



(650) 940-1333



MVLAAdultSchool



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

SUMMER 2024 COURSE CATALOG

CLASS REGISTRATION BEGINS MAY 10



HIGH SCHOOL DIPLOMA/GED



CAREER TECHNICAL EDUCATION



ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP

For more information, visit us at

mvla.net/AS

MVLA
ADULT SCHOOL

DIRECTOR'S MESSAGE - SUMMER 2024



Dear MVLA Community,

Summer is a great time to explore new interests and opportunities. MVLA Adult School's Summer Session begins June 10th with an exciting array of course offerings in Career Technical Education, English as a Second Language and Community Interest. Educate and elevate yourself by expanding your knowledge and technology skills. Gain a basic understanding of programming language with Intro to Python. Thinking of entering the healthcare field? Take a foundational course in Medical Terminology to help prepare for entry into our Certified Nursing Assistant, Medical Assistant, Medical Records Specialist or Eye Care Technician programs. Looking to explore a new interest? Enrich yourself by learning Chinese. Acquire artistic skills with Watercolor. Expand your singing repertoire with Songs of American Musical Theater. Remember that learning is for a lifetime at MVLA Adult School. We offer support every step of the way towards a brighter tomorrow.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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SUMMER 2024 CALENDAR

**SUMMER 2024
REGISTRATION BEGINS:
Friday, May 10, 2024**

NOTE: Registration for
Career Technical Education classes is ongoing.

Visit mvla.net/AS or call (650) 940-1333

**SUMMER 2024 SESSION
Mon, June 10 - Fri, July 26, 2024**

**HOLIDAYS/NO CLASSES
June 19, July 4**

**CHECK FOR UPDATES
mvla.net/AS**

HOW TO REGISTER

The MVLA Adult School is offering both in-person and a limited number of distance learning (DL) classes for Summer 2024.

Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.

Online registration is available for most classes. Classes are open to residents of California only.

ONLINE REGISTRATION BEGINS MAY 10

NOTE: Registration for Career Technical Education classes is ongoing.

Go to mvla.net/AS and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the adult school in the past, but have never registered online, **please email us at adulted@mvla.net** and your message will be forwarded to a staff member who can assist you.

Please include your contact phone number as well as your email address in your message.

Additional registration information and our refund policy can be found on page 28.

CTE - CAREER TECHNICAL EDUCATION

This chart provides an overview of the career training programs and pathways offered by the MVLA Adult School.
Not every course or program is offered each session.

Please refer to the listing of Summer 2024 courses on the following pages.

CAREER TRAINING PROGRAMS AND PATHWAYS

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Certificate Programs

Certified Nursing Assistant (CNA)

State Certification (180 hours)

Home Health Aide (HHA)

State Certification (48 hours)

Acute Care

(116 hours)

NEW! Eye Care Technician (Optometric Assistant)

(58+ hours)

Medical Assistant (MA) - Front and Back Office

National Certification (535 hours)

Medical Office Assistant (MOA)

National Certification (100+ hours)

Medical Records Specialist

National Certification (200+ hours)

Physical Therapy Technician / Aide

National Certification (140 hours)

Continuing Education Units (CEUs)

Workshops for CNA / HHA Certificate Renewal

BUSINESS AND FINANCE

General Accounting Clerk Certificate

Accounting 1A

Accounting 1B

Payroll Records and Procedures

QuickBooks Pro

INFORMATION AND COMMUNICATION TECHNOLOGIES

Certificate Programs

NEW! Amazon Web Services (AWS) Cloud Computing

Google Applied Digital Skills

Entry Level Project Management (100 hours)

Network Support Specialist

CompTIA Network+ Preparation Industry Certificate (100 hours)

Technical Support Specialist

CompTIA A+ Preparation Industry Certificate (126 hours)

Career Pathways

Cisco Certified Network Associate

Coding Academy

Introduction to Java

Introduction to Python

Intermediate Python

Adobe Photoshop

Web Development

Web Design Fundamentals (HTML, CSS and JavaScript)

Introduction to Python

AWS Cloud Computing



CTE - CAREER TECHNICAL EDUCATION

MVLA ADULT SCHOOL OFFERS COMPREHENSIVE TRAINING PROGRAMS AND CAREER PATHWAYS IN THE FOLLOWING INDUSTRY SECTORS:

Health Science & Medical Technology, Business & Finance, and Information & Communication Technologies.

The MVLA Adult School Career Technical Education program is in-person for Summer 2024.

Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.

Please note that for all Career Technical Education classes, a 10% cancellation fee will be assessed for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. Please refer to the refund policy on page 28 of this catalog.

For more information about our Career Technical Education programs, contact:
francisco.preciado@mvla.net or (650) 940-1333 x4013

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

| | SU 24 | FA 24 |
|--|----------|----------|
| FOUNDATIONAL COURSES | | |
| Adult CPR: Basic Life Support (BLS) for Healthcare Providers | ✓ | ✓ |
| Medical Terminology | ✓ | TBD |
| CERTIFICATE PROGRAMS | | |
| Certified Nursing Assistant (CNA) | ✓ | ✓ |
| Home Health Aide (HHA) | | ✓ |
| Acute Care | | TBD |
| Eye Care Technician (Optometric Assistant) | | TBD |
| Medical Assistant (MA) | ✓ | ✓ |
| Medical Office Assistant (MOA) | | TBD |
| Medical Records Specialist | | |
| Electronic Health Record Keeping | | ✓ |
| Medical Billing and Coding | ✓ | |
| CONTINUING EDUCATION UNITS (CEUs) | | |
| Workshops for CNA/HHA Certificate Renewal (CEUs) | ✓ | ✓ |



Students who would like to register for the Certified Nursing Assistant (CNA), Medical Assistant (MA), or Eye Care Technician programs are required to attend the Healthcare Orientation before enrolling.

ORIENTATION 2024 DATES

| | | | | |
|--------|-----------|-----|------------------|---------------|
| 066095 | 5/17/2024 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066096 | 5/21/2024 | Tue | 4:30PM - 7:00PM | Adult Sch 202 |
| 066097 | 6/14/2024 | Fri | 9:00AM - 11:30AM | Adult Sch 201 |
| 066102 | 6/28/2024 | Fri | 9:00AM - 11:30AM | Adult Sch 201 |
| 066099 | 7/12/2024 | Fri | 9:00AM - 11:30AM | Adult Sch 201 |
| 066100 | 7/26/2024 | Fri | 9:00AM - 11:30AM | AdultSch 201 |

**Additional dates may be added.
Please check mvla.net/AS for updates.**

HEALTH SCIENCE AND MEDICAL TECHNOLOGY



REQUIRED HEALTHCARE ORIENTATION
- for CNA, MA & Eye Care Tech only
(Prerequisite for Enrollment)

Students may register in the Certified Nursing Assistant or Eye Care Tech program after they have attended an orientation and passed a reading assessment (given at the end of orientation). Students may register in Medical Assistant programs (space permitting) any time after they have attended an orientation and provided proof of HS diploma or GED certificate. Orientations will be held in person. All orientations are free of charge. Register online. Additional dates may be added. Please check mvla.net/AS for updates.

Upcoming orientation dates:

Day Orientations

Fri 9:00AM - 11:30AM on 5/17, 6/14, 6/28, 7/12, 7/26

Evening Orientations

Tue 4:30PM - 7:00PM on 5/21

Check page 3 or online for dates/times.

