>
<td>Zumba Gold</td>
<td>FVSC-C</td>
<td>N. Jaeger</td>
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<tr>
<td>087405</td>
<td>$35</td>
<td>$45</td>
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<td>3:15 - 4:15 pm</td>
<td>Stretch and Flex</td>
<td>FVSC-A</td>
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<td>087416</td>
<td>$35</td>
<td>$45</td>
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<td>11:30 - 12:30 pm</td>
<td>Circuit Aerobics</td>
<td>FVSC-C</td>
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<td>11:30 - 12:30 pm</td>
<td>Stretch and Flex</td>
<td>FVSC-C</td>
<td>N. Jaeger</td>
</tr>
<tr>
<td>087417</td>
<td>$75</td>
<td>$85</td>
<td>TTh</td>
<td>9:00 - 10:15 am</td>
<td>Low Impact Aerobics 2</td>
<td>FVSC-C</td>
<td>N. Jaeger</td>
</tr>
<tr>
<td>087419</td>
<td>$75</td>
<td>$85</td>
<td>TTh</td>
<td>10:15 - 11:30 am</td>
<td>Low Impact Aerobics 2</td>
<td>FVSC-C</td>
<td>N. Jaeger</td>
</tr>
</tbody>
</table>

HUNTINGTON BEACH VARIOUS LOCATIONS

<table>
<thead>
<tr>
<th>Code</th>
<th>Early Bird</th>
<th>Regular Fee</th>
<th>Day(s)</th>
<th>Time</th>
<th>Title</th>
<th>Location</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>087434</td>
<td>$50</td>
<td>$60</td>
<td>T</td>
<td>5:00 - 6:30 pm</td>
<td>Dance Aerobics 2/3</td>
<td>HBAS C116</td>
<td>Camarena</td>
</tr>
<tr>
<td>087415</td>
<td>$75</td>
<td>$85</td>
<td>MW</td>
<td>10:30 - 11:45 am</td>
<td>Low Impact Aerobics</td>
<td>RSC-B</td>
<td>R. Burton</td>
</tr>
<tr>
<td>087413</td>
<td>$58</td>
<td>$68</td>
<td>MW</td>
<td>9:30 - 10:30 am</td>
<td>Stretch and Flex</td>
<td>RSC-B</td>
<td>R. Burton</td>
</tr>
<tr>
<td>087410</td>
<td>$58</td>
<td>$68</td>
<td>WF</td>
<td>10:00 - 11:00 am</td>
<td>Low Impact Aerobics 2</td>
<td>LCR</td>
<td>Camarena</td>
</tr>
<tr>
<td>087407</td>
<td>$58</td>
<td>$68</td>
<td>WF</td>
<td>11:00 am - 12 noon</td>
<td>Stretch and Flex</td>
<td>LCR</td>
<td>Camarena</td>
</tr>
<tr>
<td>087411</td>
<td>$70</td>
<td>$80</td>
<td>MWF</td>
<td>8:15 - 9:15 am</td>
<td>Low Impact Aerobics 3/4</td>
<td>HLC</td>
<td>Camarena</td>
</tr>
</tbody>
</table>

WESTMINSTER SENIOR CITIZENS’ CENTER LOCATION

<table>
<thead>
<tr>
<th>Code</th>
<th>Early Bird</th>
<th>Regular Fee</th>
<th>Day(s)</th>
<th>Time</th>
<th>Title</th>
<th>Location</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>087425</td>
<td>$48</td>
<td>$58</td>
<td>M</td>
<td>1:00 - 2:15 pm</td>
<td>Intro to Dance Aerobics</td>
<td>WSCC-ew</td>
<td>V. Williams</td>
</tr>
<tr>
<td>087431</td>
<td>$50</td>
<td>$60</td>
<td>Th (9/1)</td>
<td>9:00 - 10:30 am</td>
<td>Dance Aerobics 2</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
<tr>
<td>087433</td>
<td>$50</td>
<td>$60</td>
<td>Th (9/1)</td>
<td>3:00 - 4:30 pm</td>
<td>Dance Aerobics 2/3</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
<tr>
<td>087432</td>
<td>$50</td>
<td>$60</td>
<td>Th (9/1)</td>
<td>10:30 am - 12 noon</td>
<td>Dance Aerobics 3</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
<tr>
<td>087430</td>
<td>$70</td>
<td>$82</td>
<td>TTh (9/1)</td>
<td>12:45 - 2:30 pm</td>
<td>Dance Aerobics 4 (waitlist)</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
<tr>
<td>087406</td>
<td>$35</td>
<td>$45</td>
<td>T</td>
<td>9:30 - 10:30 am</td>
<td>Stretch and Flex</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
<tr>
<td>087402</td>
<td>$35</td>
<td>$45</td>
<td>T</td>
<td>10:45 - 11:45 am</td>
<td>Low Impact Aerobics 2</td>
<td>WSCC-ew</td>
<td>Camarena</td>
</tr>
</tbody>
</table>
EXERCISE CLASS DESCRIPTIONS

