

# Open Registration **FALL 2024**



Fresno Unified School District

Discover Your Professional Journey



**CTE ASE ESL CE**

Preparing Students to Achieve their Educational & Career Goals

[www.fas.edu](http://www.fas.edu)  
f @ @FASAdultSchool

Fresno Adult School  
2500 Stanislaus Fresno, CA 93721

# Principal's Message



Adult education provides lifelong educational opportunities and services throughout California. We at Fresno Adult School are proud to be a part of that statewide effort to address the unique needs of individuals and our community.

Offering a variety of programs, including career pathways and college readiness courses, we support our adult learners in our school district's vision of empowering our valued students, families, and staff to achieve their greatest potential. Through

our courses in the areas of High School Equivalency (HSE), High School Diploma (HSD), Adult Basic Education (ABE), English as a Second Language (ESL), Career and Technical Education (CTE), and Community Education, we promote and foster the core values of learning, positive behavior, accountability, and providing a welcoming place where people and community are appreciated, informed and heard.

I would like to affirm that the staff members at Fresno Adult School are working diligently to guide and support you in your educational goals. So do not hesitate to pursue the many options available to you at low or no costs.

## Rodney A. Branch

*Principal*

## Facility Hours

### Fresno Adult School

*Monday – Thursday*

*8:00 am – 8:30 pm*

*Friday*

*8:00 am – 5:00 pm*

### Main Office Hours

*Monday – Thursday*

*8:30 am – 8:00 pm*

*Friday*

*8:30 am – 5:00 pm*

### Student Counseling Center

*Monday – Fridays*

*8:30 am – 5:00 pm*



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## Important Dates:

Aug 5	Registration Opens for Everyone
Aug 14	Buyback Day
Aug 19	Classes Begin
Sept 2	Labor Day
Oct 18	Buyback Day - No Classes
Nov 11	Veterans' Day
Nov 25 - 29	Thanksgiving Break
Dec 23	Winter Break
Jan 20	M.L. King, Jr. Day
Feb 10	Lincoln's Birthday
Feb 17	Presidents' Day
March 14	Buyback Day - No Classes
April 14 - 21	Spring Break
May 27	Memorial Day
June 9	Fresno Adult School Graduation
June 12	Last Day of School
June 26	Juneteenth Holiday - No School
July 4	Independence Day

# Our Commitment



## **Mission Statement**

Preparing ALL Students to Achieve their Educational and Career Goals

## **Fresno Unified School District**

Where students, families, and staff are valued and empowered to achieve their greatest potential.

## **Fresno Adult School Institution Schoolwide Learner Outcomes**

### ***College and Career Ready students will demonstrate:***

- **Critical Thinking**  
Employing problem solving strategies through the process of analyzing, evaluating, engaging, and applying concepts in a rigorous environment.
- **Effective Communication**  
Applying literacy skills to effectively express thoughts, comprehension, ideas, learning, and challenges across disciplines.
- **Citizenship**  
Applying knowledge of American democracy through civic and community engagement.
- **Leadership**  
Using management skills while engaging in collaboration with empathy, inclusivity, and cultural proficiency.

# Programs We Offer

## Which Program is Right For Me?



### ENROLLMENT & ASSESSMENT

**NOW ENROLLING FOR FALL 2024**



**Career Technical Education (CTE)** Programs are designed for students who are interested in full certificate programs or individual classes that will update their skills, prepare them for a vocation change and equip them with the necessary tools to start their careers in the workplace. All pathways result in industry-recognized certification.



**Adult Secondary Education (ASE)** Earn your High School Diploma or prepare to pass your High School Equivalency Exam. Classes are designed to help you improve basic reading, writing, and math skills geared to assist you in preparing for the High School Equivalency exam (GED, HiSET). All classes are offered in person with some online options.



**English as a Second Language (ESL)** programs focuses on helping students improve listening, speaking, reading and writing skills in English so that they can communicate better in the community and prepare for post-secondary education or career training. Students interested in citizenship can start preparing for the citizenship interview and test now.