CERTIFIED NURSING ASSISTANT (CNA) PROGRAM
(Articulation with Mission College Courses
AH 020D/AH 020E for 5.5 credits)

The Certified Nursing Assistant (CNA) program prepares students for entry-level employment in skilled nursing and long-term care facilities and equips them to pass the state certification examination. Students must complete 80 hours of classroom instruction and 100 hours of supervised clinical training. Depending on the facility, clinical training may start as early as 7:00AM (day program). ALL required paperwork is due at the start of the program. Free mandatory resume workshop. Job placement assistance is provided.

INSTRUCTORS: Pagel/Factora/Rocco (AM)

PREREQUISITES: Students must attend a required healthcare orientation prior to registering for this program. Check page 3 and mvla.net/AS for upcoming dates and information. Register online at mvla.net/AS.



CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Students must wear navy blue scrubs and solid white shoes while at school and in clinical and must provide proof of valid TB tests and immunizations by the program's start. In addition, students are required to obtain Live Scan fingerprinting. They have the option of providing the school with a copy of the completed Live Scan form or having it done on-site during the first week of classes for the fee of \$55.

This is an in-person course. Classes will begin in the classroom at MVLA Adult School. Clinical rotation will take place at a clinical site. Additional course information will be provided to students during the first week of the program. Students are required to attend 3 Fridays for Mandatory Theory and Skills Review on 7/12, 7/26, 8/2.

DAY PROGRAM:

063075 Mon - Thu 8:00AM - 2:30PM
6/10 - 8/8, no class on 6/19, 7/4 (9 weeks)
Mandatory Review Days on Fri 7/12, 7/26, 8/2
AdultSch/200
\$650 fee for textbooks, supplemental materials, and instruments
NNAAP exam fee of \$120

WORKSHOPS FOR CNA/HHA CERTIFICATE RENEWAL – CONTINUING EDUCATION UNITS (CEUs)

As a California Certified Nursing Assistant, you need to have 48 hours of continuing education to renew your certificate.

In addition, you must show proof that you have worked at least one paid day within 2 years in a facility where you provided nursing related services. A California Home Health Aide must complete 24 hours of CEUs within 2 years. Don't allow your certificate to expire! We offer classes and workshops to keep your certificate current. Choose from one of the options to meet your CEU requirements. All classes have been approved by the California Department of Public Health and qualify for CEUs.

INSTRUCTOR: Criselda Imperio

Students must have a current CNA/HHA certificate in order to participate in the workshops. When registering, type in your name as it appears on your CNA/HHA certificate. Students are required to register at least two days before the workshop date. See workshop dates, times, and topics in the table below.

| DATE | DAY | TIME | CLASS # | LOCATION | INSTRUCTOR | TOPIC | CEUs | FEE |
|------|-----|-----------------|---------|----------|------------|---|------|------|
| 6/14 | Fri | 8:00AM - 2:30PM | 063340 | Room 200 | Imperio | Caring for Residents with Special Needs | 6 | \$39 |

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS - CLASSROOM

In this classroom-based course, healthcare professionals learn to recognize several life-threatening emergencies, provide CPR to victims of all ages, use an AED, and relieve choking in a safe, timely, and effective manner. Successful course completion requires full participation in classroom and skills sessions, as well as successful performance in skill and knowledge evaluations. Please wear comfortable clothing.

INSTRUCTORS: Kimberly Kunde/Nelson Ceron

062674 6/7 Fri 9:00AM - 1:00PM
AdultSch/200
\$70

062675 7/5 Fri 9:00AM - 1:00PM
AdultSch/200
\$70

062676 7/26 Fri 9:00AM - 1:00PM
AdultSch/200
\$70



MEDICAL ASSISTANT TRAINING PROGRAM NATIONAL CERTIFICATION (NCMA) – FRONT AND BACK OFFICE

This program prepares students to qualify for entry-level positions in private practices, group practices, urgent care facilities, and hospitals. Medical assistants perform administrative and clinical tasks related to the Front and Back Office to keep medical practices running smoothly. The course combines classroom instruction with a lab practicum component. Students are required to complete 375 hours of theory/lab before they take the national certification test, followed by 160 hours of externship, which provides students with the necessary practice and skills. A typing test should be taken to assess a student’s ability to type 35 words per minute.

Free mandatory resume workshop. Job placement assistance is provided.

INSTRUCTOR: Dr. Abhaya Karangutkar

MA classes fill up quickly! We recommend attending an orientation as early as 6 months before the class start date.

PREREQUISITES: Students must attend a required Healthcare Orientation prior to registering for this program.

Check page 3 or mvla.net/AS for upcoming dates and to register. Medical Terminology is strongly recommended. Proof of HS Diploma or GED required for registration.

SUMMER PROGRAM MON - FRI 8:00AM - 2:30PM:

(062041) 4/22 - 7/19 no class on 6/19, 7/4 (14 weeks)

AdultSch/202

\$950 fee for textbooks, supplemental materials, and instruments.
NCCT exam fee of \$119

CTE - CAREER TECHNICAL EDUCATION

MEDICAL TERMINOLOGY FUNDAMENTALS

This foundational course is designed for students seeking a career in the healthcare field. The class will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other healthcare settings. Students will learn the basic rules of medical terminology and explore the word roots, suffixes, prefixes, and combining forms commonly used. Students learn to spell, define, and pronounce common medical terms as well as abbreviations. In this course, students will have a general overview of all body systems and their functions. It also covers disease transmission and body directions, planes, and cavities. This course is highly recommended for anyone planning to enroll in a Certified Nursing Assistant, Medical Assistant, Medical Records Specialist, Medical Office Assistant program, or any healthcare-related training.

INSTRUCTOR: Homa Tavana

063600 Tue/Thu 9:00AM - 12:00PM

6/11 - 8/8, no class on 7/4 (9 weeks)

AdultSch 203

\$70

MEDICAL BILLING AND CODING

Medical insurance plays an important role in the financial well-being of every healthcare business. This course provides the students with knowledge of the fundamentals of ICD-10 and CPT coding, managed-care contracts, reimbursement procedures, and insurance referrals for the healthcare industry. In addition, students will obtain basic knowledge of the billing and coding procedures for medical practice. Students will learn how to code and enter information into a computer system and understand how an invoice is generated and sent to the patient. Students completing this course will receive a course completion certificate for Medical Insurance Billing and Coding.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *Medical Insurance: A Revenue Cycle Process Approach*, 8th Edition, Valerius/Bayes/Newby/Blochowiak, McGraw-Hill Education, MHID: 1259608557, ISBN: 9781259608551. All required online assignments and the interactive eBook for this course are available on McGraw-Hill Connect.

060429 Mon - Thu 8:00AM - 12:00PM

6/10 - 7/22, no class on 6/19, 7/4 (6 weeks)

AdultSch/201

\$175

SCHOLARSHIP OPPORTUNITY

ATTEND HEALTHCARE TRAINING FREE

Students who complete Medical Terminology for Advanced ESL with a passing grade can earn a scholarship to attend any MVLA Adult School healthcare training program FREE OF COST. Qualifying students can choose to enroll in:

- Certified Nursing Assistant
- Eye Care Technician
- Medical Assistant
- Medical Office Assistant
- Medical Records Specialist

More information will be provided at the mandatory orientation/information session. See page 8 for dates and course description.