Intro to Basic Dance Aerobics - Learn basic line dance steps and patterns to western music. Perform movements and combinations to enhance concentration, memory, heart function, coordination, and overall fitness. This class requires competence in at least nine dances to advance to the next level.

Dance Aerobics – Levels 1, 2, 3, 4 - Perform more complex steps and patterns to a variety of music and tempos. Learn up to 100 combinations and increase your physical fitness and brain power. Each level requires increased aerobic fitness and memorization of patterns. Students must first take Introduction to Dance Aerobics prior to enrolling in Dance Aerobics 1.

Stretch and Flex - Gently condition your muscles and joints with easy stretching and range of motion exercises. Learn deep breathing techniques to increase oxygen intake and reduce stress. Most exercises are done seated and adapted for those who have flexibility, balance or mobility problems.

Low Impact Aerobics – Level 1 - For the less hearty senior, learn to safely perform slow and easy chair and standing exercises to improve posture and alignment, strengthen and tone muscles, and increase flexibility and coordination. This class is beneficial to counter the effects of arthritis or inactivity.

Low Impact Aerobics – Levels 2 and 3 - Combine standing and floor exercise routines that challenge and allow you to improve in endurance and cardiovascular fitness by using increasing intensity. Includes stretch and flexibility exercises. Strength building aids such as resistance bands and hand held weights are optional. Level 3 targets toning and sustained, fat-burning aerobics to lively music as well as cool down stretch exercises.

Circuit Aerobics - Perform a variety of cardio and toning exercises to help increase your stamina, strength and balance. Aerobics portions of the class will be body movement patterns on the floor or utilizing a step. The toning sections will use weights, bands and body resistance.

Pool Exercise Classes for Adults - HB Adult School is excited to be adding a new program to its health and fitness programs: adult swim classes for fitness. Located at HBHS pool (1905 Main Street, HB 92648), these classes offer total body fitness workouts with little to no stress on joints, back, or knees. The pool is heated to a comfortable 80 degrees.

Water Aerobics for Fitness - Water aerobics offers a variety of water exercises for fitness, strength, and endurance without harsh impact on the body. Use a variety of pool “props” in the shallow side of the pool to assist in performing exercises that focus on various areas of the body. Choose one day a week (Tuesday or Thursday) or attend both days for maximum benefit.

Lap Swimming for Fitness - Swim laps in the morning or the evening at your own speed and build up your strength and endurance. Exercise your total body using a variety of strokes with professional staff to advise you. Take inches off your waistline and add vitality to your everyday health.

