

# Mountain View Los Altos Adult School

[mvla.net/AS](http://mvla.net/AS)  
(650) 940-1333

## Summer 2021

Registration begins May 14th



**MVLA**  
**ADULT SCHOOL**  
Learning for a Lifetime

## Director's Message – Summer 2021



COVID vaccinations are now being made available to all in our county just in time for summer. The county's recent shift to *orange* marks the beginning of the next phase of return in our district. Thank you to all who have provided feedback in the student surveys we have been disseminating in all programs. We will use this student feedback to inform our timeline and format for the next phase of return.

As we continue to advance the timeline and format, we have focused our planning and implementation on prioritizing the following needs:

- Increased student access to learning and technology through the provision of stable Wi-Fi and computers/devices
- Increased Technology Support Services for students through Technology Advocates, a Technology Support Webpage with instructional video library, and Small Group Technology Workshops offered live over Zoom or in-person
- Increased opportunities for CTE skills practice under supervision in a safe environment
- Expanded *Safe Alternative Assessment practices* through online remote testing and onsite parking lot testing

The Adult School Plan for Orange includes an expansion of the current cohort model to include Stable Learning Groups. Our goal in this first phase of implementation is to provide access to an onsite Technology Learning Lab for students to comfortably and safely participate in their distance learning classes (via Zoom). This learning lab will allow students to connect to the school's stable Wi-Fi and access computers. This is our next step towards a full return, and we are committed to a safe, sustainable, and progressive process.

MVLA Adult School's Summer Session begins June 14th with a combination of distance *and* hybrid learning options in Career Technical Education. ESL and Community Interest/Older Adults classes will remain in full distance learning through the summer. Educate and elevate yourself by expanding your knowledge and technology skills through one of our distance learning IT or business courses. Take the next step in your healthcare career by taking advantage of our in-person/hybrid CNA program this summer. Take one of our distance learning or hybrid Continuous Education Units (CEU) workshops to expand your knowledge and renew your license. Looking to develop a new interest? Enrich yourself by learning a new language through a teacher-led zoom class. Explore new and unusual calligraphy styles in our Art Deco Calligraphy class. Improve your health and wellness through gentle exercise, dance, or personal coaching classes accessed online in the comfort and safety of your own home. Remember that learning is for a lifetime at MVLA Adult School.

Brenda Harris, PhD  
Director, MVLA Adult School  
brenda.harris@mvla.net

# Mountain View Los Altos Adult School

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## Summer 2021 Calendar

**Summer 2021 registration begins**  
Friday, May 14

*Note: Registration for Career Technical Education classes is ongoing – go to [mvla.net/AS](http://mvla.net/AS) and click the Registration link*

**Summer 2021 session**  
Monday, June 14 - Monday, July 26

**Holidays/no classes**  
Monday, July 5

**Check [mvla.net/AS](http://mvla.net/AS) in August for Fall 2021 updates.**

## How to Register

The MVLA Adult School is **offering both hybrid and online, distance learning (DL) classes for Summer 2021. Online registration is available** for all classes. Classes are open to residents of California only.

### Online Registration begins May 14th!

Go to [mvla.net/AS](http://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](mailto: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.

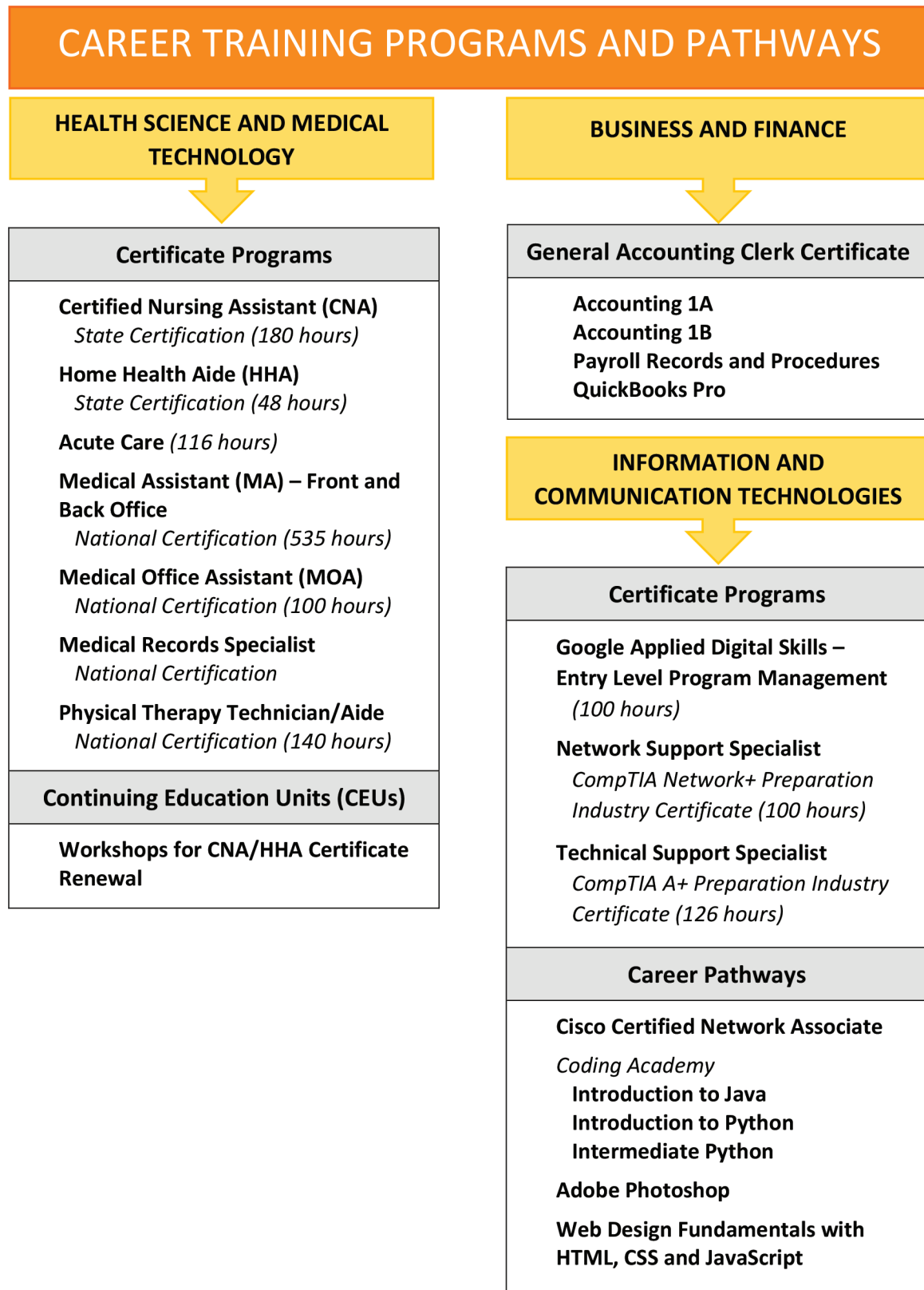
Additional registration information and our refund policy can be found on page 23.