Contact: MVLA Adult School Director Julie Vo at julie.vo@mvla.net

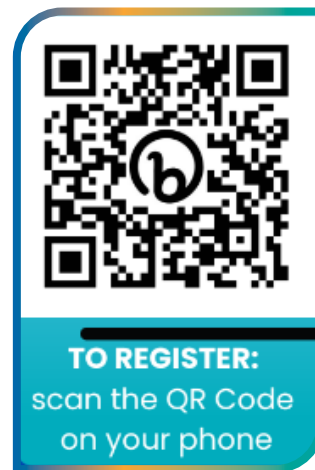
FREE!
CLASS IN FALL SEMESTER

**MEDICAL TERMINOLOGY FOR
ADVANCED ESL**

This course will help prepare higher-level ESL students for entry-level careers in healthcare. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at intermediate-high or advanced level ESL who need help on their reading, writing, vocabulary, and grammar skills to be ready for college and career. This is a foundational course that helps prepare students for healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. The class will meet up to five mornings per week, with two days dedicated to advanced English study in academic language, vocabulary, and writing. Three days per week, students will focus on learning medical terminology from a CTE instructor. The class will also utilize Google Classroom. Students will be eligible to earn college credits by taking this course and can meet with the school's transition adviser to help them apply to college or for employment in the healthcare field.

PREREQUISITE: Students are required to attend a mandatory orientation/information session to determine their English proficiency level. Please call the adult school main office at (650) 940-1333 for information on how to sign up for the required orientation.

REGISTER TODAY at:
tinyurl.com/3t93a85d or use the QR Code:



Upcoming REQUIRED Orientation Dates/Times:

**ADDITIONAL ORIENTATION DATES
WILL BE AVAILABLE IN JUNE**

| | | |
|----------|------------------|--------------|
| Fri 6/21 | 9:00AM - 11:30AM | AdultSch/109 |
| Fri 7/19 | 9:00AM - 11:30AM | AdultSch/109 |
| Fri 8/16 | 9:00AM - 11:30AM | AdultSch/109 |
| Fri 8/23 | 9:00AM - 11:30AM | AdultSch/109 |

Check mvla.net/AS for updates

MEDICAL TERMINOLOGY FOR ADVANCED ESL

PROGRAM RESUMES FALL 2024

Mon-Fri 9:00AM - 12:00PM
AdultSch/109

CTE - CAREER TECHNICAL EDUCATION

BUSINESS AND FINANCE

| | SU 24 | FA 24 |
|--|----------|----------|
| Foundational Courses | | |
| Small Business Administration | | TBD |
| Certificate Programs | | |
| General Accounting Clerk Certificate: | | |
| Accounting 1A | ✓ | ✓ |
| Accounting 1B | | ✓ |
| Payroll Records and Procedures | ✓ | ✓ |
| QuickBooks Pro | | ✓ |

ACCOUNTING 1A: PRINCIPLES OF SMALL BUSINESS ACCOUNTING

This course introduction to basic accounting procedures is for new or potential business owners and those who want to increase their knowledge of working with ledgers, debits and credits, and financial statements. After completing this course, students will be able to analyze business transactions, record journal entries, post to general ledger accounts, and prepare financial statements. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *College Accounting*, 16th Edition, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061845 Mon/Wed 12:30PM - 4:00PM
6/10 - 7/22 no class on 6/19 (6 weeks)
AdultSch/201
\$70

PAYROLL RECORDS AND PROCEDURES

This course provides well-rounded and practical instruction in how to perform payroll work. It focuses on the payroll activities associated with calculating, recording, transferring data, and the management aspects of payroll such as state and federal tax reports. After completing this course, students will be able to understand federal payroll laws and regulations, calculate gross earnings and deductions, handle payroll records, and prepare and report federal and state payroll tax returns. Students completing this course receive a general payroll certificate.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *Payroll Accounting*, 5th Edition, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060716 Tue/Thu 12:30PM - 4:00PM
6/11 - 7/23, no class on 7/4 (6 weeks)
AdultSch/201
\$70

GENERAL ACCOUNTING CLERK CERTIFICATE

Students who complete all four of the following classes: Accounting 1A, Accounting 1B, Payroll Records and Procedures, and QuickBooks Pro are eligible to receive a General Accounting Clerk certificate. The program includes a resume workshop.



Accounting 1A and Accounting 1B are articulated with Mission College Course ACC 023. Students can earn 3.0 credits upon completion of both classes.

INFORMATION AND COMMUNICATION TECHNOLOGIES

| | SU 24 | FA 24 |
|---|----------|------------|
| FOUNDATIONAL COURSES | | |
| NEW! Excel for Careers in Data Analytics | | ✓ |
| Intro to Google Applications | ✓ | |
| Coding Academy: | | |
| Introduction to Java | | ✓ |
| Introduction to the Python Programming Language | ✓ | ✓ |
| Intermediate Python Programming | | TBD |
| Adobe Photoshop | | TBD |
| Web Design Fundamentals with HTML, CSS and JavaScript | | ✓ |
| Certificate Programs | | |
| (ONLINE) Introduction to Cloud Computing in Amazon Web Services (AWS) | | ✓ |
| (ONLINE) Google Applied Digital Skills | | TBD |

INTRODUCTION TO THE PYTHON PROGRAMMING LANGUAGE

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on course is intended for newcomers to programming. The curriculum includes all the fundamental concepts and structures of Python and is designed to teach the most important software development techniques, such as reading and writing to standard IO, using operators, controlling the flow of execution, using functions, built-in sequence types, and basic object-oriented programming concepts.

This is an introductory course and previous programming knowledge is helpful but not required. It is ideal for any technically curious individual looking to learn a high in-demand, dynamic programming language. Students are advised to bring their own laptop, earbuds, and mouse.

INSTRUCTOR: David Malpica

062759 Tue/Thur 9:30AM - 12:30PM
 6/18 - 8/6, no class on 7/4 (8 weeks)
 AdultSch/109
 \$70

INTRODUCTION TO GOOGLE APPS

This class covers the basics of Gmail and Google Chat. It also covers basic Google Docs skills of creating, editing, and formatting documents, applying paragraph formatting rules, using tables, applying bullets & numbers, and inserting graphics. In addition, the class touches upon managing files, creating folders, deleting files, renaming files, and sharing files from Google Drive. Finally, the Google Slides Application is explored and used to create effective presentations using animation, transitions, objects, videos, images, text boxes, and shapes. The class promotes basic public speaking skills.

INSTRUCTOR: Patty Medina

PREREQUISITES: High School Diploma or GED recommended

060801 Mon/Wed/Fri 9:00AM - 12:00PM
 7/1 - 7/26 (4 weeks)
 AdultSch 203
 \$70

ESL - ENGLISH AS A SECOND LANGUAGE

SUMMER 2024

SUMMER SESSION JUNE 10 - JULY 18, 2024

AT TWO LOCATIONS DEPENDING ON STUDENT NEED.

BASIC ENGLISH INSTRUCTION (IN PERSON)

Tues, Wed, Thurs
9:00AM - 11:00AM (6 hours/week)

BASIC ENGLISH INSTRUCTION (ONLINE VIA ZOOM)

Tues, Wed, Thurs
6:30PM - 8:30PM (6 hours/week)

IN-PERSON CLASSES HELD AT

MVLA Adult School, 333 Moffett Blvd, Mountain View, CA 94043

Online classes are held via Zoom.

No class on 6/19 and 7/4

Students may only attend one class time this summer (either morning in person or evening online, but not both). Regular attendance is mandatory in all ESL classes. These classes are free.

There will not be senior-focused ESL classes at the Mountain View Senior Center in the mornings over the summer. There will also not be afternoon ESL classes at Mountain View Los Altos Adult School in the summer. These classes will return in the fall.

Students who would like to attend an online ESL class will need to download and install the Zoom application on a computer, tablet, mobile phone or other device with an internet connection and microphone/webcam.