Water Aerobics for Fitness

<table>
<thead>
<tr>
<th>Code</th>
<th>Early Bird</th>
<th>Regular Fee</th>
<th>Day(s)</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>087471-1</td>
<td>$52</td>
<td>$60</td>
<td>7 T or Th</td>
<td>9/6-10/20/11</td>
</tr>
<tr>
<td>087471-2</td>
<td>$90</td>
<td>$105</td>
<td>7 TTh</td>
<td>9/6-10/20/11</td>
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<tr>
<td>087471-3</td>
<td>$52</td>
<td>$60</td>
<td>7 T or Th</td>
<td>10/25-12/15/11</td>
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<tr>
<td>087471-4</td>
<td>$90</td>
<td>$105</td>
<td>7 TTh</td>
<td>10/25-12/15/11</td>
</tr>
<tr>
<td>087472-1</td>
<td>$52</td>
<td>$60</td>
<td>7 T or Th</td>
<td>1/3-2/16/12</td>
</tr>
<tr>
<td>087472-2</td>
<td>$90</td>
<td>$105</td>
<td>7 TTh</td>
<td>1/3-2/16/12</td>
</tr>
<tr>
<td>087472-3</td>
<td>$52</td>
<td>$60</td>
<td>7 T or Th</td>
<td>2/21-4/5/12</td>
</tr>
<tr>
<td>087472-4</td>
<td>$90</td>
<td>$105</td>
<td>7 TTh</td>
<td>2/21-4/5/12</td>
</tr>
<tr>
<td>087473-1</td>
<td>$58</td>
<td>$66</td>
<td>8 T or Th</td>
<td>4/17-6/7/12</td>
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<tr>
<td>087473-2</td>
<td>$102</td>
<td>$115</td>
<td>8 TTh</td>
<td>4/17-6/7/12</td>
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<tr>
<td>087473-3</td>
<td>$58</td>
<td>$66</td>
<td>8 T or Th</td>
<td>6/23-8/11/11</td>
</tr>
<tr>
<td>087473-4</td>
<td>$102</td>
<td>$115</td>
<td>8 TTh</td>
<td>6/21-8/11/11</td>
</tr>
</tbody>
</table>

Lap Swim for Fitness

<table>
<thead>
<tr>
<th>Code</th>
<th>Early Bird</th>
<th>Regular Fee</th>
<th>Day(s)</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>087474-1</td>
<td>$49</td>
<td>$56</td>
<td>7 TTh</td>
<td>9/6-10/20/11</td>
</tr>
<tr>
<td>087474-2</td>
<td>$49</td>
<td>$56</td>
<td>7 MW</td>
<td>10/24-12/14/11</td>
</tr>
<tr>
<td>087474-3</td>
<td>$42</td>
<td>$49</td>
<td>6 MW</td>
<td>1/4-2/15/12</td>
</tr>
<tr>
<td>087474-4</td>
<td>$49</td>
<td>$56</td>
<td>7 MW</td>
<td>2/22-4/4/12</td>
</tr>
<tr>
<td>087474-5</td>
<td>$56</td>
<td>$63</td>
<td>8 MW</td>
<td>4/16-6/6/12</td>
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<tr>
<td>087474-6</td>
<td>$56</td>
<td>$63</td>
<td>8 MW</td>
<td>6/11-8/1/12</td>
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</tbody>
</table>

NEW! NEW! NEW! NEW!
New Yoga Classes with Popular Jerry Cruise!
Fee: Early Bird $48, Regular $53
These new Yoga classes are appropriate for all levels of adults - beginners are welcome! Yoga will help to create a vigorous and well-functioning body and an alert mind. It is both energizing and restful, cleansing and calming, and brings to the body agility and vitality. Students will work on different postures and various areas of the body in every class to help develop strength, flexibility, and balance throughout the entire body. Students must bring their own yoga mat. Props (straps and blocks) will be available from the instructor. **Classes are held in our new multi-purpose classroom C116 at our newly constructed HB Adult School Main Campus on Gothard, in Huntington Beach (just south of Warner).**
Yoga *Instructor Jerry Cruise* has been teaching yoga for nearly 20 years and has trained with internationally known instructors including: Patricia Walden, Erich Schiffmann, Richard Freeman, & Rodney Yee. For more information please email instructor Jerry at jerrycruiseyoga@gmail.com.

Morning Yoga for All Levels
**Fee:** Early Bird $75, Regular $85
14 weeks, 2-days a week, less than $3.50 per hour!
No class 11/21 & 11/23.
096001 MW 9/7-12/14/11 9:00 - 10:15 am
096002 MW 9/7-12/14/11 10:30 - 11:45 am

Morning Yoga for All Levels
**Same Wonderful Program but One Day per Week!**
**Fee:** Early Bird $45, Regular $55
14 weeks, 1-day a week, less than $3.50 per hour!
No class 11/21 or 11/23.
096001-1 M or W 9/7-12/14/11 9:00 - 10:15 am
096002-1 M or W 9/7-12/14/11 10:30 - 11:45 am

Afternoon/Evening Yoga for All Levels
**Fee:** Early Bird $61, Regular $71
14 weeks, 2-days a week, less than $3.50 per hour!
No class 11/21 & 11/23.
096004 MW 9/7-12/14/11 5:00 - 6:15 pm

