



MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

SUMMER 2022 COURSE CATALOG

CLASS REGISTRATION BEGINS MAY 13



English as a Second Language
& Citizenship



Career Technical
Education

For more information, visit us at

mvla.net/AS

MVLA
ADULT SCHOOL

DIRECTOR'S MESSAGE



Dear MVLA Community,

Summer welcomes us with her long-awaited rays of sunlight. As the spike in coronavirus cases caused by the omicron variant continues to wane, mask mandates have been lifted across the country. Increased access to free vaccines/boosters and regular onsite COVID testing has helped to keep our schools and community safe. Many aspects of life have already returned to something *like* normal.

Not only have we been able to successfully implement a full return to in-person learning after a long challenging year in Distance Learning, we have emerged more resilient, knowledgeable and better equipped for the future. We have expanded our offerings to include hybrid and Distance Learning courses which continue to increase access to education for ALL.

Summer is a great time to explore new interests and opportunities. Educate and elevate yourself by expanding your knowledge and technology skills. Take a foundational course in Medical Terminology to help prepare for entry into our Certified Nursing Assistant, Medical Assistant or Eye Care Technician programs. Enrich yourself by learning a new language, acquiring new artistic skills or improving overall health and wellness through gentle exercise or dance classes. Come out and enjoy the summer with us. We offer support every step of the way towards a brighter tomorrow.

Warmly,
Julie Vo, M.Ed
Director of Adult Education



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

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HOW TO REGISTER

The MVLA Adult School is **offering both In-person and Hybrid/Distance Learning for Summer 2022.** Masks are strongly recommended for all in-person classes.

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

Online Registration begins Friday, May 13

Note: Registration for Career Technical classes is ongoing.

Summer 2022 Calendar

Summer 2022 registration begins
Fri, May 13.

Note: Registration for Career Technical Education classes is ongoing.
Visit mvla.net/as or call (650) 940-1333

Summer 2022 session

Mon, Jun 13 - Fri, Jul 29

Holidays/no classes

June 20, July 4

Check mvla.net/AS for updates.

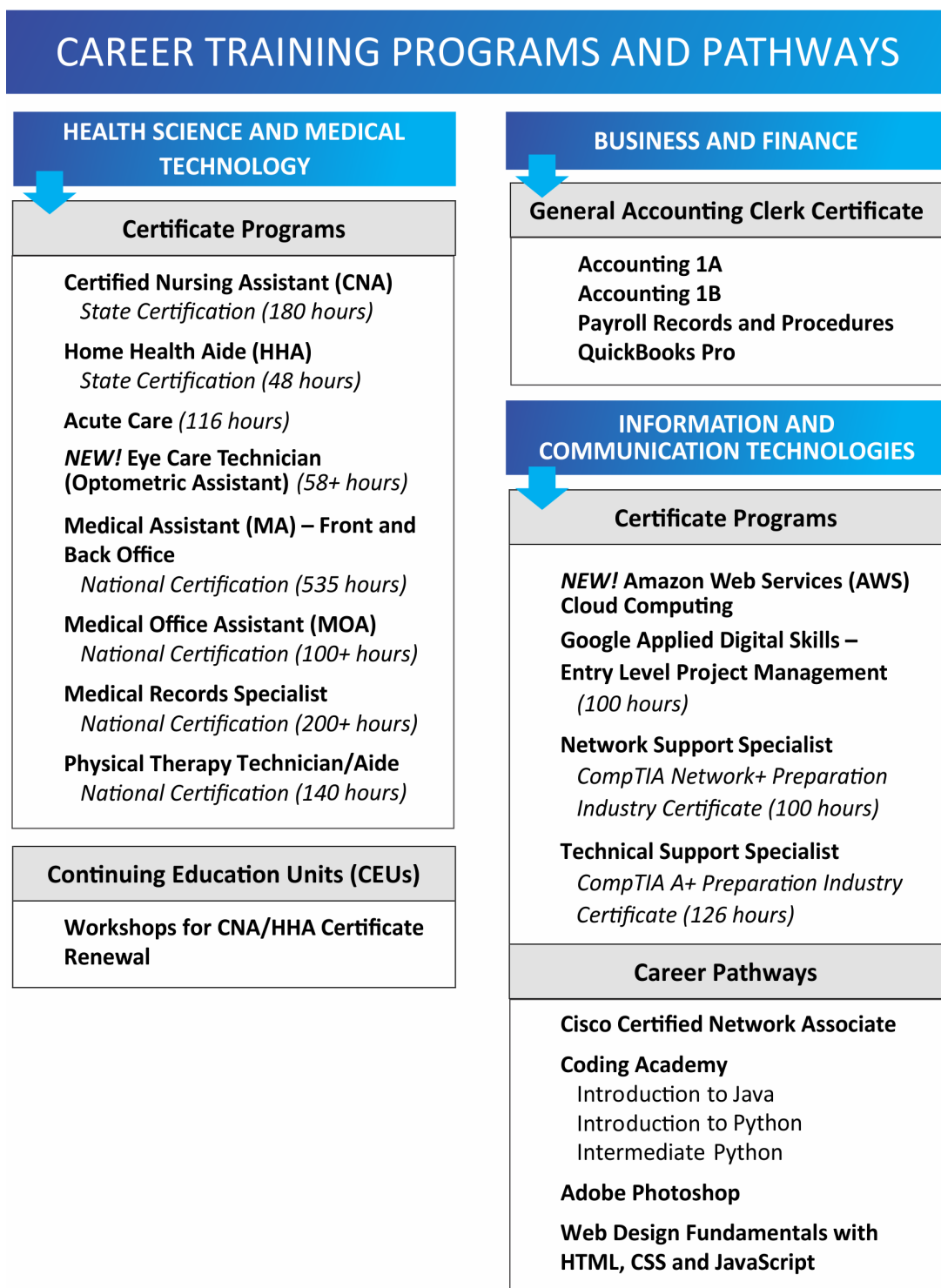
Go to **mvla.net/AS** and click the Registration link. We accept VISA or MasterCard.

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 call (650) 940-1333 or email 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 24.

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 2022 courses on the following pages.



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.

For Summer 2022, all courses are being offered in person. Masks strongly recommended.

Registration and enrollment for Career Technical Education classes are ongoing, year-round. Please visit mvla.net/AS and click the Registration link to access our online registration site.

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 24 of this catalog.

For more information about our Career Technical Education programs contact the Program Coordinator at: maliheh.vafai@mvla.net or (650) 940-1333 x4013.