If someone has completed the ESL program at another California Adult School, has taken many years of English classes as part of elementary and secondary education (6 or more), or has taken college or university classes in their country or the USA, our classes will not meet their needs. Anyone meeting this description should NOT sign up for placement testing as they will not get a place in a class. Our partner colleges (**fhda.edu** or **foothill.edu**) offer more advanced ESL options. We cannot offer classes to students who are visiting California for short-term stays.



REQUIRED FOR NEW STUDENTS

ESL ORIENTATION AND PLACEMENT TESTS*:

MAY 30 - 31, 2024

*ONLY IF SPACE FOR NEW STUDENTS IS AVAILABLE

IN-PERSON TEST FOR SUMMER ONLINE PM CLASSES

May 30, 2024, 5:30PM - 8:30PM

MUST REGISTER IN ADVANCE IN PERSON

Mountain View/Los Altos residents
6:00PM on May 22, 2024

Residents of other cities:
6:00PM on May 28, 2024

IN-PERSON TEST FOR SUMMER IN-PERSON AM CLASSES

May 31, 2024, 9:00AM - 12:00PM

MUST REGISTER IN ADVANCE IN PERSON

Mountain View/Los Altos residents
9:00AM on May 22, 2024

Residents of other cities:
9:00AM on May 28, 2024

All students eligible for ESL classes this summer must take a placement test in person, on site at the adult school on either May 30 (evening) or May 31 (morning). This includes all students wishing to enroll in evening online classes. All students interested in taking the ESL placement test must come to the school to register in person. Space is limited.

Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills. Residents of those three cities can register for the placement test on May 22. Residents of all other cities will register for the placement test on May 28, depending on space. Proof of residency may be required. Testing sessions include general information about the school and programs. Students should be available to stay for the entire process.

Placement into classes is not guaranteed even if a student has contacted the school or taken the placement test. The screening process and test are given to determine if there is an English class available at a level that is right for the student. Students should not sign up for testing if they know that their English level is higher than the ESL program. They will not be assigned to a class.

Please check our website in early May for more information about testing for summer classes.

CITIZENSHIP PREPARATION

ONLINE ONLY (INTERMEDIATE-LEVEL ESL OR ABOVE)

SUMMER 2024 - 4 CLASSES: JUNE 10, JUNE 17, JUNE 24, JULY 1

| CLASS TIME | LOCATION | LEVELS |
|----------------------|---------------|--------------------------------|
| Mon, 6:00PM - 9:00PM | Online (Zoom) | Taught in Intermediate English |

Only online Citizenship classes will be available this summer, as noted above. There is no test for joining a Citizenship class, but students should be permanent residents eligible for U.S. citizenship and be planning to send their N-400 application in the next year. It is strongly recommended that students join the class before sending in their application. Classes are taught at an Intermediate English level.

Students who are interested in signing up for Citizenship class can contact mvlaeslprogram@gmail.com or (650) 940-1333. The teacher will email interested students more information.

ESL - ENGLISH AS A SECOND LANGUAGE

FALL 2024

ESL and Citizenship classes will resume in August. New students interested in enrolling in ESL classes in the fall must take a placement test in person, on site at the adult school. Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills. Proof of residency may be required.

Dates and times for registration and placement tests in August will be announced by August 1, 2024 on the website at mvla.net/AS. Please check our website or contact the adult school on or after that date for further information about fall ESL classes.

**MVLA ADULT SCHOOL OFFERS IN-PERSON ESL CLASSES
AT TWO LOCATIONS DEPENDING ON STUDENT NEED.**

MVLA ADULT SCHOOL OFFERS IN-PERSON ESL CLASSES

AT TWO LOCATIONS DEPENDING ON STUDENT NEED.

6 LEVELS OF BASIC ENGLISH INSTRUCTION

Morning 9:00AM - 12:00PM

Evening 6:00PM - 9:00PM

BEGINNING HIGH TO ADVANCED LOW LEVELS

Afternoon 12:30PM - 3:30PM

**CLASSES HELD AT
MVLA Adult School
333 Moffett Blvd, Mountain View, CA 94043**

SENIOR-FOCUSED ESL CLASSES (AGE 55+ ONLY)

Mon/Thu/Fri 9:00AM - 10:30AM

Mon/Thu/Fri 10:45AM - 12:15PM

**CLASSES HELD AT
Mountain View Senior Center
266 Escuela Ave, Mountain View, CA 94040**

| DAYS | FREQUENCY | TIMES | LEVELS |
|-------------|-----------|-------------------|---|
| Mon - Fri | Daily | 9:00AM - 12:00PM | All levels |
| Mon - Thu | 4 Days | 12:30PM - 3:30PM | Beginning High to Advanced Low |
| Mon - Thu | 4 Nights | 6:00PM - 9:00PM | All levels |
| Mon/Thu/Fri | 3 Days | 9:00AM - 10:30AM | Beginning Low ONLY Senior-focused* (Age 55+only) |
| Mon/Thu/Fri | 3 Days | 10:45AM - 12:15PM | Beginning High/Intermediate Low ONLY Senior-focused* (Age 55+only) |

*These classes are held at the Mountain View Senior Center located at 266 Escuela Ave, Mountain View, CA 94040

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL HIGH SCHOOL & GED PROGRAMS



PLEASE CHECK:

as.mvla.net/Registration/Programs/GED for program updates. For information about any of our programs, contact the Program Coordinator: danielle.dinh@mvla.net or (650) 940-1333, ext. 4104.

HIGH SCHOOL DIPLOMA

FREE PROGRAM FOR ADULTS, STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Mountain View Los Altos High School District offers a high school diploma program for persons 18 years of age and older who want to complete their high school credits through a combination of online coursework and weekly in-person meetings with teachers. This program is recommended for adult students who need 50 credits or fewer to complete an MVLA high school diploma. A credit evaluation based on an official transcript is required before beginning the program. To be considered for the program, please drop off all official transcripts to senior staff secretary, Marina Sandoval, in Room 104 or email marina.sandoval@mvla.net.

Note:

All diploma programs meet district and state requirements. Classes begin Tuesday, August 20.

MVLA ONLINE SUMMER SCHOOL

STARTS MON 6/10/24 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS

MVLA Adult School offers online Health class to MVLA High School District students. Students must submit a Summer School Application through Informed K12 and register for a Health section through our Summer School website, <https://as.mvla.net/Registration/Programs/Summer-School/index.html>. Students who wish to take an online course besides Health must obtain counselor approval on their Summer School Application.

Students are required to attend an online orientation on Monday 6/10 or Monday 7/1 prior to starting their online course. Students must come to the MVLA Adult School Room 104 to take all tests in person. Academic support from teachers and testing is available, Mon - Fri 9:00AM - 4:00PM in Room 104.

SESSION 1:

Mon 6/10 - Fri 6/28, no class on 6/19 (3 weeks)

SESSION 2:

Mon 7/1 - Mon 7/22, no class on 7/4, 7/5 (3 weeks)

HIGH SCHOOL & GED PROGRAMS

PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Designed primarily for ESL Advanced students whose first language is not English, but can speak and understand spoken English, and any adults who need extensive instruction in reading, vocabulary, and basic writing skills in order to advance to our regular GED Preparation classes. You must register for and attend a GED Preparation class orientation prior to enrolling for this class. Orientation dates will be available in August.

Visit mvla.net/AS to access our online registration site. Classes begin Tuesday, August 20, 2024.

GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Individualized instruction and group discussions are offered to students in Language Arts, Math, Social Studies,

and Science. You must register for and attend a GED Preparation class orientation prior to enrolling in this class. Orientation dates will be available in August.