Afternoon/Evening Yoga for All Levels
**Fee:** Early Bird $32, Regular $42
14 weeks, 1-day a week, less than $3.50 per hour!
These classes meet one day per week but do not meet the first Monday of each month, approx.
No class 11/21 or 11/23.
096003 M or W 9/12-12/12/11 3:45 - 5:00 pm
096004-1 M or W 9/7-12/14/11 5:00 - 6:15 pm

Obtaining First Aid and CPR/AED certification is important!
American Red Cross First Aid, CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training meets the needs of workplace responders, school staffs, professional responders and healthcare providers, as well as the general public and concerned parents.
Classes in American Red Cross Standard First Aid with CPR/AED are offered as “Adult” or “Adult and Pediatric” which includes Adult and Child plus CPR - Infant course. Both classes incorporate the 2010 ECC standards. Participants will learn to recognize and respond appropriately to cardiac, breathing, and first aid emergencies and learn the skills needed to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.
No refunds will be given for these classes due to the restricted class size, unless a class is cancelled by HBAS. Students must read at 8th grade level. Purchase of the ARC book is optional ($15). Class is held in our new HB Adult School Main Campus, C117. **Instructor: Randa Baird**

Adult & Pediatric First Aid/ CPR /AED
**Fee:** Early Bird $75, Regular $85
Students who successfully complete this course will receive certificates for Standard First Aid with CPR/AED - Adult & Child which are valid for two years. *Note: A ½ hour Lunch Break is included.*
090100 Sat 9/24/11 8:00 am - 3:00 pm
090101 Sat 12/3/11 8:00 am - 3:00 pm
090102 Sat 2/25/12 8:00 am - 3:00 pm
090103 Sat 4/28/12 8:00 am - 3:00 pm
090104 Sat 6/23/12 8:00 am - 3:00 pm

Adult First Aid/ CPR /AED
**Fee:** Early Bird $90, Regular $105
Students who successfully complete this course will receive certificates for Standard First Aid with CPR/AED - Adult which are valid for two years. *Note: No lunch break is included.*
091100 Sat 10/22/11 8:30 am - 1:30 pm
091101 Sat 1/28/12 8:30 am - 1:30 pm
091102 Sat 3/24/12 8:30 am - 1:30 pm
091103 Sat 5/19/12 8:30 am - 1:30 pm
091104 Sat 7/14/12 8:30 am - 1:30 pm

Registration available online for this class!
Call us about our ongoing, year-round classes (9/6/11 - 7/20/12) that are open to the public for older adults living in senior facilities. Classes such as exercise, history, memory, current events and communication skills are held in senior apartments, retirement homes, skilled nursing facilities, and day care centers. We thank our community partners for helping us to bring public education closer to your senior community.

The following is a list of some of our community partners: Carmel Village Retirement, Seacliff Assisted Living, Huntington Terrace North Apartments, Sunrise Senior Living, Pacifica Royale, Westminster Terrace Assisted Living, Huntington Valley Nursing Center, Country Village/Seal Beach, Mission Palms Healthcare Center, Adult Family Services Center. Locations are listed on our map on the website.

Enrollment is ongoing, in class with the teacher, and on a space available basis. We request supervision/assistance with adults who are in classes in skilled nursing facilities.

<table>
<thead>
<tr>
<th>SENIOR APARTMENTS AND RETIREMENT HOMES</th>
<th>SKILLED NURSING FACILITIES AND DAY CARE CENTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fountain Valley Locations</strong></td>
<td><strong>Fountain Valley Locations</strong></td>
</tr>
<tr>
<td>082207 W 9:15 - 11:45 am G. Gasner CVR</td>
<td>(none at this time)</td>
</tr>
<tr>
<td>082006 M 9:15 - 11:45 am J. Williams CVR</td>
<td></td>
</tr>
</tbody>
</table>

| **Huntington Beach Locations**         | **Huntington Beach Locations**                  |
| 082417 T 9:15 - 11:45 am G. Gasner SCAL|
| 083516 T 1:00 - 3:00 pm G. Gasner HTNA |
| 082604 Th 9:15 - 11:45 am G. Gasner SSL|

| **Seal Beach Locations**               | **Seal Beach Locations**                        |
| (none at this time)                    | 081331 Th 9:15 - 11:45 am J. Williams CVSB     |