333 Moffett Blvd., Mtn. View, CA 94043  
(650) 940-1333  
[mvla.net/AS](http://mvla.net/AS)  
[facebook.com/MVLAAdultSchool](https://facebook.com/MVLAAdultSchool)  
[instagram.com/mvlaas](https://instagram.com/mvlaas)

**MVLA**  
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Learning for a Lifetime

# 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 2021 courses on the following pages.



# Career Technical Education

MVLA Adult School offers comprehensive training programs and career pathways in the following industry sectors: health science and medical technology, business and finance, and information and communication technologies.

For Summer 2021, some courses are being offered in person while others are being offered via online distance learning. In the event of school closure, classroom-based courses will transition to a hybrid/online distance learning format, including Zoom and Google Classroom. 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. Registered students will be informed of transition and additional distance learning course information.

Registration and enrollment for Career Technical Education classes is ongoing, year-round. For Summer 2021, course

registration is **online only**. Please visit [mvla.net/AS](http://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 23 of this catalog.

For more information about our Career Technical Education programs contact our Program Coordinator at [catherine.rosillo@mvla.net](mailto:catherine.rosillo@mvla.net).



## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Summer 2021	Distance Learning	In-Person /Hybrid
<b>Foundational Courses</b>		
Medical Terminology Fundamentals		✓
<b>Certificate Programs</b>		
Certified Nursing Assistant (CNA)		✓
Home Health Aide (HHA)		
Acute Care		
Medical Assistant (MA)		
Medical Office Assistant (MOA)		
<b>Medical Records Specialist:</b>		
Electronic Health Record Keeping		
Medical Billing and Coding	✓	
Physical Therapy Technician/Aide		
<b>Continuing Education Units (CEUs)</b>		
Workshops for CNA/HHA Certificate Renewal (CEUs)	✓	✓

### Certified Nursing Assistant (CNA) / Medical Assistant (MA) Orientation (Prerequisite for Enrollment)

Students may register in the Certified Nursing Assistant program after they have attended an orientation and passed a reading/writing 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. Most orientations will be held online; check schedule below. All orientations are free of charge. Register online. Additional dates may be added. Please check [mvla.net/AS/CTE](http://mvla.net/AS/CTE) for updates.

DL066010	5/21	Fri	9:00-11:30AM	Online
066011	5/24	Mon	5:00-7:30PM	Online
066012	6/3	Thu	9:00-11:30AM	Online
066013	6/25	Fri	9:00-11:30AM	Online
066014	7/9	Fri	9:00-11:30AM	Online
066015	7/19	Mon	5:00-7:30PM	Online
066016	8/5	Thu	9:00-11:30AM	Online
066017	8/19	Thu	9:00-11:30AM	AdultSch/200

Most orientations will be held online via Zoom. For online orientation, 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. Students will receive meeting information via email prior to the scheduled day of orientation.

# Career Technical Education

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

### **Certified Nursing Assistant (CNA) Program (In-Person) (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 Fall and Winter/Spring sessions).

This is an in-person course. Classes will begin in the classroom at the MVLA Adult School. In the event of a school closure, classes will transition to distance learning. Clinical rotation will take place at a clinical site. In the event that a clinical site is unable to take students, clinical training hours will be temporarily simulated/demonstrated online on distance learning platforms, Zoom and Google Classroom. Specified face-to-face skills will resume when clinical sites are open to students and/or when the MVLA Adult School re-opens and skills lab/classroom are accessible. Additional course information will be provided to students during the first week of the program.

#### **ALL required paperwork is due before start of program.**

Free mandatory resume workshop. Job placement assistance provided. Instructor: Criselda Imperio.

**Prerequisites:** Students must attend an online orientation prior to registering for this program. Register online at [mvla.net/AS](http://mvla.net/AS). See orientation dates on page 3 or check [mvla.net/AS](http://mvla.net/AS) for additional dates and information.