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	SUM 2022	FALL 2022
Foundational Courses		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology	✓	✓
Certificate Programs		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)		✓
Acute Care		TBD
Eye Care Technician (Optometric Assistant)		✓
Medical Assistant (MA)		✓
Medical Office Assistant (MOA)		✓
Medical Records Specialist:		
Electronic Health Record Keeping		✓
Medical Billing and Coding	✓	
Physical Therapy Technician/Aide		TBD
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 2022 DATES

066038 5/13 Fri 9:00AM - 11:30AM AdultSch/201
066039 5/23 Mon 4:30PM - 07:00PM AdultSch/203
066040 5/27 Fri 9:00AM - 11:30AM AdultSch/201

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

CTE - CAREER TECHNICAL EDUCATION

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 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. Masks strongly recommended. All orientations are free of charge. Register online. Additional dates may be added. Please check mvla.net/AS for updates.

Upcoming Healthcare Orientation dates:

066038 5/13 Fri 9:00AM - 11:30AM AdultSch/201
066039 5/23 Mon 4:30PM - 07:00PM AdultSch/203
066040 5/27 Fri 9:00AM - 11:30AM AdultSch/201

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 successfully 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) or 3:00PM (evening program) for Summer session. ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided.

Prerequisites: Students must attend a required healthcare orientation prior to registering for this program. Register online at mvla.net/AS. Check page 3 and mvla.net/AS for upcoming dates and information. Medical Terminology Fundamentals course is highly recommended.

Students need to wear navy blue scrubs and white waterproof shoes while at school and in clinical and must provide proof of valid TB test and immunizations before start of program. Flu shot required between October and April.

In addition, students are required to obtain Live Scan fingerprinting and provide the school with a copy of the



Live Scan form. A fingerprinting form and information about Live Scan locations will be provided during orientation. This is an in-person course. Additional course information, textbooks and materials will be provided to students during the first week of the program. Masks strongly recommended. Instructor: Criselda Imperio.

Day Program (Fast Track):

063063

Mon-Thu 8:00AM-2:30PM

6/6-8/10, no class on 6/20, 7/4 (9 weeks) AdultSch/200

\$650 fee for textbooks, supplemental materials, and instruments

NNAAP exam fee of \$120

CNA SCHOLARSHIPS AVAILABLE

The CTE program at MVLA Adult School has established strong partnerships with skilled nursing facilities that offer **scholarships** in the form of reimbursed tuition. If employed as a full-time CNA professional by one of these partner facilities, students will be reimbursed their full tuition via quarterly bonuses as long as students remain employed with the facility.

For more information, contact our CTE Coordinator at maliheh.vafai@mvla.net or 650-940-1333 ext. 4013



CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

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. Masks strongly recommended. Instructor: Tamara Rood-Spenker, RN

These workshops are in-person classes held at MVLA Adult School. 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 2 days before the workshop date. See workshop dates, times, and topics in table below.

Date	Day	Time	Class #	Location	Instructor	Topic	CEUs	Fee
6/10	Fri	8:00AM-2:30PM	063324	Room 200	Spenker	Caring for Residents with Special Needs	6	\$39
7/20	Wed	8:00AM-2:30PM	063325	Room 200	Spenker	Ethical and Legal Issues Affecting the Nursing Assistant	6	\$39

Medical Terminology

This foundational course is designed for students seeking a career in the healthcare field. It 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 and 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. Masks strongly recommended. Instructor: Tamara Rood-Spenker, RN.

Medical Terminology

063423 Fri 8:30AM-12:00PM
6/17-7/29
AdultSch/109 \$70

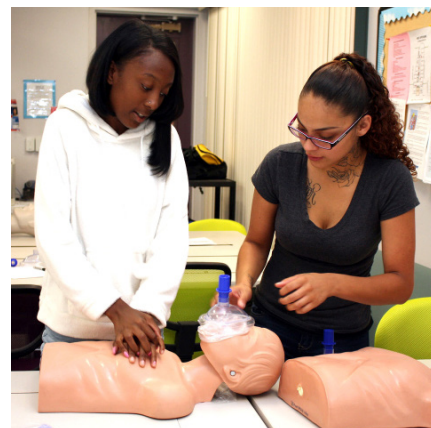
*This course is highly recommended
for anyone planning to enroll in:*

*Certified Nursing Assistant
Eye Care Technician
Medical Assistant
Medical Records Specialist
Medical Office Assistant
Any healthcare-related training programs*

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. Instructor: Kimberly Kunde.

062652 6/3 Fri 9:00AM-1:00PM 4hrs AdultSch/200
062653 8/5 Fri 9:00AM-1:00PM 4hrs AdultSch/200



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

MEDICAL RECORDS SPECIALIST CERTIFICATE

National Certification (National Certified Insurance and Coding Specialist – NCICS)

Students who complete both Electronic Health Record Keeping and Medical Billing & Coding are eligible to take the National Certification Test for Insurance and Coding Certification through NCCT. Students are provided the opportunity to complete an externship of an additional 100 hours for their Medical Records Specialist school certificate. Free optional resume workshop and job placement assistance available.

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 the 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. Masks strongly recommended. Instructor: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or e-Book with a Connect Access Card for the online interactive features: *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 e-book for this course are available on McGraw-Hill Connect.

060424 Mon-Thu 12:30PM-3:30PM
6/13-7/21, no class 6/20, 7/4 (7 weeks)
AdultSch/201 \$175

Electronic Health Record Keeping (EHR)

Resumes Fall 2022

BUSINESS AND FINANCE

	SUM 2022	FALL 2022
Foundational Courses		
Small Business Administration		✓
Certificate Programs		
General Accounting Clerk Certificate:		
Accounting IA	✓	✓
Accounting IB	✓	✓
Payroll Records and Procedures		✓
QuickBooks Pro		✓

GENERAL ACCOUNTING CLERK CERTIFICATE

Students who complete all four of the following classes: Accounting IA, Accounting IB, 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 022. Students can earn 3.0 credits upon completion of both classes.



CTE - CAREER TECHNICAL EDUCATION

BUSINESS AND FINANCE

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. Masks strongly recommended. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or e-book with a Connect Access Card for the online interactive features: *College Accounting, Sixteenth Edition*, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061835 Mon-Thu 8:00 AM- 12:00PM
6/13-6/30, no class 6/20 (3 weeks)
AdultSch/201 \$70

Accounting 1B: Principles of Small Business Accounting

Prerequisite: Accounting 1A. This course introduces the procedures involved in accounts receivable, accounts payable, cash receipts, cash payments, and accounting for purchases. It also includes preparing state sales tax returns, payroll computations, payroll taxes, deposits, and reports. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion. Masks strongly recommended. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or e-book with a Connect Access Card for the online interactive features: *College Accounting, Sixteenth Edition*, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061836 Mon-Thu 8:00 AM-12:00PM
7/5-7/27 (3 weeks)
AdultSch/201 \$70

INFORMATION AND COMMUNICATION TECHNOLOGIES

	SUM 2022	FALL 2022
Foundational Courses		
Coding Academy:		
Introduction to Java		✓
Introduction to the Python Programming Language	✓	✓
Python Programming		✓
Adobe Photoshop		TBD
Web Design Fundamentals with HTML, CSS and JavaScript		TBD
Certificate Programs		
New Introduction to Cloud Computing in Amazon Web Services (AWS)		✓
Google Applied Digital Skills – Entry Level Project Management		✓

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. Masks strongly recommended. Instructor: Maribeth Coyne.