**Community Education (CE)** provides opportunities to engage in lifelong learning that utilizes non-credit academic courses to fully engage the brain, heighten physical activity, and maintain healthy social relationships. Students pay a class fee to cover the direct costs of instruction. There may be an additional fee for supplies, materials or a book and are required to be paid to the instructor at the time of the first class meeting.

### Follow Our Socials

f @ @FASAdultSchool

# Registration Information

## Registration Hours

Monday - Thursday ..... 8:30am - 5:30pm

Friday ..... 8:30am - 12:00pm

## FIRST DAY OF CLASS AUGUST 19

Please prepare the following upon registration:

- Valid Photo ID (Driver's License, State ID, Passport)
  - Email Address
  - Children are not permitted in assessment areas.
- 
- English as a Second Language (ESL)
  - Citizenship
  - Career & Technical Education (CTE)
  - Adult Basic Education (ABE)
  - High School Equivalency (HSE - GED - HiSET)

## How to Register

1. You must be at least 18 years old.
2. Bring your photo ID to Fresno Adult School's Main Office
3. Complete a CASAS placement assessment (not required for most CTE courses)
4. Receive a schedule and a date to begin classes
5. Please note:
  - High School Diploma students are required to schedule an appointment with the counselor to obtain their schedule and coursework.
  - Time it takes to register may vary depending on program and time of year.

**For CTE enrollment, please allow 1-2 hours. All other programs enrollment, please allow 2-3 hours.**

**Attendance Policy for ABE/ASE & ESL Programs:** *A student who accumulates five absences will be unable to continue classes and will be required to reenroll for the next quarter.*

# Adult Secondary Education

**Earn your High School Diploma or prepare to pass your High School Equivalency Exam.**



## What is Adult Basic Education?

Adult Basic Education (ABE) classes are designed to help you improve basic reading, writing, and math skills. These classes will help you brush up on basic skills and prepare you for the high school diploma program, the high school equivalency program, and CTE courses.

## What is Edgenuity?

Edgenuity is an on-line platform that offers all required courses needed for graduation. Edgenuity is offered in an on campus setting where a teacher supports students with the following: Opening tests, tutoring, new course assignment support, 1:1 student progress review, etc. Students work on-site with an Edgenuity instructor in our Edgenuity Lab.

## What is AZTEC?

Aztec is an on-line program offered on-site at FAS that includes basic skills support, high school equivalency preparation, and high school equivalency preparation in Spanish.



## What is the High School Diploma Program?

The High School Diploma (HSD) program offers a wide variety of educational classes in order for the continuing learner to earn their high school diploma. Students may take a combination of traditional instruction courses, on-line Edgenuity courses, and independent study courses. All high school diploma classes are offered in person. **\*All students are currently required to have their own device (technology) to attend any remote only classes (must meet eligibility requirements).**

## High School Diploma Credit Requirements

Subject / Credits	
English .....	40
Economics .....	5
American Government .....	5
U.S. History .....	10
Modern World History .....	10
Life Science .....	10
Physical Science .....	10
World Language/Arts .....	10
Algebra .....	10
Math .....	20
Electives .....	50
<b>= 180 REQUIRED CREDITS</b>	

**1<sup>st</sup> QUARTER August 19, 2024 - October 18, 2024 // 2<sup>nd</sup> QUARTER October 21, 2024 - December 20, 2024**

PERIOD 1	8:30am – 10:20am	&	<b>*8:30am - 11:30am</b>
PERIOD 2			10:40am – 12:30pm
PERIOD 4	5:30pm – 7:30pm	&	<b>*5:30pm - 8:30pm</b>

HiSET Exams are available only to current Fresno Adult School enrollees. The cost is \$105.00 for all five tests and includes a \$20 state fee. Each subtest costs \$17 per subject. Testing calendar will be available on the Fresno Adult School website.

Students will register and pay for the HiSET Test in the Fresno Adult School main office.

# Career & Technical Education



RECEIVE YOUR CERTIFICATE & TRAINING AT FRESNO ADULT SCHOOL

## What is CTE?

Career Technical Education (CTE) Programs are designed for students who are interested in full certificate programs or individual classes that will update their skills, prepare them for a vocation change and equip them with the necessary tools to start their careers in the workplace. All pathways result in industry-recognized certification.