*Medical Terminology Fundamentals* course is highly recommended.

Students need to wear **navy blue scrubs and white solid 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 themselves and provide the school with a copy of the receipt by the first day of class. A fingerprinting form and information about Live Scan locations will be provided during orientation.

#### **Day Program ("Fast Track"):**

063058 Mon-Thu 8:00AM-2:30PM

6/7-8/5, no class 7/5 (9 weeks)

AdultSch/200

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

### **Medical Terminology Fundamentals (In-Person)**

This in-person fundamental course is designed for students seeking a career in the healthcare field. The course will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other health 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. Instructor: Tamara Rood-Spenker, RN.

**This course is highly recommended for anyone planning to enroll in the Certified Nursing Assistant, Medical Assistant, Medical Records Specialist, and Medical Office Assistant programs or any healthcare-related training.**

In the event of a school closure, this classroom-based course will transition to online distance learning, via Zoom and Google Classroom. 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 will email additional course information to students prior to the first day of class.

063419 Tue 9:00AM-1:00PM

6/15-7/20 (6 weeks)

AdultSch/203

\$70



# Career Technical Education

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

### Workshops for CNA/HHA Certificate Renewal – Continuing Education Units (CEUs) (Distance Learning and In-Person Options)

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 1 (one) paid day within two 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: Tamara Rood-Spenker, RN.

The **May and June workshops** are being offered on a distance learning platform. Meetings will be held via Zoom, with additional coursework provided via Google Classroom. 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 will email registered students meeting

information and student login for Google Classroom prior to the first day of class.

The **July workshops** are in-person classes, held in the classroom at MVLA Adult School. In the event of a school closure, the classroom-based workshops will transition to an online distance learning platform, via Zoom, with additional coursework provided via Google Classroom. 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 will email additional course information to students prior to the first day of class.

**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 table below.

Date	Day	Time	Class #	Location	Instructor	Topic	CEUs	Fee
5/11	Tue	8:00AM-2:30PM	DL063305	Online	Spenker	<b>Environmental Safety and CNA Safety</b>	6	\$39
5/13	Thu	8:00AM-2:30PM	DL063306	Online	Spenker	<b>Patient Care and Comfort Measures</b>	6	\$39
5/18	Tue	8:00AM-2:30PM	DL063307	Online	Spenker	<b>Basic Human Needs and CNA Observation</b>	6	\$39
5/21	Fri	8:00AM-2:30PM	DL063297	Online	Spenker	<b>Interpersonal Relationships and Communication</b>	6	\$39
5/25	Tue	8:00AM-2:30PM	DL063308	Online	Spenker	<b>Ethical and Legal Issues Affecting the Nursing Assistant</b>	6	\$39
6/1	Tue	8:00AM-2:30PM	DL063309	Online	Spenker	<b>Resident Safety and Mobility</b>	6	\$39
6/3	Thu	8:00AM-2:30PM	DL063310	Online	Spenker	<b>Caring for Residents with Special Needs</b>	6	\$39
6/8	Tue	8:00AM-2:30PM	DL063311	Online	Spenker	<b>Infection and Infection Control</b>	6	\$39
6/10	Thu	8:00AM-2:30PM	DL063312	Online	Spenker	<b>Environmental Safety and CNA Safety</b>	6	\$39
7/16	Fri	8:00AM-2:30PM	063313	Room 200	Spenker	<b>Interpersonal Relationships and Communication</b>	6	\$39
7/23	Fri	8:00AM-2:30PM	063314	Room 200	Spenker	<b>Patient Care and Comfort Measures</b>	6	\$39

# 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 and Coding* will receive a Medical Records Specialist school certificate. Students who complete both classes also qualify for the National Certification Test for Insurance and Coding Certification through NCCT. This program includes a free optional resume workshop and provides job placement assistance.

### **Medical Billing and Coding (Distance Learning)**

Medical Insurance plays an important role in the financial well-being of every healthcare business. This online distance learning 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 health care 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 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 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 eBook for this course are available on McGraw-Hill Connect.

This course will be held via Zoom and McGraw Hill Connect online platforms. 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 will email registered students Zoom meeting information and online course link prior to the first day of class.

060421 Mon-Thu 8:00AM-12:30PM  
6/21-7/29, no class 7/5 (6 weeks)  
Live Zoom Lecture: 8:00-10:30AM  
McGraw Hill Connect/Office Hours: 10:30AM-12:30PM  
\$175

## BUSINESS AND FINANCE

Summer 2021	Distance Learning	In-Person /Hybrid
<b>Foundational Courses</b>		
Small Business Administration		
<b>Certificate Programs</b>		
<b>General Accounting Clerk Certificate:</b>		
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.



### Accounting 1A: Principles of Small Business Accounting (Distance Learning)

This online distance learning 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 with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 will email registered students Zoom meeting information and online course link prior to the first day of class.

061830 Mon-Thu 1:00-4:30PM  
6/21-7/8, no class 7/5 (3 weeks)  
Live Zoom Lecture: 1:00-3:30PM  
McGraw Hill Connect/Additional Coursework/Office Hours: 3:30-4:30PM  
\$70

### Accounting 1B: Principles of Small Business Accounting (Distance Learning)

Prerequisite: *Accounting IA*. This online distance learning 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.** Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 will email registered students Zoom meeting information and online course link prior to the first day of class.