Required textbook or e-book: Students must purchase *Python Crash Course, 2nd Edition: A Hands-On, Project-Based Introduction to Programming*, Eric Matthes (ISBN: 9781593279288).

Day Program:
060907 Mon/Wed/Fri 8:30-11:30AM 6/13-7/22
no class 6/20, 7/4 (5 weeks) AdultSch/105 \$70



ESL SUMMER 2022

This summer, MVLA Adult School offers both morning (in-person) and evening (online) ESL classes to new and continuing students.

Summer Session June 14-July 21, 2022

Basic English instruction (in-person)

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

Basic English instruction (online)

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

*In-person classes are held at MVLA Adult School
333 Moffett Blvd, Mountain View, CA 94043.
Online classes are held via Zoom.*

***Regular attendance is required for all ESL classes.
Masks strongly recommended for all in-person classes.***

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: ESL Beginning (Low-High), ESL Intermediate (Low-High), and ESL Advanced. These classes are free. Masks are strongly recommended for all in-person classes at the adult school. Students who would like to attend the online classes 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 you have completed the ESL program at another California Adult School, you have taken many years of English classes as part of your elementary and secondary education (6 or more), or you have taken college or university classes in your country or the USA, our classes will not meet your needs. Please DO NOT sign up for testing as you will not get a place in a class. Please visit our partner colleges (fhda.edu or foothill.edu) for more advanced ESL options. We cannot offer classes to students who are visiting California for short-term stays.



ESL - ENGLISH AS A SECOND LANGUAGE

FOR NEW STUDENTS ESL Orientation and Placement Test Wednesday, May 25

Orientation and testing are offered in 2 sessions:
9:00AM - 12:00PM (in-person test for in-person classes)
6:00PM - 9:00PM (in-person test for online classes)

All students eligible for ESL classes this summer must take a placement test in-person, on site at the Adult School. This includes any students wishing to enroll in evening online classes. Registration for the May 25 test will begin May 16. Interested students can call (650) 940-1333 or email: mvlaeslprogram@gmail.com on that date. Space is limited. Your testing session will include some general information about our school and program. You should be available to stay for up to 3 hours for the entire process. It may not take that long, however if you are signed up for a testing slot (for example, 9:00AM), you need to be prepared to wait until we are able to interview you for an English class (up until 12:00PM).

Note: We do not guarantee anyone a class even if you contact us or take the placement test. The screening process and test are given to determine if we have an English class available at a level that is right for you. Please **DO NOT** sign up for testing if you know that your English level is higher than our program. You will not be assigned to a class.

CITIZENSHIP PREPARATION (ONLINE ONLY) (Intermediate-level ESL or above)

There is one option for U.S. Citizenship Preparation class this summer. This class will meet 4 times for 3 hours, online via Zoom.

Mon 6:00-9:00PM Online (via Zoom)
Class meets: 6/20, 6/27, 7/11, 7/18

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship. Instructor: Sandy Cutshall. No class 6/13, 7/4.

Those students who would like to attend the online Citizenship 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.

There is no test for joining Citizenship class, but you should be a permanent resident eligible for U.S. citizenship and be planning to send your application in the next year or so. Classes are taught at an Intermediate English level.

Please contact mvlaeslprogram@gmail.com or 650 940-1333 if you are interested in signing up for the summer class.



ESL FALL 2022 PREVIEW

FALL 2022

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)

Mo/Th/Fr 9:00AM-10:30AM – Multilevel Beginning

Mo/Th/Fr 10:45AM-12:15PM – Multilevel Intermediate

*Classes held at Mountain View Senior Center
266 Escuela Ave, Mountain View, CA 94040*

ESL CLASSES

Days	Frequency	Times	Levels
M-F	Daily	9:00AM-12:00PM	All levels
M-Th	4 Days	12:30PM-3:30PM	Beg. High to Adv.
M-Th	4 Nights	6:00PM-9:00PM	All levels
M/ Th/F	3 Days	9:00AM-10:30AM	Beginning ONLY Senior-focused* (Age 55+only)
M/ Th/F	3 Days	10:45AM-12:15PM	Intermediate 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*

FOR NEW STUDENTS

Fall ESL classes begin Tuesday, August 23 (adult school) and Monday, August 29 (senior center). New students are placed on a space-available basis. Some classes are full and students may have to wait for a place in class. Masks are strongly recommended for all classes at the adult school and senior center.

ESL Orientation and Placement Test

Tuesday, August 16

Orientation and testing are offered in 3 sessions:

9:00AM - 12:00PM

12:30PM - 3:30PM

6:00PM - 9:00PM

Your testing session will include some general information about our school and program. You should be available to stay for up to 3 hours for the entire process. It may not take that long, however if you are signed up for a testing slot (for example, 9:00AM), you need to be prepared to wait until we are able to interview you for an English class (up until 12:00PM). No childcare is available during testing.

Note: We do not guarantee anyone a class even if you contact us or take the placement test. The screening process and test are given to determine if we have an English class available at a level that is right for you. Please DO NOT sign up for testing if you know that your English level is higher than our program. You will not be assigned to a class.

New students who would like to attend ESL classes at MVLA Adult School can register for the August 16 test beginning Aug 3. Interested students can call (650) 940-1333 or email: mvlaeslprogram@gmail.com on that date.



ESL - ENGLISH AS A SECOND LANGUAGE

Students who are interested in the senior-focused classes can test at the Mountain View Senior Center on Friday, August 26. Please contact mvlaeslprogram@gmail.com or 650 940-1333 on or after Aug 3 if you are interested in registering for this test.

If you have completed the ESL program at another California Adult School, you have taken many years of English classes as part of your elementary and secondary education (6 or more), or you have taken college or university classes in your country or the USA, our classes will not meet your needs. Please DO NOT sign up for testing as you will not get a place in a class. Please visit our partner colleges (fhda.edu or foothill.edu) for more advanced ESL options. We cannot offer classes to students who are visiting California for short-term stays. Regular attendance is required for all ESL classes. Masks strongly recommended for all in-person classes.