Visit mvla.net/AS to access our online registration site. Classes begin Tuesday, August 20, 2024.

GED TESTING

MVLA Adult School is an official Pearson VUE computer-based GED test center. Tests are held at the adult school on Tuesday and Thursday evenings during the Fall, Winter, and Spring semesters. Testing candidates: please make your appointments and payments online through ged.com.

Please visit https://ged.com/about_test/scheduling/ for more information on GED Testing.



PARENT & FAMILY EDUCATION

MOUNTAIN VIEW PARENT NURSERY SCHOOL (MVPNS)

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2024-2025 school year. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church. Visit our website at mvpns.org or email us at info@mvpns.org.

INSTRUCTORS: Claire Koukoutsakis, Sandra Mitchell, Susan Pence, Val Walker

PARENT AND CHILD CLASSES: THE TODDLER

Children must be 15 months old by September 1. The child and parent spend one 2-hour session a week together at school with the parent observing, participating, and meeting other parents of similar-age children. There will be a lecture/discussion for the parents to learn how to best support their child's growth and development near the end of each session.

Thu 3:00PM - 5:00PM

MVPNS



PARENT PARTICIPATION PRESCHOOL: THE TWO, THREE, FOUR AND FIVE-YEAR-OLD

Children must be 2, 3, or 4 years old for prospective classes by September 1. Classes are held 2, 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in the classroom approximately one day per week. We provide high-quality early childhood education in an accredited parent participation program. The program fosters healthy growth and development of preschool age children through developmentally appropriate practices and parent education. We provide opportunities to explore and learn through blocks, manipulatives, dramatic play, cooking, art, literacy, science, math, and the outdoors. We value play, nature, and the development of the whole child (social, emotional, cognitive, and physical).

TWO-DAY CLASSES:

| | |
|-------------------------------|------------------|
| Mon/Wed class for 2s young 3s | 8:55AM - 11:25AM |
| Tue/Thu class for 2s young 3s | 8:55AM - 11:25AM |
| Tue/Thu class for 3s young 4s | 8:55AM - 11:45AM |

THREE-DAY CLASS:

| | |
|------------------------------|------------------|
| Mon/Wed/Fri for 3.5s, 4s, 5s | 8:55AM - 11:45AM |
|------------------------------|------------------|

CHILDCARE CENTER AT MVLA ADULT SCHOOL

This program is for parents studying ESL and includes parent education and support. Space is limited. Eligibility is based on low economic status. Low English level students have priority enrollment. The child development program requires regular attendance and participation in classes/activities.

For more information, call (650) 940-1333.

Child Care Resumes Fall 2024

Mon - Fri 9:00AM - 12:00PM

Adult Sch/Child Dev Ctr



COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering classes for Community Interest & Older Adults classes in Summer 2024. Visit mvla.net/AS to access our online registration site.

If you encounter any issues during the registration process, or if you have registered for classes at the Adult School in the past, but have never registered online, please email us at adulsted@mvla.net and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message. For more information about the program, please contact our Assistant Director Jonathan Fu at jonathan.fu@mvla.net or (650) 940-1333 x 4010.

55+ COMPUTER AND TECHNOLOGY SKILLS

Resumes Fall 2024. Please check mvla.net/AS for updates.

ARTS & CRAFTS

CALLIGRAPHY: EXPLORING COPPERPLATE LETTERING-THE ELEGANT SCRIPT

Join this class to learn how to write in the style of writing known as Copperplate with a Pointed Pen. If you ever wondered how the elegant script used on many invitations and proclamations was written, this class is for you. Come learn how to use the pen, how the letters are formed and develop your skills in a relaxed class format. Materials are covered in the first class, there will be tools for you to use the first day of class to choose what works best for you. You will need to purchase a pen, ink, and paper but after you have had a chance to see what works for you.

INSTRUCTOR: Sara Loesch-Frank

084004 Thu 9:30AM-12:00PM
6/13 - 7/18 (5 meetings), no class on 7/4
LAUMC/Room 7
Age 55+ \$77/other \$97

JAPANESE FLOWER ARRANGING, IKEBANA

Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple lines, form, and use of space. No materials fee; students will bring their own flowers.

INSTRUCTOR: Katsuko Thielke

081111 Tue/Thu 9:30AM-12:00PM
7/2 - 7/18 (5 meetings), no class on 7/4
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$89/other \$109

TWO-DAY WATERCOLOR WORKSHOP

Welcome to the wonderful world of landscape watercolor! Join us for four two-day workshops to explore this amazing and expressive way to make art. These workshops are for all levels. There will be a demo painting of a landscape, and class members can follow along or work on something of their own choosing. A short get-going presentation will give new painters enough basic technique that they will be ready to create a real painting the first day. A supplies list will be provided before the first day.

INSTRUCTOR: Karen Olsen

080920 Wed/Thu 1:30PM - 4:00PM
6/12 - 6/13 (2 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$41/other \$61

080921 Wed/Thu 1:30PM - 4:00PM
7/10 - 7/11 (2 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$41/other \$61

080922 Wed/Thu 1:30PM - 4:00PM
7/17 - 7/18 (2 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$41/other \$61

CURRENT EVENTS

CURRENT AFFAIRS (HYBRID IN PERSON/DISTANCE LEARNING)

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Topics include the economy, individual rights, the American political situation, and many other issues drawn straight from the daily headlines.

This is a hybrid class, with the option to meet in person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net.

087213 Mon 1:00PM - 3:00PM

6/10 - 7/15 (6 meetings)

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$66/other \$86

LANGUAGE ARTS & LANGUAGES

CHINESE, BEGINNING (THIRD QUARTER) (DISTANCE LEARNING)

Continue to strengthen the accuracy of pronunciation and tones through tongue twisters, and expand vocabulary, grammar and participation in conversations. Recognize 200 characters, and the use of classifiers (measure words).

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

TEXTBOOK REQUIRED: *Chinese Express* (Joy Chinese in 3 months) by Hongmin Liu. (ISBN-10: 756191587X)

INSTRUCTOR: Wing Hung (Lucia) Wu, winghung.wu@mvla.net

PREREQUISITE: Two quarters of Beginning Chinese

DL080408 Thu 6:00PM - 8:00PM

6/13 - 7/18 (5 meetings), no class on 7/4

MVLA Adult School/Zoom Online

Age 55+ \$46/other \$66

CHINESE WRITING (INTERMEDIATE) (DISTANCE LEARNING)

Extend your ability to express opinions, share thoughts and feelings! Writing topics will be assigned to students weekly. All writings will be shared in class.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTORS: Wing Hung (Lucia) Wu, winghung.wu@mvla.net

PREREQUISITE: At least 6 months experience of learning Chinese, able to read the phonetics property with tones, and some basic grammar and vocabulary.