061829 Mon-Thu 1:00-4:30PM  
7/12-7/29 (3 weeks)  
Live Zoom Lecture: 1:00-3:30PM  
McGraw Hill Connect/Additional Coursework/Office Hours: 3:30-4:30PM  
\$70

# Career Technical Education

## INFORMATION AND COMMUNICATION TECHNOLOGIES

Summer 2021	Distance Learning	In-Person /Hybrid
<b>Foundational Courses</b>		
<b>Coding Academy:</b>		
Introduction to Java		
Introduction to the Python Programming Language	✓	
Intermediate Python Programming	✓	
Adobe Photoshop		
Web Design Fundamentals with HTML, CSS and JavaScript		
<b>Certificate Programs</b>		
Google Applied Digital Skills – Entry Level Project Management		

### Introduction to the Python Programming Language (Distance Learning)

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on, online distance learning 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 online distance learning 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. Instructor: Tamzida Momen.

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

This online distance learning course will be held via Zoom, Google Classroom, and course website. 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 will email meeting and course-related information to students prior to the first day of class.

062729 Mon/Wed 9:00AM-12:00PM  
6/7-7/28, no class 7/5 (8 weeks)  
Live Zoom Lecture: 9:00-11:00AM  
Google Classroom/Additional Coursework/Office Hours: 11:00AM-12:00PM  
\$70

### Intermediate Python Programming (Distance Learning)

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industry applications. This lab-based distance learning course offers proficiency in the core concepts of Python, and the skills and knowledge for building applications using any of the hundreds of thousands of task-specific Python libraries. The curriculum includes flow control, function protocols, exception handling, functional programming, all built-in data types, sequence manipulations, object-oriented features: classes and inheritance, building applications, decorators and dynamic coding. Instructor: Tamzida Momen.

Prerequisite: Previous programming knowledge is required. It is ideal for any technically curious individual looking to learn a high-in-demand, dynamic programming language.

Textbook requirement: Students must purchase a textbook or e-book: *Learning Python, 5th Edition*, Mark Lutz, ISBN: 9781449355739.

This online distance learning course will be held via Zoom, Google Classroom, and course website. 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 will email meeting and course-related information to students prior to the first day of class.

062751 Tue/Thu 9:00AM-12:00PM  
6/8-7/29 (8 weeks)  
Live Zoom Lecture: 9:00-11:00AM  
Google Classroom/Additional Coursework/Office Hours: 11:00AM-12:00PM  
\$70

# ESL – English as a Second Language



## SUMMER 2021

We will be offering online ESL classes this summer over a six-week period, June 14-July 22, 2021. These classes are free.

Classes will be organized by language level from Beginning Literacy to Advanced. Classes will meet online either in the **morning** (Tues/Wed/Thurs, 9:00-11:00AM) or **evening** (Tues/Wed/Thurs, 6:30-8:30PM). These classes begin on Tuesday, June 15.

Shorter senior-focused (55+) English classes will also be available in the **morning** (Mon/Wed). Beginning: 9:00-10:15AM; Intermediate: 10:30AM-12:00PM. These classes begin on Monday, June 14.

These are online classes and meetings will be held via Zoom. 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.

### **Placement Testing for Online Summer Classes via Zoom: Wednesday, June 9 9:00AM or 6:30PM**

Sign up for a testing slot by **Monday, June 7** by contacting [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com). We do not guarantee anyone an English class even if you take the online placement test. The pre-screening process and online placement test are given to determine if we have a class available at a level that is right for you.

## ESL CLASSES

Online placement test **required**. Beginning Literacy through Advanced.

6/15-7/22 (6 weeks)

Tues, Wed, Thu 9:00-11:00AM

Tues, Wed, Thu 6:30-8:30PM

(students choose either morning or evening Zoom sessions)

6/14-7/21

Mon, Wed 9:00-10:15AM

Beginning Level Senior Classes

Mon, Wed 10:30AM-12:00PM

Intermediate Level Senior Classes

## **CITIZENSHIP PREPARATION (Intermediate-level ESL or above)**

If you are interested in online U.S. Citizenship Preparation class, please contact [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com). This is an online class and meetings are held via Zoom. 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. These classes are free and do not require a test.

### **Citizenship Preparation**

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Instructor: Sandy Cutshall. Class will meet via Zoom in the evening (Monday) or afternoon (Thursday). Students should choose one class time.

6/14-7/19

Mondays 6:30-8:30PM

6/17-7/22

Thursdays 12:30-2:30PM

## FALL 2021

Please check [mvla.net/as/esl](http://mvla.net/as/esl) in August for information about Fall 2021 ESL and Citizenship classes.

# High School & GED Programs

For information about any of our programs, contact our Coordinator at [danielle.dinh@mvla.net](mailto:danielle.dinh@mvla.net).

## 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, [mvla.net/AS/HSD/Summer](http://mvla.net/AS/HSD/Summer), for more information.

### DELIVERY MODEL

Online Summer School is self-paced and will be offered through a **Distance Learning** format.

Students will receive a confirmation email after registration closes on April 23, 2021. Confirmed students will be **required to participate in an online orientation** prior to starting their class. Details regarding this online orientation will be sent to the student's email and will be posted on the summer school website. **Orientation must be completed before the start of the enrolled session.**

Students will take their tests and final over Zoom. **Testing hours are Mon-Fri 9:00AM-3:00PM.** Students will have the option of coming to the Adult School for drop-in testing. Drop-in testing will require students to check in between the hours of 9:00AM-10:00AM or Noon-1:00PM, Mon-Fri.