FOR CONTINUING STUDENTS

Continuing (already enrolled) students will return to ESL classes on Tuesday, August 23. Regular student attendance is mandatory in all ESL classes. These classes are free.

CITIZENSHIP PREPARATION (ONLINE ONLY) (Intermediate-level ESL or above)

This fall there will be two options for U.S. Citizenship Preparation classes offered: one online and one in person.

Thu 12:30PM-3:30PM starts 8/25 – AdultSch/203
Mon 6:00PM-9:00PM starts 8/29 – online (via Zoom)

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship. Instructor: Sandy Cutshall. No class 9/5, 11/21, 11/24, 12/26, 12/29, 1/2, 1/5.

Students who would like to attend the Monday online 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.

These classes are ongoing and there is open enrollment throughout the year.

There is no test for joining a Citizenship class, but you should be a permanent resident eligible for U.S. citizenship and be planning to send your application in the next year or so. Depending on demand, space may be limited to those who are ready to apply for Citizenship or who have already applied. Classes are taught at an Intermediate English level. Please contact mvlaeslprogram@gmail.com or 650 940-1333 after August 3 if you are interested in signing up for either class.



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.

Resumes Tuesday, August 23

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

HIGH SCHOOL & GED PROGRAMS

For information about any of our programs, contact our ASE Coordinator at danielle.dinh@mvla.net or 650-940-1333, ext. 4104.

High School Online Summer School

Summer online courses will be offered to district high school students who meet the eligibility criteria below. Students must register AND submit an application online. Please see the summer school website, bit.ly/mvla-as-summer, for more information.

Delivery Model

Students will receive a confirmation email when both the registration and application are submitted. Confirmed students will be required to participate in an online synchronous orientation on the first day of their session. Details regarding this online orientation will be sent to the student's email and will be posted on the summer school website.

Online Summer School is self-paced and will be offered through Edgenuity. Students will need to come to the Adult School Room 104 to take tests throughout their session. No appointments are needed. **Testing hours are Mon-Fri 9:00AM-4:00PM.**

Students can access teachers for academic support during our Office Hours, Mon-Fri 9:00AM-4:00PM at the Adult School, Room 104.

Eligibility

Only MVLA District students who attend school during the school year are eligible to enroll in the district's **online** summer school program. Incoming freshman from 8th grade are NOT eligible to enroll. Placement will be prioritized by grade level and date of submission. JUNIORS AND SENIORS WILL BE GIVEN PRIORITY PLACEMENT.

Note: With the exception of Health, courses offered in Summer 2022 will be for remediation only. Non-Health courses will need counselor approval.

ONLINE SUMMER SCHOOL SESSION DATES

Session 1: Mon 6/13 – Fri 7/1, no school 6/20 (3 weeks)
Session 2: Tue 7/5 – Fri 7/22 (3 weeks)

For more information, to register online, and to submit an application, go to bit.ly/mvla-as-summer.

Please check mvla.net/AS in August for Fall 2022 updates on the following programs:

High School Diploma Program for Adults (All diploma programs meet district and state requirements) - Resumes Fall 2022

Mountain View Los Altos Union 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 generally through online coursework or online/regular teaching meetings (blended model). 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, sealed transcript is required before beginning the program. This program is unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for Fall 2022 updates.

Concurrent Enrollment/Credit Recovery Resumes Fall 2022

MVLA Adult School offers part-time in high school coursework to currently attending MVLA high school students who are 16 years old or older. Students must consult their high school counselor in order to be officially referred to this program during the regular school year.

Young Parents Program – YPP Resumes Fall 2022

Pregnant? Parenting? Join other teens or young adults in finishing your high school diploma or preparing for the GED test. Direct instruction, group work, and online coursework. Program includes on-site childcare. Free. Instructor: Staff. This program is unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for Fall 2022 updates.

GED Test Preparation Classes Resumes Fall 2022

Pre-GED and GED classes are unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for the latest updates on Fall 2022 GED orientation and course information.

GED Testing Resumes Fall 2022

MVLA Adult School is an official Pearson VUE computer-based GED test center. Testing is unavailable at the school during the summer. Please check mvla.net/AS in August for the latest updates on Fall 2022 GED testing.



PARENT & FAMILY EDUCATION

Mountain View Parent Nursery School (MVPNS) Resumes Fall 2022

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2022-2023 school year. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church. Instructors: Cindy Flynn, Diane Hart, Claire Koukoutsakis, Rachel Martensson, Sandra Mitchell, and Susan Pence.

Parent and Child Classes: The Toddler Resumes Fall 2022

Child 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 at the end of each session.

Thu 3:00-5:00PM

Parent and Child/Parent Participation Hybrid Class: The Two/Young Three Year Old Resumes Fall 2022

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.

Mon 8:55-11:25AM or Wed 8:55-11:25AM
or both days

Parent Participation Preschool: The Two, Three, Four and Five Year Old Resumes Fall 2022

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 classes for 2/young 3s 8:55-11:25AM

Tue/Thu classes for 2/young 3s 8:55-11:25AM

Tue/Thu classes for 3/young 4s 8:55-11:45AM

Three day classes

Mon/Wed/Fri (AM) 3 1/2 to 5s 8:55-11:45AM

Mon/Wed/Thu (PM) 3 1/2 to 5s 12:40-3:30PM

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.

Childcare Resumes Tuesday, August 23



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

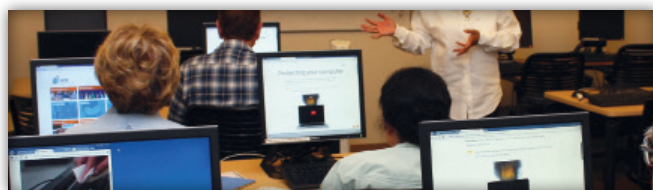
COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering both In-person and Hybrid/Distance Learning classes for Community Interest & Older Adults classes in Summer 2022. Visit mvla.net/AS to access our online registration site. Masks are strongly recommended for all in-person classes.

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 call (650) 940-1333 or email 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.

55+ COMPUTER SKILLS ON PC

Enrollment priority is given to adults 55 years and over; students under 55 may attend these classes if space is available. These computer classes are held at the Mountain View Senior Center, 266 Escuela Ave., Mountain View, CA 94040.



Essential Computing Skills, Beginning

This course provides students with a foundation in computer concepts: Introduction to Windows Basics, Computer Hardware, Software, Using a Computer, Internet, Safety and Maintenance, and Using a Flash Drive. Masks strongly recommended. Instructor: Sharon Walker, sharon.walker@mvla.net.