| **Westminster/Midway City Locations**  | **Westminster Locations**                       |
| 082711 F 9:00 - 11:30 am J. Williams PR|
| 081812 W 1:30 - 3:30 pm G. Gasner HVHC |
| 082306 Th 1:30 - 3:30 pm G. Gasner WTAL|

| **Health and Fitness**: Physical Fitness Levels 1 & 2, Stretch and Flex, Nutrition & Health, Memory Enhancement, Mental Gymnastics, Memory & Thinking Skills |

| **World**: Cultural Studies, History & Current Events |

| **Community**: Civic Participation & Resources |

| **The Arts**: Drawing, Painting, Crafts and Music Appreciation |

| **Communication**: Speaking, Writing and Literature |

No classes will be held on school holidays: 9/5, 11/11, 11/21-25, 12/19-1/2/12, 1/16, 2/13, 2/20, 4/9-13, 5/28, 7/4, 7/23-8/31/12.
New students enrolling in the High School Diploma class must attend orientation prior to enrollment. Please call (714) 842-4227, ext. 4470 for the next orientation date or register online for orientation at www.hbas.com.

Returning students should call (714) 842-4227, ext. 4420 to schedule an appointment to enroll.

Diploma classes are offered in lab and independent study. Lab classes are scheduled Mondays and Wednesdays from 6 to 9 pm. Independent study classes are offered through scheduled appointments throughout the week.

<table>
<thead>
<tr>
<th>High School Diploma Requirements (180 credits)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
</tr>
<tr>
<td>US History</td>
</tr>
<tr>
<td>World History</td>
</tr>
<tr>
<td>US Government</td>
</tr>
<tr>
<td>Life Science</td>
</tr>
<tr>
<td>Physical Science</td>
</tr>
<tr>
<td>Health</td>
</tr>
<tr>
<td>Math (Must include one year of Algebra)</td>
</tr>
<tr>
<td>Arts/FL/AC</td>
</tr>
<tr>
<td>Elective</td>
</tr>
</tbody>
</table>

Plus passing score on the California High School Exit Exam (CAHSEE) and participation in CASAS testing intermittently until completion of graduation requirements.

Fee: Non-refundable registration fee of $20 each semester, cash only please. There is a $40 book deposit for Independent Study which is refunded when all books and materials are returned in good condition.

DID YOU KNOW? Seniors currently enrolled in any high school in the HBUHSD may take Adult Education lab classes in addition to classes at their home school.

Achieve your goals!
GED Preparation

New students enrolling in the GED Preparation class must attend orientation prior to enrollment. Please register online or call (714) 842-4227, ext. 4470 for the next orientation date.

Returning students should call (714) 842-4227, ext. 4420 to schedule an appointment to enroll.

GED courses are designed to ensure that students pass all sections of the test (Science, Social Studies, Math, Reading and Writing). It is highly recommended that students take the GED preparation class before investing money in the test. Students begin by taking a diagnostic assessment that identifies their academic strengths and weaknesses and coursework is assigned based on those results.

Fee: $20 Registration Fee.

GED Preparation classes are offered in Lab and Online.

- Lab classes are offered in the evenings from 6 to 9 pm.
- Distance Learning is offered at the Adult School’s Main campus.
  After an initial meeting with the instructor, study at home; this is an online course.
  Additional $20 Fee for software license.

PLEASE NOTE: All GED students are required to participate in CASAS testing intermittently throughout their preparation for GED. This includes an exit test per passing the GED

GED Testing Dates, Fees, and Registration Information

GED testing is available once a month at the Huntington Beach Adult School, Main Campus located at 17231 Gothard Street, Huntington Beach, CA 92647

Eligibility and Requirements:

- Must be a California resident
- Must be 18 years of age (call for exceptions for 17 years old.)

To register you will need:

- A picture ID (CA state ID or current passport)
- $150 exact cash (no change provided) for the entire test
  $40 exact cash for make-up tests
  No checks accepted; no refunds for non-attendance on test date

GED Test Dates: Testing is limited to 20 adults on each test date. Tests are scheduled from 2:30 to 7:30 pm on the following Monday and Tuesday evenings. You must attend both evenings.