Students can access teachers for academic support during our **Online Office Hours, Mon-Fri 9:00AM-3:00PM.**

### 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 freshmen 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 Session 2021 will be remediation courses only.

### ONLINE SUMMER SCHOOL SESSION DATES

Session 1: Mon 6/14 – Fri 6/25

Session 2: Mon 6/28 – Mon 7/12 (no school 7/5)

Session 3: Tue 7/13 – Mon 7/26

**For more information, to register online, and to submit an application, go to [mvla.net/AS/HSD/Summer](http://mvla.net/AS/HSD/Summer).**



**Please check [mvla.net/AS](http://mvla.net/AS) in August for Fall 2021 updates on the following programs:**

### High School Diploma Program for Adults (Resumes Fall 2021) *(All diploma programs meet district and state requirements)*

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 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](http://mvla.net/AS) in August for Fall 2021 updates.

### Concurrent Enrollment/Credit Recovery (Resumes Fall 2021)

MVLA Adult School offers part-time high school coursework to currently attending district 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 2021)

Pregnant and parenting teens in the MVLA district can earn credits towards their high school diploma through a combination of online coursework and regular teacher meetings through Zoom. Students must consult their high school counselor in order to be officially referred to this program during the regular school year.

# High School & GED Programs

Please check [mvla.net/AS](http://mvla.net/AS) in August for Fall 2021 updates on the following programs:

## GED Test Preparation

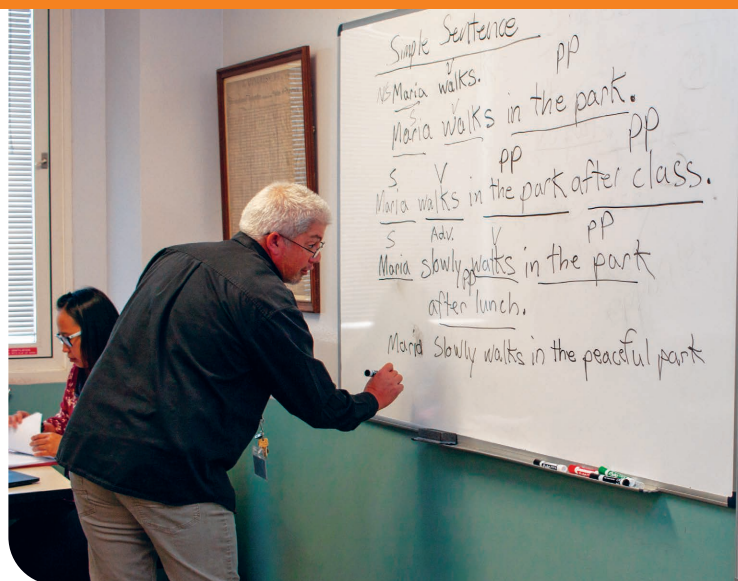
### (Resumes Fall 2021)

Pre-GED and GED classes are unavailable in the summer. Classes will start again in the fall. Please check [mvla.net/AS](http://mvla.net/AS) in August for the latest updates on Fall 2021 GED orientation and course information.

## GED Testing

### (Resumes Fall 2021)

MVLA Adult School is an official Pearson VUE computer-based GED test center. Please check [mvla.net/AS](http://mvla.net/AS) in August for the latest updates on Fall 2021 GED testing.



# Parent & Family Education

## Mountain View Parent Nursery School (MVPNS)

Call (408) 883-KIDS or visit [mvpns.org](http://mvpns.org) to learn more about our programs and enrollment for the 2021-2022 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.

### Parent and Child Classes: The Toddler

Child must be 15 months old by September 1st. 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 or Fri. 8:45-10:45AM)

### Parent and Child Classes: The Two Year Old

Child must be 2 years old by September 1st. The child and parent spend one 2.5-hour session a week together in a school setting. The schedule includes explorative and imaginative play, art, fine and gross motor activities, and music and movement. There will be a parenting lecture and class discussion at the end of each session. (Mon. or Wed. morning)

### Parent Participation Preschool:

#### The Two, Three, Four and Five Year Old

Children must be 2 or 3, or 4 years old for prospective classes by September 1. Classes are held 2 or 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in 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 for 2/Y3's, and 3/Y4's. Three day classes for 3/Y4's and 4/Y5's. Four day classes for 4/Y5's.

# Community Interest & Older Adults Distance Learning



Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) Community Interest & Older Adults classes for Summer 2021, and can only offer online registration** for classes. Visit [mvla.net/AS](http://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 [adulthood@mvla.net](mailto: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.

Looking to develop a new interest or stay connected with our classroom community? Our instructors are offering an exciting array of distance learning classes! Enrich yourself by learning a new language or skill through a teacher-led Zoom class. Please read the individual class descriptions for online platform information and technical requirements. Instructors will send enrolled students a Zoom link via email prior to the first day of class. Feel free to contact instructors if you have any questions about their distance learning classes.

Zoom software is available for Windows and Macintosh desktop computers, Apple iOS devices, and Android devices. For help getting started, visit the Zoom Help Center, [support.zoom.us](http://support.zoom.us).

All Summer 2021 Community Interest & Older Adults distance learning classes offer a discounted rate for students 55 and older.