089200 Mon/Wed 9:00 AM-11:00 AM
6/13-6/29 (5 meetings), No class 6/20, Mtn View Senior Ctr/Technology Room
Age 55+ \$53/others \$73

Introduction to Google Drive and Docs

Bring your documents to life using Google Drive and Google Docs. Learn how to use smart editing and daily easy-to-learn styling tools to help you create professional looking documents that incorporate your unique style and creativity. Masks strongly recommended. Instructor: Sharon Walker, sharon.walker@mvla.net. Prerequisites: basic computer skills. Students also must have a Gmail account set up before class and know their username and password. Equipment: laptop, desktop computer, tablet, or other device with an Internet connection and microphone/webcam.

082805 Mon/Wed 9:00 AM-11:00 AM
7/6-7/20 (5 meetings)
Mtn View Senior Ctr/Technology Room
Age 55+ \$53/others \$73

ARTS & CRAFTS



Calligraphy: Weaver Writing

Would you like to learn a casual calligraphic hand that can be done with a pointed pen or other tools? This style was developed by Gwen Weaver and has become a favorite among calligraphers who would like a more casual yet elegant look to their writing. Students should bring a pointed pen and an oblique holder to the first class unless left handed. Left handers should use a regular dip pen. Preferred practice paper should be either a Rhodia or Claire Fontaine tablet as you will need smooth paper. We will discuss materials in the first class so everyone is at ease with the tools. Masks strongly recommended. Instructor: Sara Loesch-Frank

084000 Thu 9:30 AM-12:00 PM
6/16-7/21 (6 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$78/others \$98

Ceramics, Creating Miniatures

For beginning or experienced hand builders desiring a short clay workshop focusing on making clay work of any type – only requirement is: must be smaller than 5 inches. Make miniature pottery, succulent containers, jewelry, maquettes, figures, etc that will dry fast enough to be glazed and kiln-fired in only 5 weeks. (Class Break on 6/22/22). Masks strongly recommended. Instructor: Susan Worley, Susan@susieclare.com.

080321 Wed 1:00 PM-4:00 PM
6/15-7/20 (5 meetings), No class 6/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$108/others \$128



COMMUNITY INTEREST & OLDER ADULTS



Japanese Flower Arranging, Ikebana

Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple line, form and use of space. No materials fee; students will bring their own flowers. Masks strongly recommended. Instructor: Katsuko Thielke.

081111 Tue 9:30 AM-12:00 PM
6/14-7/19 (6 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$78/others \$98

081112 Thu 1:00 PM-3:30 PM
6/16-7/21 (6 meetings)
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$78/others \$98

CURRENT EVENTS



Current Affairs (Hybrid In-person/Long Distance)

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. Instructor: Marnie Ridgway, am_consulting@usa.net.

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. Masks strongly recommended

087213 Mon 1:00 PM-3:00 PM
6/13-7/18 (4 meetings), No class 6/20, 7/4
Mtn View Senior Ctr/Meeting Room
Age 55+ \$42/others \$62

LANGUAGE ARTS & LANGUAGES

Creative Writing Workshop (Hybrid In-person/Long Distance)

Maximize your creative energy and growth within a supportive and encouraging forum of fellow writers. Be inspired to pursue new projects or bring your 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, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Masks strongly recommended. Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

089411 Wed 10:00 AM-12:00 PM
6/15-7/20 (6 meetings)
Mtn View Senior Ctr/ Meeting Room
Age 55+ \$75/others \$95

089412 Wed 6:00 PM-8:00 PM
6/15-7/20 (6 meetings)
Mtn View Senior Ctr/Meeting Room
Age 55+ \$75/others \$95

Memoirs Writing (Hybrid In-person/Long Distance)

Stimulate your thinking as you rediscover your past by listening to the memoirs of others online. Follow weekly memory prompts, gather ideas to proceed with what you have already begun, or bring in what you have already written for a final class "edit" for clarity, logic, and style.

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. Masks strongly recommended. Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

089511 Thu 1:00 PM-3:00 PM
6/16-7/21 (6 meetings)
Mtn View Senior Ctr/Multi B
Age 55+ \$75/others \$95

089512 Fri 10:00 AM-12:00 PM
6/17-7/22 (6 meetings)
Mtn View Senior Ctr/Multi B
Age 55+ \$75/others \$95

COMMUNITY INTEREST & OLDER ADULTS

LANGUAGE ARTS & LANGUAGES

German, Beginning I (Distance Learning)

Willkommen! Students with no prior German instruction will learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100). Instructor Dorith Endler, dorith.endler@mvla.net.

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.

DL502715 Thu 6:30 PM-8:30 PM
6/16-7/21 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$108/others \$128

German, Intermediate II (Distance Learning)

Prerequisite: Beginning German I or equivalent. Students will continue to learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 2* (ISBN: 9783126764131). Instructor: Dorith Endler, dorith.endler@mvla.net.

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.

DL502720 Mon 6:30 PM-8:30 PM
6/13-7/18 (4 meetings), No class 6/20, 7/4
MVLA Adult School/Zoom Online
Age 55+ \$66/others \$86

German Conversation (Distance Learning)

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries. Instructor: Dorith Endler, dorith.endler@mvla.net.

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.

DL084701 Wed 1:30 PM-3:30 PM
6/15-7/20 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$108/others \$128

French, Everyday French for Beginners A1

If you are looking for a dynamic class that covers all the aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this short class is for you. Students will follow the adventures of two French families who live in the beautiful city of Nantes, on the Atlantic coast of France. It is intended for a beginner who has had some exposure to French already and wishes to make rapid progress through "rehearsing" in the classroom situations that will occur on a trip to France. In addition, a minimum of 15 minutes should be set aside each day by students to orally practice the material covered in class and do the exercises assigned weekly. Please email veronique.strange@email.com to get an invitation to a virtual (free) meeting (30 minutes maximum) in English where the teacher will explain briefly the program, answer any questions and make sure this is the right class for you. See <https://www.youtube.com/watch?v=f8D61vFWZMc> for a short preview. Masks strongly recommended. Please buy the books online (used) to get them before the first day of class:

Totem 1 : *méthode de français A1**, livre de l'élève (textbook) + DVD-rom + manuel numérique simple (digital book)

ISBN-10 : 2011560489 ISBN-13 : 978-2011560483

Totem 1 : *méthode de français A1**, cahier d'activités (workbook) + CD audio

ISBN-10 2011560535 ; ISBN-13 978-2011560537

* "A1" level follows the Common European Framework of Reference for Languages (CEFR), international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced).

054100 Thu 5:00 PM-6:30 PM
6/23-7/21 (5 meetings)
Mtn View Senior Ctr/Meeting Room
Age 55+ \$67/others \$87

French, Everyday French for Intermediate A2

If you are looking for a dynamic class that covers all the aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this short class is for you. Students will continue following the lives of all the characters from Totem 1.