(Monday testing: Writing and Math; Tuesday testing: Science, Social Studies and Reading)

- September 26 & 27 (Registration begins 9/6)
- October 3 & 4 (Registration begins 9/20)
- November 7 & 8 (Registration begins 10/5)
- December 5 & 6 (Registration begins 11/9)
- January 9 & 10 (Registration begins 12/7/11)
- February 6 & 7 (Registration begins 1/11/12)
- March 5 & 6 (Registration begins 2/8)
- April 2 & 3 (Registration begins 3/7)
- May 7 & 8 (Registration begins 4/4)
- June 4 & 5 (Registration begins 5/9)
- July 9 & 10 (Registration begins 6/6)

Test scores will be mailed to you, usually available within 3 weeks after the test date.

To pass the GED test you must:

- Receive a standard score of at least 410 on each of the five GED subtests and
- Earn an average standard score of 450 or higher
The Huntington Beach Adult School promotes lifelong learning by providing a relevant educational program that meets individual needs and enables students to become productive workers, involved citizens and effective family and community members.

HUNTINGTON BEACH UNION HIGH SCHOOL DISTRICT

School Board
Bonnie Castrey
Brian Garland
Susan Henry
Kathy Iverson
Michael Simons

Superintendent
Dr. Greg Plutko

CONTACT US

Steve Curiel, Principal
(714) 842-4227, x4401
Cathy McGough, Assistant Principal
(714) 842-4227, x4404
Danny Morris, Assistant Principal
(714) 842-4227, x4403
Tomoko Gane, HB Adult School Secretary
(714) 842-4227, x4402
Cynthia Bonncastle, School Counselor
(714) 842-4227, x4470
Rehana Nusrat, ESL Coordinator
(714) 842-4227, x4912
Tammy Asaki, Guidance Specialist
(714) 842-4227, x4422
Susan Jahns, Guidance Specialist
(714) 842-4227, x4423

Did you know?
Are you a returning student?
If you have enrolled in class before you only need to complete name, birthday, address and phone number unless other info has changed.

EXPECTED SCHOOL-WIDE LEARNING RESULTS (ESLR’S)

Huntington Beach Adult School students will be:

Effective Communicators who:
✓ Use appropriate spoken and written language to communicate ideas in both formal and informal situations
✓ Read for information and understanding
✓ Listen objectively and respond respectfully to others
✓ Utilize technology to convey and access ideas and information
✓ Express themselves through a variety of mediums

Critical and Creative Thinkers who:
✓ Identify problems
✓ Apply problem-solving strategies to a variety of situations
✓ Locate and organize information
✓ Analyze and apply information
✓ Monitor and evaluate progress and adjust plans or goals accordingly
✓ Create and/or support intellectual, practical and artistic works

Self-directed Learners who:
✓ Develop goals responsive to their changing world and or workplace
✓ Access and utilize information effectively
✓ Pursue training and course of study that related to their goals
✓ Work independently to complete tasks

Productive Individuals who:
✓ Follow directions
✓ Use available resources effectively to achieve their goals
✓ Contribute time, knowledge or talent to help others

Want to stay current on events and classes at HBAS? Sign up for our email newsletter at www.hbas.edu.

HBAS is accredited by the Western Association of Schools and Colleges.
Main Office Hours
Monday-Friday
from 8 am to 4:30 pm.
ESL, and Vocational
Departments are open
evenings and hours may vary – see each department for
details.

Admission - Courses are open
to any person 18 years of age or over
who can profit from instruction. There is
open, ongoing enrollment in most classes.
High school students may arrange to take
adult education courses through their high
school.

Fees - A $20 non-refundable registration fee
is charged in most classes as well as material
or lab fees where needed. Distance learning
classes (independent study) may charge a
higher fee. Community Education classes are
supported entirely by fees.

Refund Policy - No refunds will be
made to students who withdraw unless a
written request with the receipt attached is
received by the Adult School no later than
three working days before the class begins
(unless an earlier date is specified in the class
description for a class requiring guaranteed
enrollment to be held). A $20 processing fee
will be charged except for classes cancelled by
the Adult School. Please allow 4-6 weeks for
refunds to be processed.

Returned Check Fee - The Adult School
charges a fee of $25 for checks returned to us
for insufficient funds.