## HEALTH - PATIENT CARE

### **Certified Nursing Assistant (CNA)**

9 Weeks — Requirements:

- Computers in the Workplace
- High School Diploma or High School Equivalency Certificate

### **Licensed Vocational Nurse (LVN)**

14 Months — Requirements:

- High School Diploma or High School Equivalency
- Valid CNA Certification
- Pre-requisite Health Courses
- LVN Workshop
- PNAT Placement Test
- Computers in the Workplace

**Health Pre-requisites** (High School Diploma or High School Equivalency Required)

- Medical Study Skills (LVN)
- Medical Terminology
- Medical Math (LVN)
- Anatomy & Physiology

All health courses have lab fees (\$).

## HOSPITALITY

### **Custodial**

- 10-13 Weeks

#### **Requirements:**

- High School Diploma or High School Equivalency Certificate
- Computers in the Workplace

### **Food Service**

- 6 Weeks

#### **Requirements:**

- High School Diploma or High School Equivalency Certificate (recommended)
- Computers in the Workplace
- Placement Test





## EDUCATION

### **Paraprofessional**

6 Week Evening Course where you will achieve skills in:

- Classroom management
- Working in diverse classrooms
- Communicating with staff, students and parents
- Working with special education students

#### **Requirements:**

- High School Diploma or High School Equivalency Certificate
- Computers in the Workplace
- Placement Test

## BUSINESS

### **Professional Office Assistant (General)**

4 Months (Day/Evening) Courses Include:

- Word & Excel for the Professional
- Excel for the Professional
- Office Records Info Management
- Business Communications
- Keyboarding Test Pre/Lab
- General Office Internship

### **Professional School Office Assistant**

4 Months (Day/Evening) Courses Include:

- Word & Outlook for the Professional
- Excel for the Professional
- Office Records Info Management
- Business Communications
- Keyboarding Test Pre/Lab
- FUSD Office Internship
- Applying & Interviewing for FUSD

#### **Requirements:**

- High School Diploma or High School Equivalency Certificate
- Computers in the Workplace
- Placement Test

### **Introduction to Welding (14 weeks)**

#### **Requirements:**

- High School Diploma or High School Equivalency Certificate
- Computer in the Workplace



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# English as a Second Language

## What is the ESL Program?

Our English as a Second Language (ESL) program focuses on helping students improve listening, speaking, reading and writing skills in English so that they can communicate better in the community and prepare for post-secondary education or career training. Career Technical Education (CTE) courses are also available for ESL students.

**1<sup>st</sup> Quarter 8/19/2024 - 10/11/2024 / 2<sup>nd</sup> Quarter 10/14/2024 - 12/20/2024**

PERIOD 1	8:30am – 10:20am
PERIOD 2	10:40am – 12:30pm
PERIOD 4	5:20pm – 8:20pm

### Citizenship

Students in the Citizenship program prepare for the citizenship interview and 100 question civics test. Review important facts about American history and government. Learn about American culture and geography and how to complete the N-400 application for naturalization. Receive one-on-one oral practice to prepare for the naturalization interview.

### Computer Applications

This course is for those who have mastered a basic understanding of computer foundations and are ready to build their skills in the Microsoft Office and the Google Suite.

### Digital Literacy

*(This is NOT a pre-requisite of Computer Applications)*

This course is for people that have little to no experience with computers. It is focused on basic computer foundations: how to use a mouse, touch typing, computer parts and processes, email and internet basics.

### ESL Beginning Literacy

**Listening/Speaking:** Functions minimally, if at all, in English. Communicates only through gestures and a few isolated words. Can understand simple yes/no questions and some questions.

**Reading/Writing:** Can understand very common words and symbols to meet basic personal and survival needs. Can understand important information on flyers and signs, such as time, days of the week, months, years, and numbers 1-100. Can recognize the meaning of some frequently occurring words and phrases on simple public signs and very basic forms.