COMMUNITY INTEREST & OLDER ADULTS

This course is for a student who has had beginner classes of French already and wishes to progress quickly and get more confidence. A minimum of 15 minutes should be set aside each day by students to orally practice the material covered in class and do the exercises assigned weekly. Please email veronique.strange@email.com to get an invitation to a virtual (free) meeting (30 minutes maximum) in English where the teacher will briefly explain the program, answer any questions and make sure this is the right class for you. See <https://www.youtube.com/watch?v=f8D61vFWZMc> for a short preview. Masks strongly recommended. Please buy the books online (used) to get them before the first day of class:

Totem 2 : *méthode de français A2**, livre de l'élève (textbook) + DVD-rom + manuel numérique simple (digital book)

ISBN 10: 2011560551 / ISBN 13: 9782011560551

Totem 2 : *méthode de français A2**, cahier d'activités (workbook) + CD audio

ISBN 10: 2017141941 / ISBN 13: 9782017141945

* "A2" level follows the Common European Framework of Reference for Languages (CEFR), international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced)

054200 Thu 6:45 PM-8:15 PM

6/23-7/21 (5 meetings)

Mtn View Senior Ctr/Meeting Room

Age 55+ \$67/others \$87

French, Beginning I (Distance Learning)

Bonjour! Students with no French instruction will learn the fundamentals of French pronunciation and will develop basic everyday conversational skills with focus on phonetics, grammar, listening comprehension, reading and writing exercises. The students will also become familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276).

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor: Pary Sarraf: pary.sarraf@gmail.com.

DL084111 Thu 1:00 PM-3:00 PM

6/16-7/21 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$87/others \$107

French, Intermediate I (Distance Learning)

Prerequisite: Completion of Beginning French. The focus is on conversation and pronunciation. Students will expand listening comprehension and communication skills through their command of grammar. They will also increase vocabulary and improve their writing style with attention to syntax and advanced sentence structure. Students must purchase the textbook *C'est ça!* (ISBN: 9780673216298) prior to first the meeting; workbook will be provided in class. Contact the instructor about placement if needed. Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor: Pary Sarraf

DL084116 Fri 1:00 PM-3:00 PM

6/17-7/22 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$87/others \$107

French, Conversation (Distance Learning)

Prerequisite: Completion of Intermediate French. 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 ability to express thoughts and opinions in discussions of social and cultural issues. Course material will be provided by the instructor.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor: Pary Sarraf

DL084105 Wed 9:30 AM-11:30 AM

6/15-7/20 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$87/others \$107

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

COMMUNITY INTEREST & OLDER ADULTS

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. Masks strongly recommended. Instructor: Jean Elvin. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

083320 Wed 4:00 PM-5:15 PM
6/15-7/20 (6 meetings)
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$59/others \$79

Ballroom and Latin Dance: Back in the Swing

Enjoy eight weeks of basic steps and step patterns featured in ballroom, Latin, and social dances. Couples and singles welcome. Masks strongly recommended. Instructors: Ellen Murray and Gene Esswein. The MVLA Adult School and the class instructors assume no responsibility for any injuries arising from participating in this class.

801100 Mon 7:30 PM-8:45 PM
6/13-7/18 (4 meetings), No class 6/20, 7/4
Mtn View Senior Ctr/Social Hall
Age 55+ \$50/others \$70

Beginners for Broadway!

Wish you could dance? Join us as we learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivot turns (no spins and no taps). Masks strongly recommended. Instructor: Marnie Ridgway, am_consulting@usa.net. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082910 Tue/Thu 12:15 PM-1:15 PM
6/14-7/21 (12 meetings)
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$75/others \$95

Chorus

We will get a start on the coming winter performance by working through challenging pieces of western Baroque and Classic music literature, emphasizing proper breathing, enunciation, and vocalizing techniques. Ability to read music strongly encouraged, but not required. Special Singing Masks strongly recommended.

Instructor: Marnie Ridgway, am_consulting@usa.net.

080521 Wed 9:30 AM-11:30 AM
6/15-7/20 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$30/others \$58

Hula, All Levels

Learn to Sway Da Island Way with Makalea! Beginner to Advanced students learn traditional Hula incorporated with language, history, and culture of the islands. Beginner students will learn basic technique (feet & hands) and Intermediate/Advanced students will be challenged to the next level of their Hula technique. Students need to bring a binder with tabs, binder paper, and pen or pencil. Suggested clothing: non logo black t-shirt, pa'u or pareau (wrap). A handout of information and expectations will be given in class. You may email the instructor directly if you have any questions. Masks strongly recommended. Instructor: Makalea Kim, pahulaohana@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

801813 Tue 7:00 PM-8:00 PM
6/14-7/19 (6 meetings)
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$45/others \$65



Workout on Broadway!

Tired of the same old exercise regimen? Join us as we tap our way into fitness to the sounds of Broadway and classic rock. All abilities welcome; no previous experience necessary; soft-soled shoes (no taps). Masks strongly recommended. Instructor: Marnie Ridgway, am_consulting@usa.net. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082901 Tue/Thu 1:15 PM-2:30 PM
6/14-7/21 (12 meetings)
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$78/others \$98



COMMUNITY INTEREST & OLDER ADULTS

NEEDLE ARTS & SEWING

Knitting Workshop, All Levels

Have you ever faced a "brick wall" with a knitting project? Come join others who are looking for solutions. Learn to read directions successfully. Projects incorporating a variety of knitting techniques will be offered. Beginners will need a skein (ball) of cotton yarn and either #7 or #8 knitting needles, preferably a 16" circular needle. Masks strongly recommended. Instructor: Caroline Hui, caroline.hui@mvla.net.

087311 Tue 1:00 PM-3:00 PM
6/14-7/19 (6 meetings)
Mtn View Senior Ctr/Meeting Room
Age 55+ \$75/others \$95

Needle Arts: Basic Techniques of Needlepoint and Counted Cross Stitch

A class that encompasses all ages, levels and interests, needle arts emphasizes needlepoint and counted cross stitch techniques. Alternative stitches, finishing, and solving individual problems are included in the instruction. Masks strongly recommended. Instructor: Caroline Hui, caroline.hui@mvla.net.