Enrollment Confirmation - All online
registrations receive automatic confirmations.
The Adult School does not usually send
confirmations of enrollment in a class. If you
would like confirmation to be sent to you,
please include a self-addressed, stamped
envelope with the registration form or include
your email address and a request
for confirmation. You may also
call the department one week
prior to the start of the class.

Dress Code - Appropriate
Clothing is required. Hats,
gang affiliated attire and
revealing clothing are
prohibited. Clothing advertising
alcohol or drugs is not permitted.
Shoes must be worn at all times in the
classroom and on campus.

Attendance - A specific number of students
is required to start a state-supported class,
and it may be closed if attendance falls below
limits; therefore, students have an obligation
to each other to attend regularly.

Zero Tolerance - The Huntington Beach
Union High School District has a “zero
tolerance” policy towards weapons or violent
acts on our campuses. Possession of any
firearm, knife, explosive or other dangerous
object is not allowed, nor are disabling devices
such as mace and pepper spray.

Publicity and Photo Release - As a
student in the Huntington Beach Adult School,
you may be photographed or filmed for
campus or district (Huntington Beach Union
High School) displays and for other publicity
and public relation purposes. Signature
on the registration form indicates your
agreement for these purposes. If you feel
otherwise, please submit a letter to the Adult
School Administration.

Parking - Please park in marked spaces only,
and do not park in Staff Parking (yellow). Park
in green spaces no more than 20 minutes. Do
not back in a space. Anyone not following
these parking rules may be ticketed.

Non-Discrimination Notice - The Huntington Beach Union High School District and
the Huntington Beach Adult School do not discriminate on the basis of age, ethnic group
identification, religion, sex, gender, color, race, ancestry, national origin, sexual orientation,
physical disability or mental disability in any of its policies, procedures or practices in
compliance with Title VI of the Civil Rights Act of 1964 (pertaining to race, color and national
origin). Title IX of the Education Amendments of 1972 (pertaining to sex), Section 504 of the
Rehabilitation Act of 1973 (pertaining to disability) and the Age Discrimination Act of 1975
(pertaining to age). Copies of the complete policies and complaining procedure are available
in the Adult School office.
Huntington Beach Adult School - Registration Form

HB Adult School - Main Campus, 17231 Gothard St., Huntington Beach, CA 92647 - Attn: Registration Fax registration forms to: (714) 847-8316 - DO NOT USE FOR ESL REGISTRATION.

PLEASE NOTE: The State Department of Education requests demographic data for all adults who enroll in Adult Education classes. This information may assist our school in qualifying for State and Federal grants. Information is confidential and only reported collectively.

Please PRINT and fill in COMPLETELY
Please note that we will assign you a student ID number and use your birthdate to identify you in our student database.

☐ New student  ☐ Returning student (need only complete the information indicated with asterisks)

Personal Information

*Last Name: _____________________________   *First Name: _________________________   *MI ______
*Birth Date: _____________________________   Gender: ☐ male   ☐ female
Street Address: __________________________    City/State/Zip: ______________________________
*Preferred Phone (home/work/cell) (____)_________   *Email Address: _____________________________

(circle one)
Other Phone (home/work/cell) (____)___________   Ethnicity: __________________________________

Number of dependent children: _____________     Native Language (language spoken in home) _____________
Work Status: ☐ Employed   ☐ Unemployed   ☐ Retired   ☐ Not employed and not seeking work
Highest year of School Completed: ☐ HS Diploma (if no diploma, what was highest grade completed?) _______
☐ Masters/Ph.D  ☐ 4 yr. college degree  ☐ AA or AS degree  ☐ GED  ☐ Technical Certificate  ☐ other _______

*Class Information
Early Bird Registration fees are available for specific classes indicated and if postmarked or received by at least seven days prior to the first day of class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Class Hours</th>
<th>Start Date</th>
<th>Early Bird Fee</th>
<th>Regular Fee</th>
</tr>
</thead>
</table>

Goals for Taking Class

Primary Goal # ______
Secondary Goal # _____
(refer to #s in box)

1. Improve basic literacy skills
2. HS Diploma/GED
3. Retain a job
4. Work-based project
5. US Citizenship
6. Personal goal
7. Other
8. Improve English skills
9. Get a job
10. Enter college or training
11. Family goal
12. Military
13. None

By my signature below, I verify that this information is true and complete to the best of my knowledge. I give my permission for the HB Adult School to publish photos in which I may appear for marketing purposes.