DL087030 Fri 7:00PM - 9:00PM

6/14 - 7/19 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$59/other \$79

CREATIVE WRITING WORKSHOP (HYBRID IN PERSON/DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is a hybrid class, with the option to meet in-person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer,



COMMUNITY INTEREST & OLDER ADULTS

tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net

089411 Wed 10:00AM - 12:00PM

6/12 - 7/17 (5 meetings), no class on 6/19

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$66/other \$86

CREATIVE WRITING WORKSHOP (DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net

DL089412 Wed 7:00PM - 9:00PM

6/12 - 7/17 (5 meetings), no class on 6/19

MVLA Adult School/Zoom Online

Age 55+ \$46/other \$66

FRENCH SHORT STORIES (DISTANCE LEARNING)

This course is designed to enhance your French language skills and comprehension through reading captivating French short stories. You will improve your pronunciation, grammar, and vocabulary. You will also engage discussions, practice translation, and expand your interest in French literary work. Materials will be provided by the instructor.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Pary Sarraf, pary.sarraf@gmail.com

PREREQUISITE: Intermediate French

DL084121 Wed 12:00PM - 2:00PM

6/12 - 7/17 (5 meetings), no class on 6/19

MVLA Adult School/Zoom Online

Age 55+ \$73/other \$93

FRENCH, CONVERSATION (DISTANCE LEARNING)

Students will initiate and participate in a variety of conversational topics in real-life settings including current events, literature, art, history, civilization, cuisine, travel, hobbies and more. Students will increase vocabulary and enhance their communication skills, as well as grammar and syntax. They will expand their ability to express thoughts and opinions in discussions of social and cultural issues. Course material will be provided by the instructor.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Pary Sarraf, pary.sarraf@gmail.com

PREREQUISITE: Completion of Intermediate French

DL084105 Wed 9:30AM - 11:30AM

6/12 - 7/17 (5 meetings), no class on 6/19

MVLA Adult School/Zoom Online

Age 55+ \$73/other \$93

MEMOIRS WRITING (DISTANCE LEARNING)

Students will stimulate their thinking as they rediscover their past by listening to the memoirs of others online. Students will follow weekly memory prompts, gather ideas to proceed with what they have already begun, or bring in what they have already written for a final class "edit" for clarity, logic, and style.

This is an online class and meetings will be held on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net.

DL089511 Thu 1:00PM - 3:00PM

6/13 - 7/18 (5 meetings), no class on 7/4

MVLA Adult School/Zoom Online

Age 55+ \$46/other \$66

DL089512 Fri 10:00AM - 12:00PM

6/14 - 7/19 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$59/other \$79

MUSIC & DANCE



BALLET BARRE WITH FLOOR BARRE

Promote balance, strength, and mobility, with classical ballet technique at the barre, combined with mat work and light conditioning for adults of all ages. No experience necessary. Condition to upbeat, fun, classical music. Develop grace, expressiveness, and confidence. The instructor makes movement easier for each individual. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Jean Elvin

083320 Thu 4:15PM - 5:30PM
6/13 - 7/18 (5 meetings), no class on 7/4
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$51/other \$71

BEGINNERS FOR BROADWAY!

Tired of the same old exercise routine? Learn basic tap steps: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivots (no spins, no taps). All abilities welcome; no previous experience necessary. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082910 Tue/Thu 11:30AM - 12:30PM
6/11 - 7/18 (11 meetings), no class on 7/4
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$90/other \$110

SONGS OF AMERICAN MUSICAL THEATER

Join us for a survey of the iconic songs of 19th and 20th century American musical theater. We'll sing some, listen to more, and write one of our own! No experience necessary.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

080536 Wed 9:30AM - 11:30AM
6/12 - 7/17 (5 meetings), no class on 6/19
Mtn View Senior Ctr/Multi A
Age 55+ \$33/other \$53

MOVIN' TO THE OLDIES

Students will get their groove on to music from the 50s and 60s! Low-impact, non-twisting exercise with hand weights (optional) to improve balance and breathing. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082920 Tue/Thu 1:30PM - 2:30PM
6/11 - 7/18 (11 meetings), no class on 7/4
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$72/other \$92

ORCHESTRA

The MVLA Adult School Orchestra is a full orchestra consisting of a diverse group of adult musicians with music reading ability and technical skills. The group is passionate about serving the community through performing

COMMUNITY INTEREST & OLDER ADULTS

music. There will be some scheduled performances at the Mountain View Senior Center towards the end of each session.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net

081321 Wed 1:00PM - 4:00PM
6/12 - 7/17 (5 meetings), no class on 6/19
Mtn View Senior Ctr/Multi A
Age 55+ \$40/other \$60

STRING ENSEMBLE WORKSHOP

Do you play violin and want a place where you can develop your ensemble skills? Want to dust off your viola chops after letting them sit in the case for years? Always wanted to play cello? Need to put Uncle Jed's string bass back into use? Join the new String Ensemble Workshop and play easy arrangements of music for strings with other beginning and intermediate students. Join the ensemble for the joy of making music with others in a supportive and encouraging environment free of criticism or judgment. From bowing to sight-reading, fingering to posture hints, this 90-minute class will help students play in a group with other string instruments.

INSTRUCTOR: Sylvia Halloran, sylvia.halloran@mvla.net

PREREQUISITES: Students need some familiarity with their instrument.

081330 Fri 2:30PM - 4:00PM
6/14 - 7/19 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$59/other \$79

BALLROOM DANCE: SUMMER HOLIDAYS SOCIAL DANCE

Get ready for summer activities without hesitating to get on the dance floor. No need to sit and watch your relatives and friends participating in dances at a wedding, on a cruise, or other events that are sure to occur this summer. Ballroom dances such as Waltz, Rumba or Swing, or a line dance will be taught for those who want to learn basics to get you comfortable on the dance floor. Couples and singles welcome. The MVLA Adult School and class instructors assume no responsibility for any injuries arising from participation in this class.

INSTRUCTOR: Gene Esswein

801400 Mon 7:30PM - 8:45PM
6/10 - 7/15 (6 meetings)
Mtn View Senior Ctr/Social Hall
Age 55+ \$40/other \$60

WORKOUT ON BROADWAY!

Continue to tap your way into fitness to the sounds of Broadway and popular music, by permission of the instructor. No taps. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

PREREQUISITE: Beginners for Broadway or instructor approval

082901 Tue/Thu 12:30PM - 1:30PM
6/11 - 7/18 (11 meetings), no class on 7/4
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$72/other \$92

PHYSICAL FITNESS & LIFESTYLE WELLNESS



EXERCISE FOR THE OLDER ADULT

Are your daily routines inhibited because you are plagued with stiffness and limited movement? Are you afraid your balance is rapidly declining and you may need to depend on special aids? This class includes specific strengthening exercises from a sitting or standing position. Students must bring their own dumbbells (2.5 or 5 pounds) and mini bands (light or medium resistance). The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com.

082603 Mon 2:15PM - 3:00PM
6/17 - 7/15 (5 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$33/other \$53

COMMUNITY INTEREST & OLDER ADULTS



FELDENKRAIS® AWARENESS THROUGH MOVEMENT®

Improve coordination and quality of movement naturally. Surprise yourself with a new sense of well-being in all areas: back, neck, shoulders, balance and transitions from the floor. Gentle movements reduce pain and stiffness and restore grace. Improve not only physically, but also in self-concept and creativity. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Jean Elvin

083311 Fri 10:00AM - 11:15AM
6/14 - 7/19 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$49/other \$69

HATHA YOGA

This class is designed to support your body and mind with a slow, meditative and therapeutic pace. Slow and meditative movements will create a space in the body and mind which reduce stress, prompt deep relaxation and a better night sleep. Please bring your yoga mat, two yoga blocks, and two or more blankets or towels. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Staff

600330 Wed 6:00PM - 7:00PM
6/12 - 7/17 (5 meetings), no class on 6/19
Mtn View Senior Ctr/Multi A
Age 55+ \$41/other \$61

PILATES + YOGA

This class will begin with Standing Pilates to warm up joints, improve posture, and strengthen core and balance. Next, the Yoga section will include basic asanas (poses) using pranayama (breathing) techniques for mindful Slow Flow Yoga practice and meditation. At the end of class, you will feel refreshed and energized. All levels are welcome. Please bring a mat, towel and water bottle. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Setsuko Chiba

600322 Wed 12:00PM - 1:00PM
6/12 - 7/17 (5 meetings), no class on 6/19
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$33/other \$53

SELF-DEFENSE, BEGINNING

This 6-week course is an entry-level self-defense class and does not require previous martial arts experience. Students will learn fundamental safe-living strategies and self-defense techniques to prevent, avoid, and defend against threatening situations. We will discuss and practice spatial awareness, the importance of being aware of one's surroundings, situational awareness, the importance of assessing and avoiding threats, and defending and escaping, with the goal of getting away from physical confrontation as quickly and as safely as possible. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

COMMUNITY INTEREST & OLDER ADULTS

INSTRUCTOR: Charlie Smith, charles.smith@mvla.net

Charlie Smith currently holds the rank of Professor in the Kajukenbo martial arts system. He has trained for over 45 years and taught classes, seminars, and private lessons for the past 35 years.