087411 Wed 1:15 PM-3:15 PM
6/15-7/20 (6 meetings)
MVLA Adult School/109
Age 55+ \$55/others \$75



PHYSICAL FITNESS & LIFESTYLE WELLNESS

Chair Yoga

Chair Yoga is a gentle form of yoga where students perform postures and breathing exercises with the aid of a chair, either sitting or standing using a chair for support. Students can experience many benefits of yoga without having to get up or down from the floor, including increased balance, strength, flexibility, range of motion, and stress reduction. All you need for the

Chair Yoga experience is a chair, towel, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Masks strongly recommended. Instructor: Shadi Haghi, shadihaghi1@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

600401 Thu 7:00 PM-8:00 PM
6/16-7/21 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$56/others \$76

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. Masks strongly recommended. Instructor: Jean Elvin. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

083311 Fri 10:00 AM-11:15 AM
6/17-7/22 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$47/others \$67

Hatha Yoga

This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha Yoga, the class blends balance, strength, flexibility, and power in a fitness format. All you need for the Hatha Yoga experience is a towel, mat, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Masks strongly recommended. Instructor: Shadi Haghi, shadihaghi1@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

600330 Thu 6:00 PM-7:00 PM
6/16-7/21 (6 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$45/others \$65

COMMUNITY INTEREST & OLDER ADULTS



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 to cultivate internal energy (qi) with proper body alignment for better internal energy flow which will enhance their immune systems, and to reduce physical and mental stress. Masks strongly recommended. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

601121 Tue 6:15 PM-7:30 PM
6/14-7/19 (6 meetings)
Mtn View Senior Ctr/Social Hall
Age 55+ \$67/others \$87

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. Masks strongly recommended. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

601123 Tue 7:30 PM-8:45 PM
6/14-7/19 (6 meetings)
Mtn View Senior Ctr/Social Hall
Age 55+ \$67/others \$87

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. Masks strongly recommended. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082401 Tue 6:15 PM-7:15 PM
6/14-7/12 (5 meetings)
Mtn View Senior Ctr/Multi A
Age 55+ \$61/others \$81

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. Masks strongly recommended. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

801610 Mon/Thu 6:00 PM-7:00 PM
6/13-7/14 (8 meetings), No class 6/20, 7/4
Mtn View Senior Ctr/Social Hall
Age 55+ \$90/others \$110



STUDENT SUPPORT SERVICES

TECHNOLOGY SUPPORT FOR STUDENTS

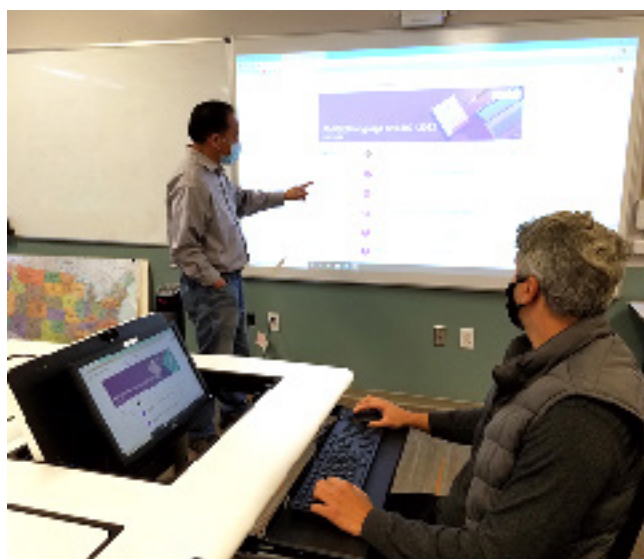
Are you new to the Internet? Do you need help getting onto the Internet from your computer or device? Do you need more guidance and practice with how to send and receive an email? Do you want to learn how access your class online resources? MVLA's Technology Advocate team can help!

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. **On site and online drop-in support available.**

Technology Advocate Summer Drop-In Office Hours

On site Mornings:
Mon, Tue, Fri: 11:30AM-12:30PM
Location: Room 105



TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Advocate Services 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 and registration is required. Visit mvla.net/AS for a list of upcoming workshop dates and to register online.

Basic Internet and Email Skills Workshops

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? You will need to access the Internet, be able to navigate within the Internet, and use email to fully experience and be successful in your class. MVLA Adult School is offering a workshop on Internet and Email basics. Masks strongly recommended. Topics include:

- Difference between a browser and a search engine
- How to search for information on the Internet
- How to create an email account
- How to send and receive/open emails
- How to send attachments via email
- Other topics as requested

In-person workshops:

604123 6/16 Thu 11:00AM-12:00PM AdultSch/Room 105
604124 6/21 Tue 11:00AM-12:00PM AdultSch/Room 105

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

STUDENT SUPPORT SERVICES

ACADEMIC TUTORING

Tutoring services are available for students enrolled in our ESL, GED, and CTE programs. Please contact the coordinator in your specific program area for more information.

WANT TO VOLUNTEER?

We are looking for volunteer tutors in these programs:

ESL: English writing

GED: Math, Language Arts (reading and writing)

Healthcare: Nurses, Doctors, Allied professionals for afternoon or evening MA and CNA classes

Both morning and evening times needed

For more information, please 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 below 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-Fri 9:00AM-1:00PM AdultSch/105

TRANSITION ADVISING AND CAREER SERVICES

MVLA Adult School, along with our partners in the North Santa Clara County Consortium (NSCCC), acknowledges that adult students deserve to attain education and career success. With the assistance of California Adult Education Program (CAEP) funding, we have put in place a Transition Adviser to work one-on-one with students to facilitate their seamless transition to further education and the workforce.

Transition advising and career services are available to adult school 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. <https://as.mvla.net/Services/Transition-Advising-and-Career-Services/>

Gina Riccitelli, Transition Adviser
Office: (650) 940-1333 x4014
Direct: (650) 434-4475
gina.riccitelli@mvla.net



STUDENT SUPPORT SERVICES

CAREER TRANSITION WORKSHOPS

These workshops are available for adult school students registered in any of our core programs or classes, up to one year after course completion. Visit mvla.net/AS for a list of upcoming workshop dates and to register online.

Visit our **Transition Advising and Career Services** web page for more information.

<https://as.mvla.net/Services/Transition-Advising-and-Career-Services/>

Interviewing Preparation

Now that you have an interview, how should you prepare? What types of questions will be asked? Learn and practice how to respond to questions in a way that best demonstrates your knowledge and qualifications.

603402 5/4 Wed 10:45AM – 12:00PM AdultSch/105
603403 6/7 Tue 6:00PM – 7:15PM AdultSch/206

Discover Your Strengths

Do you know what makes you special? Do you have the words to explain your talents, strengths, assets and skills to an employer or interviewer? Let's find out how great you are so you can tell someone else!

604103 5/10 Tue 6:00PM – 7:15PM AdultSch/206

Grow Your Career & Salary

Want to increase your salary, find opportunities for advancement or do something different? Discover how to overcome obstacles, and achieve your goals and salary objectives. Find the career that is best for you and how to get there!

603102 5/18 Wed 10:45AM – 12:00PM AdultSch/105

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.

603204 5/24 Tue 6:00PM – 7:15PM AdultSch/206

Job Search Secrets

Save time and frustration. Learn: (1) How to get the employer's attention (2) The best ways to connect with a recruiter (3) How to effectively job search (4) How to get the job you want!