_________________________________________          ___________________
*Student Signature  *Date

*Payment Information

Please use separate forms and write separate checks for each person registering.
☐ Cash  ☐ Check or Money Order #________ (payable to HBAS). Please write separate check for each class.
☐ Master Card  ☐ Visa  

Note: A fee of $25 will be charged for checks returned to us for insufficient funds.

No Refunds unless we are notified 3 working days prior to start date in writing (or unless policy is specified otherwise) and a $20 processing fee will be charged (unless class is canceled by HBAS). Confirmations of receipt or enrollment are only sent by email.

Charge Card Information:
We cannot process your enrollment without an expiration date and 3-digit security code.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Expiration Date</th>
<th>Mo</th>
<th>Year</th>
</tr>
</thead>
</table>

Last three digits of security code on back side of credit card:

Cardholder Name: (print)  
Signature

Office Use only:
By Phone ☐  Date Entered ___________________  Entered by (initials) __________
### MAIN LOCATION

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>City, Zip</th>
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<tbody>
<tr>
<td>HBAS</td>
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<td>HBAS</td>
<td>HB Adult School Career Training Center</td>
<td>Huntington Beach 92647</td>
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<tr>
<td>HBAS</td>
<td>HB Adult School Parent Smart Preschool and Toddler Programs</td>
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### CLASS LOCATIONS

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<thead>
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<tr>
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<td>Alzheimers Family Services Center</td>
<td>Huntington B. 92646</td>
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<td>AND</td>
<td>Anderson Elementary School</td>
<td>Garden Grove 92844</td>
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<td>College View School</td>
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<td>Country Villa/Seal Beach</td>
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<td>DES</td>
<td>DeMille Elementary School</td>
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<tr>
<td>EHS</td>
<td>Edison High School</td>
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<td>ELW</td>
<td>Elwyn Industries</td>
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<td>FES</td>
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<tr>
<td>FRC</td>
<td>Family Resource Center of H.B.</td>
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<tr>
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<td>Fountain Valley Senior &amp; Community Center</td>
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<tr>
<td>GM</td>
<td>Guadalupe Manor</td>
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<td>GWC</td>
<td>Goldenwest College</td>
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<tr>
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<td>HDW</td>
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<td>Midway City 92655</td>
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<td>HBUHSD</td>
<td>HBUHSD Office</td>
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<td>HLC</td>
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<td>Rodgers Seniors’ Center</td>
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<td>SSL</td>
<td>Sunrise Senior Living</td>
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<td>TBD/TBA</td>
<td>(location to be determined or announced)</td>
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<td>VaVHS</td>
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<td>WTA</td>
<td>Westminster Terrace Assisted Living</td>
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</tbody>
</table>
Parent Smart Preschool & Toddler Programs and Parent Education Classes
15859 Springdale Street, Huntington Beach, CA 92649
(located on the Marina High School Campus; enter off of Springdale)
(714) 842-HBAS, ext. 4405
Cathy McGough, Assistant Principal - cmcgough@hbas.edu

HUNTINGTON BEACH ADULT SCHOOL PROGRAM LOCATIONS

Main Campus
High School Diploma/GED • Administrative Office/Counselor
Offices of Parent Ed., Older Adults & Community Education Classes • Computer Classes • Medical Assisting Classes
17231 Gothard Street, Huntington Beach, CA 92647
(located on the Ocean View High School Campus; enter off of Gothard)
(714) 842-HBAS • FAX (714) 847-8316
Steve Curiel, Principal
scuriel@hbas.edu
Cathy McGough, Assistant Principal
cmcgough@hbas.edu
Danny Morris
Assistant Principal
dmorris@hbas.edu

Westminster Campus
English As a Second Language
Pharmacy Technician
14325 Goldenwest Street, Westminster, CA 92683
(located on the Westminster High School Campus; enter off of Hazard)
714-848-9269, ext. 4950
Steve Curiel, Principal
scuriel@hbadultschool.com

WHY CHOOSE HBAS?
✓ Class locations throughout the community.
✓ Accredited by Western Association of Schools and Colleges.
✓ California credentialed instructors.
✓ Educating the community since 1971.
✓ Easy and quick registration.
✓ Friendly staff, helpful teachers