### ESL Beginning Low

**Listening/Speaking:** Functions in a very limited way in situations related to immediate needs; asks and responds to basic learned phrases spoken slowly and repeated often. Can understand common yes/no questions and wh- questions on familiar topics.

**Reading/Writing:** Can understand transportation, health, and workplace signs with multiple words or symbols and can comprehend short texts such as simple work forms. Can understand frequently occurring words, simple phrases, and formulaic expressions beyond basic needs such as in labels and work schedules.

### ESL Beginning High

**Listening/Speaking:** Functions with some difficulty in situations related to immediate needs; may have some simple oral communication abilities using basic learned phrases and sentences. Can take turns in interactions with others and respond to simple wh- questions with noticeable ease. Can participate in and understand the main idea of conversations about familiar topics and contexts.

**Reading/Writing:** Can understand simple material on familiar topics such as workplace notices, advertisements, and common forms. With support, can identify the main topic and locate information in short familiar texts and ordered lists. Can determine the meaning of frequently occurring words, phrases, and expressions in written texts about familiar topics such as basic directions, schedules, signs, maps, and menus.



## ESL Intermediate Low

**Listening/Speaking:** Can satisfy basic survival needs and very routine social demands. Understands simple learned phrases easily and some new simple phrases containing familiar vocabulary, spoken slowly with frequent repetition. Can integrate the ideas of multiple speakers in routine conversations and answer relevant questions about familiar topics. Can follow basic rules for discussion and ask questions to gain information and clarify understanding.

**Reading/Writing:** Can understand text in formats such as tables, checklists, and more detailed forms in the workplace. With help, can cite specific details from and summarize texts such as routine emails and webpage content. Using context, can determine the meaning of general words and phrases and frequently occurring expressions in written texts about familiar every day and work contexts, such as in simple written instructions and basic terms uncommon computer applications.

## ESL Intermediate High

**Listening/Speaking:** Can satisfy basic survival needs and limited social demands; can follow oral directions in familiar contexts. Has limited ability to understand on the telephone. Understands learned phrases easily and new phrases containing familiar vocabulary. Can participate in routine conversations, discussions, and exchanges of information about a range of work and life topics and issues delivered at a normal rate. Can understand instructions in a variety of contexts.

**Reading/Writing:** Can understand the overall structure of most written materials in everyday and workplace communications and as well as diagrams. The class enhances students' ability to apply reading skills for

efficient online document and information retrieval. The class fosters proficiency with some technical vocabulary related to work needs and a growing number of idiomatic expressions which aid in understanding website organization and business correspondence.

## FCC English for Multi-Lingual Speakers - Reading/Writing

**Reading/Writing:** Can understand the overall structure of most written materials in every day, and workplace communications as well as diagrams. Can apply reading skills to searching for documents and information online efficiently. Has proficiency with some technical vocabulary related to work needs and a growing number of idiomatic expressions which aid in understanding website organization and business correspondence.

## FCC English for Multi-Lingual Speakers - Listening/Speaking

**Listening/Speaking:** Can satisfy basic survival needs and limited social demands; can follow oral directions in familiar contexts. Has limited ability to understand on the telephone. Understands learned phrases easily and new phrases containing familiar vocabulary. Can participate in routine conversations, discussions, and exchanges of information about a range of work and life topics and

## VESL: Health Careers (Spring 2025)

A course focused on 200 terms related to the Certified Nursing Assistant (CNA) Program.



# Community Education

## What is Community Education?

Community Education provides opportunities to engage in lifelong learning that utilizes non-credit academic courses to fully engage the brain, heighten physical activity, and maintain healthy social relationships. Our program receives no federal or state funding. Students pay a class fee to cover the direct costs of instruction. There may be an additional fee for supplies, materials or a book. These additional fees are required to be paid to the instructor at the time of the first class meeting.

### 3 Easy Ways to Register For Community Education Classes

1

#### REGISTER ONLINE

Log on to [fas.asapconnected.com](https://fas.asapconnected.com) or scan the QR Code below. (Visa or MasterCard accepted)

2

#### CALL US

Using Visa or MasterCard only. Call us at (559) 248-5780 or (559) 457-6000.