Student Expectations: Students should expect a moderate level of physical activity including light conditioning and stretching. Please wear athletic clothing to allow for freedom of movement.

602100 Tue 4:00PM - 5:00PM

6/11 - 7/16 (6 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$59/other \$79

TAI CHI AND QIGONG, CHEN STYLE - BEGINNING

This class will introduce the Chen-style Taijiquan form, Silk-reeling Exercises, and Wuji Qigong. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students cultivate internal energy (qi) with proper body alignment for better internal energy flow which will enhance their immune systems, and reduce physical and mental stress. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Master Anthony Wong, wongwaiyi@hotmail.com
For more information, visit chenfamilytaiji.com.

601121 Mon 6:30PM - 7:45PM

6/10 - 7/15 (6 meetings)

LAUMC/Creekside Lobby

Age 55+ \$61/other \$81

TAI CHI AND APPLICATIONS, CHEN STYLE - INTERMEDIATE

This class will continue the Chen-style Taijiquan form, the intentions and details for various movements will be presented in this class. The Chen-style Taijiquan form is soft and graceful with strong rooted stands that will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Master Anthony Wong, wongwaiyi@hotmail.com
For more information, visit chenfamilytaiji.com.

601123 Mon 7:45PM - 9:00PM

6/10 - 7/15 (6 meetings)

LAUMC/Creekside Lobby

Age 55+ \$61/other \$81

ZUMBA GOLD

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

082401 Tue 6:15PM - 7:15PM

6/11 - 7/16 (6 meetings)

Mtn View Senior Ctr/Social Hall

Age 55+ \$53/other \$73

ZUMBA, LATIN AEROBIC DANCE EXERCISE

Zumba combines high energy and motivating Latin music with easy-to-follow dance steps. This feel-happy workout (twice weekly) is great for the body and the mind! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone/sculpt the body and maximize caloric output, fat burning, and total body toning. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

801610 Thu 6:00PM - 7:00PM

6/13 - 7/18 (5 meetings), no class on 7/4

Mtn View Senior Ctr/Social Hall

Age 55+ \$53/other \$73

STUDENT SUPPORT SERVICES

STUDENT SUPPORT SERVICES

Are you new to the internet? Do you need help getting onto the internet from your computer or device? Do you need more guidance and practice with how to send and receive an email? Do you want to learn how to access your class online resources? MVLA's Technology Advocate team can help!

MVLA's Technology Advocate team offers 3 types of technology support services to students:

1. General Technology Resources, an online video library of "How To" tutorials for all programs (accessible 24/7).
Visit mvla.net/AS/techsupport
2. Technology Support Workshops, topic-focused workshops, available as needed. *See below or visit our website for upcoming workshops.*
3. One-on-One Support to help with individual needs, available by appointment or during drop-in office hours.

Onsite and Online drop-in support available.

TECHNOLOGY ADVOCATE DROP-IN OFFICE HOURS

Mon – Fri, 9:30AM - 12:30PM & Mon, 1:00PM-2:00PM

Location: Room 105

TECHNOLOGY WORKSHOPS FOR STUDENTS

TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Workshops are available to all students. Students are encouraged to register for one or more of these workshops either before or at the start of a new program/course at MVLA Adult School.

All workshops are free of charge. Visit mvla.net/AS for a list of upcoming workshop dates and to register online. Workshops will be held in-person at MVLA Adult School.

BASIC INTERNET & EMAIL SKILLS WORKSHOPS

Are you new to the internet? Do you need help getting onto the internet from your computer or device?

You will learn to access the internet, and be able to navigate within the internet, and use email to fully experience and be successful in your class. Students will be provided Chromebooks in this workshop but are encouraged to bring their own device (computer, laptop, phone).

Topics include:

- How to access the internet
- Difference between a browser versus a search engine
- How to search for information on the internet
- How to use email
- Other topics as requested



STUDENT SUPPORT SERVICES

ZOOM ESSENTIALS WORKSHOP

Are you new to Zoom and need help getting started? Would you like to learn how to communicate better via Zoom? This workshop is geared toward all levels of Zoom experience. For beginners, the focus will be on basic Zoom features the student will need to access and participate in an online class; while for more experienced Zoom users, advanced features will be covered so that students can maximize their experience.

At the end of the workshop, beginning students will be able to access and participate in a Zoom session, and more advanced students will be able to seamlessly move in and out of breakout rooms and communicate more fully via screen sharing and annotation. Students are required to bring their own device to the workshop. Contact the instructor for more information: Jim Wong, jim.wong@mvla.net.

IN-PERSON WORKSHOPS:

| | | | | |
|--------|-------------------------------|----------|-------------------|--------------|
| 604206 | Zoom Essentials | Wed 5/29 | 6:00PM - 7:00PM | AdultSch/203 |
| 604207 | Zoom Essentials | Thu 6/6 | 6:30PM - 7:30PM | AdultSch/203 |
| 605000 | Basic Internet & Email Skills | Tue 6/18 | 11:00AM - 12:00PM | AdultSch/105 |
| 605001 | Basic Internet & Email Skills | Thu 6/20 | 11:00AM - 12:00PM | AdultSch/105 |



Check the Technology Support for Students webpage at mvla.net/AS/techsupport for information about additional upcoming workshops.

Gil Seegmiller, Technology Advocate
gilbert.seegmiller@mvla.net

Jim Wong, Technology Advocate
MVLA Office: (650) 940-1333 x4105 / jim.wong@mvla.net

STUDENT SUPPORT SERVICES



ACADEMIC TUTORING

WANT TO VOLUNTEER?

We are looking for volunteer tutors in all programs. Both morning and evening times needed. For more information, contact the Transition Adviser: gina.riccitelli@mvla.net or (650) 940-1333 x4014

CALWORKS PROGRAM

If you meet certain eligibility requirements, you may be qualified for CalWORKs assistance. CalWORKs provides qualified families with benefits including cash aid, childcare, transportation and educational cost reimbursement. For more information or to apply, visit cdss.ca.gov/calworks or the Mountain View Santa Clara County Social Services Agency: sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx

Already a CalWORKs participant? MVLA's CalWORKs representative will help and partner with you while you attend classes at MVLA Adult School. Our CalWORKs

representative is available by phone, email, or text during the office hours listed here and by appointment. You may contact our representative at:

Jim Wong, CalWORKs Site Representative
MVLA Office: (650) 940-1333 x4105 / jim.wong@mvla.net
Text: (408) 766-4368
Office hours:
Mon/Wed/Thu/Fri 11:30AM - 1:00PM
Tue 9:00AM - 1:00PM
Also available by appointment

STUDENT SUPPORT SERVICES

TRANSITION ADVISING AND CAREER SERVICES

The MVLA Transition Adviser works one-on-one with adult students to ensure they attain the education and career success they deserve, by facilitating seamless transition to higher education and the workforce. Transition advising and career services are available to students registered in any of our core classes or programs, up to one year after course completion.