## 55+ COMPUTER SKILLS ON PC

### Introduction to Google Sheets

Google Sheets allows you to organize, edit, and analyze different types of information using spreadsheets. In this course you will learn about the different ways you can use spreadsheets and how to navigate the Google Sheets interface. You will also learn the basic ways to work with cells and cell content, including how to select cells, insert content, and copy and paste cells. Instructor: Sharon Walker, [sharon.walker@mvla.net](mailto: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.

This is an online class and meetings will be held via Zoom. Instructor will provide meeting information to students via email prior to the first class. Students will learn how to download and install the Zoom application onto their computer, tablet, or other device.

DL082810 Mon/Wed 9:00-11:00AM  
6/14 - 6/30 (6 meetings)  
Age 55+ \$56/others \$76

# Community Interest & Older Adults Distance Learning

## ARTS & CRAFTS

### Art Deco Calligraphy

The Art Deco period of calligraphy had many unusual styles and we will be working with a variety of them. The elegant Macintosh style will be followed by a fun style of writing that incorporates small dots within the letterforms, and which is adaptable for greeting cards, scrapbooks, and fun quotations. Students will need a calligraphy pen such as a Parallel Pen or Manuscript pen (with ink cartridges) or a dip pen such as a Speedball and ink or colors of gouache. For intermediate students, a Speedball B nib or fountain pen with a ball tip will give a very different look to your writing in these styles. Instructor: Sara Loesch-Frank, sarandippityart@gmail.com.

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.

DL084002 Fri 9:30-11:30AM  
6/18 - 7/23 (6 weeks)  
Age 55+ \$96/others \$116



## CURRENT EVENTS, HISTORY & GENEALOGY

### Current Affairs

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Questions about the economy, individual rights, and many other issues will be presented and discussed. Instructor: TBD.

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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

DL087213 Mon 1:00-2:30PM  
6/14 - 7/26, no class 7/5 (6 weeks)  
Age 55+ \$63/others \$83

## LANGUAGE ARTS & LANGUAGES

### Creative Writing Workshop

Maximize your creative energy and growth within an online 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 welcome! Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. 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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

#### Day class:

DL089411 Wed 1:00-3:00PM  
6/16 - 7/21 (6 weeks)  
Age 55+ \$96/others \$116

#### Evening class:

DL089413 Wed 7:00-9:00PM  
6/16 - 7/21 (6 weeks)  
Age 55+ \$96/others \$116

# Community Interest & Older Adults Distance Learning

## French, Beginning I

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). 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.

DL084110 Tue 1:00-3:00PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$96/others \$116

## French, Beginning III

Prerequisite: minimum four quarters of French or equivalent. Students will learn the conjugation system in French verbs. They will increase vocabulary knowledge and improve conversational skills in guided activities, will continue to enhance grammar and listening comprehension, and will develop pronunciation through reading exercises. The students will also become more familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276). 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.

DL084114 Fri 1:00-3:00PM  
6/18 - 7/23 (6 weeks)  
Age 55+ \$96/others \$116

## French, Conversation

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 their ability to express thoughts and opinions in discussions of social and cultural matters. Course material will be provided by the instructor. 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.

DL084103 Wed 9:30-11:30AM  
6/16 - 7/21 (6 weeks)  
Age 55+ \$96/others \$116

## French, Short Stories Discussion and Analysis

Prerequisite: Completion of higher Intermediate French. In this course, students will explore French literature through short stories written by outstanding authors. Students will acquire the tools and vocabulary to discuss literary works, improving comprehension, pronunciation, and grammar. Purchase *Vingt et un contes, Third Edition*, course book online (ISBN: 9780060432201). 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.

DL084120 Mon 2:00-4:00PM  
6/14 - 7/26, no class 7/5 (6 weeks)  
Age 55+ \$96/others \$116

# Community Interest & Older Adults Distance Learning

## German, Beginning I

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](mailto: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 6:00-7:30PM  
6/17 - 7/22 (6 weeks)  
Age 55+ \$72/others \$92

## German, Beginning II

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](mailto: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 6:00-7:30PM  
6/14 - 7/26, no class 7/5 (6 weeks)  
Age 55+ \$72/others \$92

## German Conversation

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](mailto: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 1:30-3:00PM  
6/16 - 7/21 (6 weeks)  
Age 55+ \$101/others \$121

## Memoirs Writing

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. Instructor: Sylvia Halloran, [sylvia.halloran@mvla.net](mailto:sylvia.halloran@mvla.net).

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. 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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

### Thursday class:

DL089513 Thu 1:00-3:00PM  
6/17 - 7/22 (6 weeks)  
Age 55+ \$96/others \$116

### Friday class:

DL089511 Fri 10:00AM-12:00PM  
6/18 - 7/23 (6 weeks)  
Age 55+ \$96/others \$116



# Community Interest & Older Adults Distance Learning

## Spanish, Beginning I (day)

Immerse yourself in the world of Spanish Language by learning basic sentences! Students will acquire and develop listening, speaking, reading, and writing skills as they also gain knowledge about cultural similarities and differences between the United States and the Spanish-speaking world. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, [kate.adams@mvla.net](mailto:kate.adams@mvla.net).

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and workbook (ISBN: 9781634199292), are available for purchase online.

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.