603303 6/1 Wed 10:45AM – 12:00PM AdultSch/105

TRANSITION ADVISER OFFICE HOURS AND APPOINTMENTS

Our Transition Adviser assists students to obtain education and career goals. Transition advising and career services are available to adult school students registered in any of our core classes or programs. One-on-one meetings are available to discuss:

- Job Seeking Assistance
- Skills and Strengths Finding
- Resume Writing
- Job Search Information
- Career Exploration
- Networking
- Interview Practice
- College Selection and, Application
- Connection to Support Services

Office Hours (6/13-6/28)

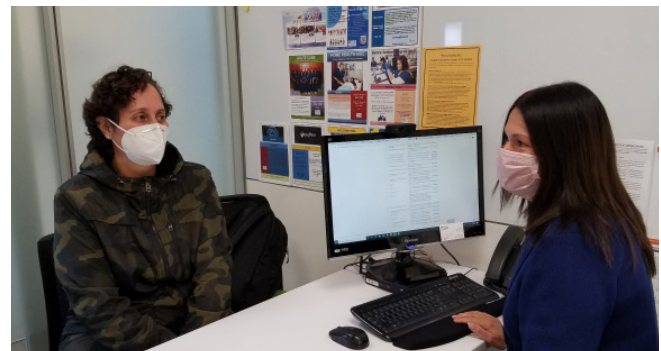
Monday 9:00AM – 3:00PM
Tuesday 9:00AM – 3:00PM
Wednesday 9:00AM – 3:00PM
Thursday 9:00AM – 3:00PM
Friday 9:00AM – 3:00PM

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>

e-Job Board

as.mvla.net/Services/Job-Board

Active job postings for each of our CTE industry sectors can be found online. Employers are encouraged to submit hiring opportunities for our talented population directly through our e-Job Board.



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

REGISTRATION INFORMATION

REGISTRATION BEGINS MAY 13

Note: Registration for Career Technical classes is ongoing.

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

The MVLA Adult School is **offering both In-person and Hybrid/Distance Learning classes for Summer 2022.** Online registration is available for most classes. Classes are open to residents of California only.

Masks are strongly recommended for all in-person classes. 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 call (650) 940-1333 or email 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.

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 cancelled, we will issue a refund to your credit card.

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.

Uniform 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). The policy provides for mediation or investigation, presentation of information relevant to the complaint, follow-up and remedies or appeals as appropriate.

For Title IX Violations, Discrimination and Harassment

Any person who wishes to discuss or file a complaint based on discrimination or harassment should first seek remedy through the office of the school's principal. Depending on the nature of the complaint and/or if the complainant feels that the issue has not been satisfactorily resolved, a written statement may be filed with the principal and a copy sent to the Associate Superintendent of Educational Services.

For Education Code Section 35186 Complaints

Education Code Section 35186 created a procedure for the filing of complaints concerning deficiencies related to instructional materials, conditions of facilities that are not maintained in a clean or safe manner or in good repair, and teacher vacancy or misassignment. The complaint and response are public documents as provided by statute. Complaints may be filed anonymously. However, if you wish to receive a response to your complaint, you must complete the Uniform Complaint form for Instructional Materials, Facilities, Teacher misassignment and file the complaint to the Principal of your school or to the Associate Superintendent of Education Services.

Leyla Benson
Associate Superintendent of Personnel Services
Phone: (650) 940-4650, X0041
Email: leyla.benson@mvla.net



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

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. Debbi Torok
Ms. Fiona Walter

Ms. Catherine Vonnegut
Dr. Nellie Meyer, Supt.

Student Learning 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.



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.





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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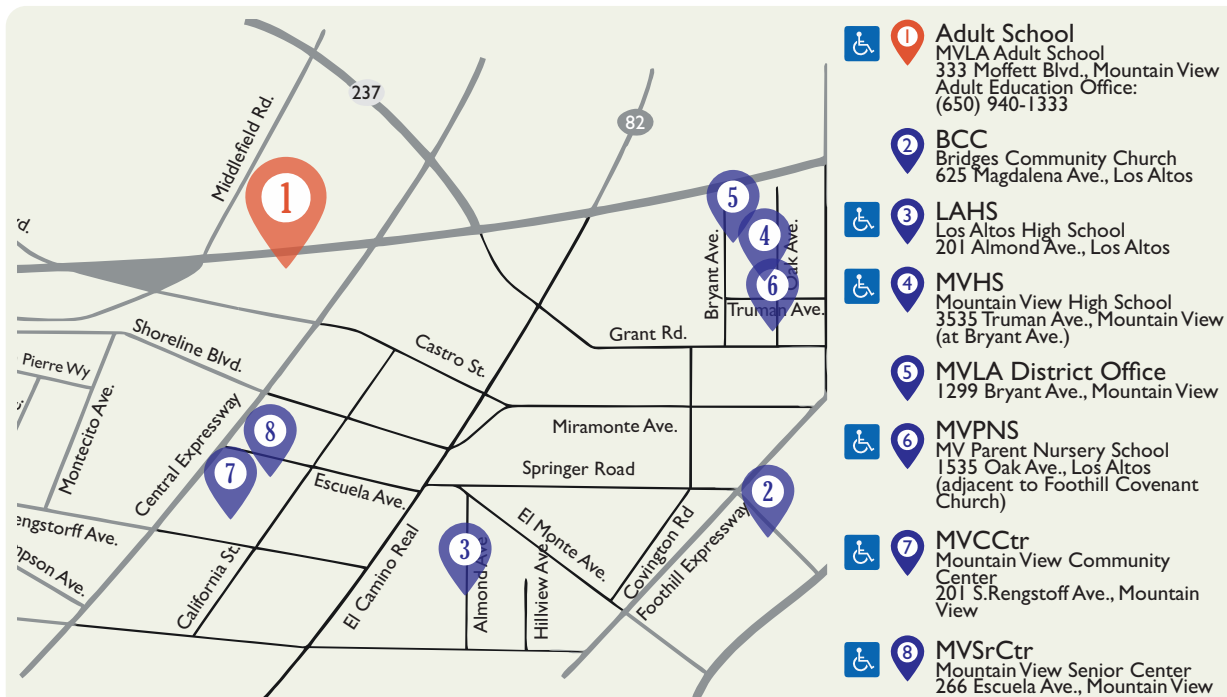
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Mtn . View-Los Altos
High School District

RESIDENTIAL CUSTOMER

ECRWSS

MVLA
ADULT SCHOOL
Learning for a Lifetime



ADULT SCHOOL & CLASS LOCATIONS

MVLA
ADULT SCHOOL