They include:

- Job Seeking Assistance
- Resume Writing
- Job Search Information

- Career Exploration
- Networking
- Interview Practice
- College Selection, Application, Registration
- Connection to Support Services

Visit our Transition Advising and Career Services web page for more information: mvla.net/AS/Services

Gina Riccitelli, Transition Adviser

Office: (650) 940-1333 x4014 / gina.riccitelli@mvla.net

Direct: (650) 434-4475

IN-PERSON CAREER WORKSHOPS

Visit mvla.net/AS for a current list of available workshops.

RESUME WORKSHOP

What makes an effective resume?

Learn how to write a resume that will get you noticed. In this workshop you will get to work on your own resume or create a new one.

| | | | |
|--------|---------|------------------|--------------|
| 603213 | Thu 6/6 | 12:15PM - 1:30PM | AdultSch/201 |
|--------|---------|------------------|--------------|

INTERVIEWING PREPARATION

Now that you have an interview, how should you prepare?

What types of questions will be asked? What's the best way to answer?

Learn how to stay calm and strong in an interview. Learn how to answer questions in a way that best demonstrates your knowledge and qualifications.

| | | | |
|--------|----------|------------------|--------------|
| 603412 | Thu 6/13 | 12:15PM - 1:30PM | AdultSch/201 |
|--------|----------|------------------|--------------|

APPOINTMENTS (THRU JUNE 28)

Student appointments can be made by email, phone, or online. Contact our Transition Adviser Gina Riccitelli:

gina.riccitelli@mvla.net

(650) 940-1333 x 4014 or (650) 434-4475 (direct)

<https://calendly.com/gina-riccitelli/transition-adviser>

VISIT OUR TRANSITION ADVISING AND CAREER SERVICES WEB PAGE FOR MORE INFORMATION
[as.mvla.net/Services/Transition-Advising-and-Career-Services](https://mvla.net/Services/Transition-Advising-and-Career-Services)

REGISTRATION INFORMATION

REGISTRATION BEGINS MAY 10

NOTE: Registration for Career Technical Education classes is ongoing.

Visit mvla.net/AS or call (650) 940-1333

The MVLA Adult School is offering both In-Person and Hybrid/Distance Learning classes for Summer 2024.

Online registration is available for most classes. Classes are open to residents of California only.

MASKS ARE RECOMMENDED FOR AT-RISK INDIVIDUALS IN INDOOR SPACES AND MAY BE REQUIRED IN CTE CLINICAL SITES.

Visit mvla.net/AS or call (650) 940-1333.



ONLINE REGISTRATION

Go to mvla.net/AS and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the adult school in the past, but have never registered online, please email us at adulthood@mvla.net and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

Who Is Eligible to Register Classes are open to residents of California only, 18 years and older. High school enrolled students, 16 years and older, may register for an adult education class for credit after getting approval from their home school and the adult school office prior to registering or attending.

PUBLIC NOTICE

MVLA ADULT SCHOOL NON-DISCRIMINATION POLICY
Mountain View Los Altos Union High School District Adult School does not discriminate in its educational programs, activities, or employment practices with respect to ethnic group, religion, gender, color, race, national origin or physical or mental disability.

EQUAL OPPORTUNITY STATEMENT
As a WIOA Title-I financially assisted program, Mountain View Los Altos Adult School is an equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.

COMPLAINT PROCESS

The Mountain View Los Altos Union High School District has a uniform complaint process as required in Code of Regulations, Title 5, Section 4622. MVLA UHSD Policy AR 1312.3(a). Leyla Benson, Associate Superintendent of Human Resources, is the designated compliance officer. A copy of that policy is available at the MVLA Adult School front office. The policy provides for mediation or investigation, presentation of information relevant to the complaint, follow-up and remedies or appeals as appropriate. **For more information, call (650) 940-4650, X0041 or email leyla.benson@mvla.net.**

REFUND POLICY

Please choose classes carefully. Because the fees collected pay teachers' salaries, we must limit our refund policy.

Refunds will only be given if requested at least one week before the first class meeting. No refunds will be given within one week of the first class meeting. **For all Career Technical Education classes, a 10% cancellation fee will be assessed** for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. We cannot accept medical, business, travel, or other reasons for not participating in a class.

Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is canceled, we will issue a refund to your credit card.



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

MISSION STATEMENT

The Adult School is committed to serving adult learners who will gain the knowledge, skills and proficiency necessary to achieve personal goals in employment, secondary education, and English language skills in order to become self-reliant and productive members of the community.

MOUNTAIN VIEW LOS ALTOS HIGH SCHOOL DISTRICT
Superintendent & Board of Trustees

Dr. Phil Faillace
Mr. Sanjay Dave

Ms. Thida Cornes
Dr. Esmeralda Ortiz

Ms. Catherine Vonnegut
Dr. Nellie Meyer, Supt.

Schoolwide Learner Outcomes

Students will:

- > Set goals and progress towards them
- > Achieve a measurable increase in knowledge, skills and proficiency in their goal area
- > Be able to apply knowledge, skills and proficiency to employment and continuing education

North Santa Clara County Consortium (NSCCC)

The MVLA Adult School is a member of the North Santa Clara County Consortium (NSCCC), a collaboration that serves the communities of Cupertino, Los Altos, Los Altos Hills, Mountain View, Palo Alto, and Sunnyvale, as well as portions of San Jose. Its mission is to coordinate and align programs, create linkages, and develop regional plans to better serve the educational needs of adults in the region. Meet the members of the consortium.



FOOTHILL
COLLEGE

MVLA
ADULT SCHOOL
Learning for a Lifetime



FUHSD Adult School
One School Educating All

DeAnza
College



The Mountain View Los Altos Adult School has been accredited by the Western Association of Schools & Colleges since 1965.

The Mountain View Los Altos Adult School is a Pearson VUE Test Center; an NCCT (National Center for Competency Testing) test site for Medical Assistants, Medical Office Assistants, and Medical Insurance and Coding Specialists; an AMCA (American Medical Certification Association) test center for Physical Therapy Aide (PTA); and a CompTIA-approved academic partner.



National Center for
Competency Testing



American Medical Certification Association





MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd
Mountain View CA 94043

Mountain View Los Altos Adult School
333 Moffett Blvd
Mountain View, CA 94043
mvla.net/AS

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High School District

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ADULT SCHOOL & CLASS LOCATIONS

- 1** **ADULT SCHOOL**
333 Moffett Blvd., Mountain View
Adult Education Office: (650) 940-1333
- 2** **LAHS**
Los Altos High School
201 Almond Ave., Los Altos
- 3** **MVHS**
Mountain View High School
3535 Truman Ave., Mountain View
(at Bryant Ave.)
- 4** **MVLA**
District Office
1299 Bryant Ave., Mountain View
- 5** **MVPNS**
MV Parent Nursery School
1535 Oak Ave., Los Altos
(adjacent to Foothill Covenant Church)
- 6** **MVCCtr**
Mountain View Community Center
201 S. Rengstorff Ave., Mountain View
- 7** **MVSRctr**
Mountain View Senior Center
266 Escuela Ave., Mountain View
- 8** **FCC**
Foothills Congregational Church, UCC
461 Orange Ave., Los Altos
- 9** **LAUMC**
Los Altos United Methodist Church
655 Magdalena Ave., Los Altos

MVLA
ADULT SCHOOL