### Tuesday class:

DL086902 Tue 10:30AM-12:00PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$84/others \$104

### Thursday class:

DL086903 Thu 10:30AM-12:00PM  
6/17 - 7/22 (6 weeks)  
Age 55+ \$84/others \$104

## Spanish, Conversation A (day)

This class is intended for beginning Spanish speakers who have taken the equivalent of a Spanish I class, have some experience speaking Spanish, and can read beginning Spanish literature. We will work on our conversational Spanish with minimal review of grammar and focus on basic conversation in tenses that have been learned (past, present, future). Instructor: Kate Adams, [kate.adams@mvla.net](mailto:kate.adams@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. Headphones or earbuds might be helpful for clear audio.

DL085510 Tue 12:30-2:00PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$84/others \$104



## Spanish, Beginning II (day)

Prerequisite: *Beginning Spanish I* or other beginning Spanish class. Students will continue to acquire and develop listening, speaking, reading, and writing skills. Major grammatical structure of the present indicative, preterit and imperfect tense review, and introduction of future tense. If time allows, we will continue down the road. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, [kate.adams@mvla.net](mailto:kate.adams@mvla.net).

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and workbook (ISBN: 9781634199292), are available for purchase online.

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.

DL086904 Thu 12:30-2:00PM  
6/17 - 7/22 (6 weeks)  
Age 55+ \$84/others \$104

# Community Interest & Older Adults Distance Learning

## MUSIC & DANCE

### Beginners for Broadway!

Wish you could tap dance? All you need is two feet and a little floor space. Join us on Zoom as we learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivot turns (no spins). Dancers need about 6 square feet of clear floor space, free of collision and trip hazards and sharp corners. Equipment: a piece of cardboard over a yoga mat will provide enough padding and protection for both carpeted and hard flooring (wood or linoleum). Instructor: Marnie Ridgway, am\_consulting@usa.net.

This is an online class and meetings will be held via Zoom; in addition, access to YouTube is helpful. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a tablet-sized or larger stationary device with an Internet connection and microphone/webcam that can be seen from a 6-foot distance (no phones or other hand-held devices).

The MVLA Adult School and the class instructors assume no responsibility for any injuries arising from participating in this online class.

DL082910 Tue 11:45AM-12:45PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$48/others \$68

### Hula, All Levels

Learn to Sway Da Island Way... with Kumu Makalea! Beginner to advanced students learn traditional Hula incorporated with language, history, and culture of the islands. Beginner students will learn basic techniques (feet and hands) and intermediate/advanced students will be challenged to the next level of their Hula journey. Students need to keep a binder with tabs and binder paper, and pen or pencil. Suggested clothing: non-logo black t-shirt, pa'u or pareau (wrap). A handout of specific expectations will be sent to new students. Please email the instructor directly if you have any questions. Instructor: Makalea Kim, pahulaohana@gmail.com.

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. Please set up your camera so that your whole body can be seen.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL801813 Tue 7:00-8:00PM  
6/15-7/20 (6 weeks)  
Age 55+ \$48/others \$68

## 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. Instructor: Caroline Hui, caroline.hui@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.

DL087311 Tue 1:00-3:00PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$96/others \$116

### 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. Instructor: Caroline Hui, caroline.hui@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.

DL087411 Wed 1:15-3:15PM  
6/16 - 7/21 (6 weeks)  
Age 55+ \$96/others \$116

# Community Interest & Older Adults Distance Learning

## PHYSICAL FITNESS & LIFESTYLE WELLNESS

### **Ballet Barre with Floor Barre, via Zoom with Jean**

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. Instructor: Jean Elvin, [jean.elvin@mvla.net](mailto:jean.elvin@mvla.net), [sweetagility.com](http://sweetagility.com).

Meet from your home, using Zoom! All you need is a chair, countertop, or portable barre, a mat for floor work, and the Zoom application installed on your computer, mobile phone, or other device. The device needs an Internet connection and a microphone and webcam. Students can also connect by landline (audio only, no webcam needed). Instructor will email meeting information to students prior to the first class.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL083320 Mon 4:00-5:15PM  
6/14 - 7/19, no class 7/5 (5 weeks)  
Age 55+ \$50/others \$70

### **Feldenkrais® Awareness Through Movement®, via Zoom with Jean**

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. Instructor: Jean Elvin, [jean.elvin@mvla.net](mailto:jean.elvin@mvla.net), [sweetagility.com](http://sweetagility.com).

Meet from your home, using Zoom! All you need at home is your mat for floor work and the Zoom application installed on your computer, mobile phone, or other device. The device needs an Internet connection and a microphone and webcam. Students can also connect by landline (audio only, no webcam needed). Instructor will email meeting information to students prior to the first class.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL083311 Fri 10:00-11:15AM  
6/18 - 7/23 (6 weeks)  
Age 55+ \$60/others \$80

### **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. Instructor: Master Anthony Wong, [wongwaiyi@hotmail.com](mailto:wongwaiyi@hotmail.com). For more information, visit [chenfamilytaiji.com](http://chenfamilytaiji.com).

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL601121 Tue 6:00-7:30PM  
6/15 - 7/20 (6 weeks)  
Age 55+ \$78/others \$98



# Community Interest & Older Adults Distance Learning

## Tai Chi and Applications, Chen Style – Intermediate

This class will continue the Chen-style Taijiquan form, and applications 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. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com.

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL601123 Tue 7:45-9:15PM

6/15 - 7/20 (6 weeks)

Age 55+ \$78/others \$98

## 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. What you need: 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. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL600401 Fri 6:30-7:30PM

6/18-7/23 (6 weeks)

Age 55+ \$48/others \$68

## 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. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL600330 Thu 6:00-7:00PM

6/17-7/22 (6 weeks)

Age 55+ \$48/others \$68



# Community Interest & Older Adults Distance Learning



## **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.

Instructor: Alejandra Picollo,  
alejandrapicollo822@gmail.com.

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL082400 Tue 6:15-7:15PM  
6/15 - 7/13 (5 weeks)  
Age 55+ \$47/others \$67

## **Zumba Latin**

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. Instructor: Alejandra Picollo,  
alejandrapicollo822@gmail.com.

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.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL801609 Mon/Thu 6:00-7:00PM  
6/14 - 7/15, no class 7/5 (9 meetings)  
Age 55+ \$72/others \$92

# Student Support Services

## TECHNOLOGY SUPPORT FOR STUDENTS

MVLA Adult School acknowledges that some students may face challenges with technology that could affect their ability to engage with distance learning. In response to this need for more student technical support, we have created Technology Advocate Services. These services are designed to address specific technical needs of our students and to help them to be successful in their distance learning courses.

MVLA Adult School offers 3 tiers of technology support for students:

1. **General Technology Resources** - This web page offers a video library consisting of "How to" subjects of interest to students across all programs. The video library is available 24/7 and can be accessed online at: [mvla.net/as/techsupport](http://mvla.net/as/techsupport)
2. **Technology Support Workshops** - We offer workshops with a live instructor designed for small groups to strengthen basic technology skills needed to participate in distance learning. Workshops are held both in-person at MVLA Adult School and online via Zoom.
3. **One-on-One Student Support** - Students who need more individualized support may make a request with their teacher to set up an appointment with a Technology Advocate. Individualized support is provided both in-person at MVLA Adult School and online via Zoom.

MVLA Adult School Technology Advocate Services are available to all students. However, registration is required for the Technology Support Workshops. 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.



## TECHNOLOGY SUPPORT WORKSHOPS

All workshops are free of charge but registration is required. Register online.

Workshops will be held both in-person at MVLA Adult School and online via Zoom. For online workshops, 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. Registered participants will receive the Zoom link 24 hours prior to the workshops, as well as step-by-step instructions for how to download and install the Zoom application. Please email instructor Jim Wong at [jim.wong@mvla.net](mailto:jim.wong@mvla.net) if you are having difficulty or need help with downloading the software.

### Zoom Essentials for Distance Learning

Are you new to distance learning and need some help getting started? Or would you like to learn how to communicate better with Zoom tools and participate more in your online class? This workshop is geared towards 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 in class.

At the end of the workshop, beginning students will be able to access and participate in a Zoom class, and more advanced students will be able to seamlessly move in and out of breakout rooms and communicate more fully with the class via screen sharing and annotation. Contact the instructor for more information: Jim Wong, [jim.wong@mvla.net](mailto:jim.wong@mvla.net).

### In-person workshops:

604110	5/3	Mon 9:00-10:00AM	AdultSch/106
604112	5/5	Wed 1:00-2:00PM	AdultSch/106
604113	5/10	Mon 9:00-10:00AM	AdultSch/106
604114	5/12	Wed 1:00-2:00PM	AdultSch/106

### Online workshops:

DL604102	5/3	Mon 1:00-2:00PM	via Zoom
604111	5/4	Tue 6:00-7:00PM	via Zoom
DL604202	5/10	Mon 1:00-2:00PM	via Zoom

Check the Technology Support for Students webpage [mvla.net/as/techsupport](http://mvla.net/as/techsupport) for information about additional upcoming workshops.

# 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.



## 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](http://cdss.ca.gov/calworks) or the Mountain View Santa Clara County Social Services Agency: [sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx](http://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. Due to the current Adult School physical closure, our CalWORKs representative is available by phone, email, or text during the office hours listed below and by online appointment via Zoom. You may contact our representative at:

Jim Wong, CalWORKs Site Representative, MVLA  
(650) 940-1333 x4105 / [jim.wong@mvla.net](mailto:jim.wong@mvla.net)

Office hours:  
Mon-Thu 9:00AM-1:00PM  
Fri 11:00AM-3:00PM

## 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 Adult Education Program 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
- Online Job Postings at our Job Blog: [mvlaae.wordpress.com](http://mvlaae.wordpress.com)
- College Selection, Application, Registration
- Connection to Support Services

Due to the current physical Adult School closure, transition services will be available Mon-Thu 8:30AM-3:30PM and Fri 8:30AM-12:30PM, via Zoom meetings or Google Meet. Please email Transition Advisor-Coordinator, Tina Dave, at [tina.dave@mvla.net](mailto:tina.dave@mvla.net) to set up a meeting. 24-hour notice to set up a meeting is highly appreciated.

# Registration Information

## REGISTRATION BEGINS MAY 14TH

The MVLA Adult School is **offering both hybrid and online, distance learning (DL) classes for Summer 2021.** **Online registration is available** for all classes. Classes are open to residents of California only.

## 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](mailto: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 and non-residents 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.

### 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) 940-4675.

## 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.*

### 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.

### 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.

### 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:

**Mountain View Los Altos Adult School** [mvla.net/AS](http://mvla.net/AS)

**Palo Alto Adult School** [paadultschool.org](http://paadultschool.org)

**FUHSD Adult School** [fuhsdadultschool.com](http://fuhsdadultschool.com)

**De Anza College** [deanza.edu](http://deanza.edu)

**Foothill College** [foothill.edu](http://foothill.edu)



Find out more about NSCCC at [nscadulterd.com](http://nscadulterd.com).



**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.