3

#### IN PERSON

Walk into the Fresno Adult School, located at 2500 Stanislaus Fresno, CA. 93721

#### IMPORTANT NOTICE:

- Classes may be canceled if a minimum enrollment is not met. Classes are not held when there are school holidays/breaks. To receive the senior discount, you must register for these classes in person. A discount of 50% for seniors age 55 or older (discounted price is listed).
- A \$4 registration fee per invoice will be applicable. Families can register for classes together on one invoice for one \$4 registration fee.



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## BIA Exam 2024-25

After test takers pass both portions (Vocabulary and Reading Comprehension), the Department of English Learners Services will schedule them for the oral portion of the exam. Sign up to take the exam by visiting Community Education Career Enhancement – at least 24 hours in advance.

### UPCOMING BIA EXAM DATES/TIMES:

Fresno Adult School Room #108 (Tuesdays)			
<i>Aug 20</i>	<i>8:30 - 11:00</i>	<i>Feb 11</i>	<i>8:30 - 11:00</i>
<i>Sept 17</i>	<i>1:00 - 3:30</i>	<i>March 11</i>	<i>1:00 - 3:30</i>
<i>Oct 15</i>	<i>8:30 - 11:00</i>	<i>April 8</i>	<i>8:30 - 11:00</i>
<i>Nov 12</i>	<i>1:00 - 3:30</i>	<i>May 13</i>	<i>1:00 - 3:30</i>
<i>Dec 17</i>	<i>8:30 - 11:00</i>	<i>June 10</i>	<i>8:30 - 11:00</i>
<i>Jan 14</i>	<i>1:00 - 3:30</i>		

## Typing Test

Typing tests dates vary. Please check our website for test dates.

<https://fas.asapconnected.com/?#CourseID=61633>. Due to limited seating during allotted times, walk-ins are not accepted.

### What to Bring:

- A copy of your receipt to present upon your arrival or have a digital copy readily available on your phone, tablet, etc.
- A form of picture identification

### Where:

- Fresno Adult School main campus located at 2500 Stanislaus; Fresno, CA 93721
- Room 101; **Please be on-time.**

### What to expect on the day of the test:

- A short wait may be required. You will be seated as computer stations become available. Thank you in advance for your patience.
- 20 Minutes will be provided to practice, three 5 minute tests and the best out of three will be your final score
- This typing test consists of transcribing from book to computer/test session
- You will receive a copy of your certificate following the testing session. This will require a short wait as it is being prepared. Thank you in advance for your patience.

### Refund Policy:

- Refunds will not be issued for no shows or student initiated cancellations. In the result we are unable to provide the test, a credit will be given to apply to another testing date.

# 2024 Fall Course Catalog

## Animal Care (Instructor: Tammy Goode)

### DOG OBEDIENCE TRAINING

Come have fun training and learning basic obedience commands with your dog. In this class you will learn how to communicate effectively with your canine by using clear, firm, repetitive hand and verbal signals. Please wear a hip pack containing your canine's favorite treats or kibble as training is based on food reward. **Minimum dog age: 4 months.**

**(NO CLASS SEPT 2.)**

## Arts & Craft (Instructor: Amy Grimaldo)

### JEWELRY MAKING BASICS (LEVEL 1)

Learn the fundamentals to Jewelry Making in this level one beginner class. Create something you'll love to wear in a style, color, and size you select. You will create a beaded necklace, bracelet, or anklet with optional adjustable closure using professional methods built to last. We will cover tools, materials, and techniques necessary to create beautiful custom-made jewelry you design. This class covers a broad variety of topics including tips to ordering supplies online, terminology, material selection, design possibilities, and technical options. This class suitable for ages 11 to 99.

### JEWELRY MAKING BASICS (LEVEL 2)

This is a Level 2 advanced jewelry-making class. We'll cover the tools, materials, terminology, and techniques needed to create beautiful, custom-made jewelry that reflects your personal size and style. Skills taught will include simple wire work, such as creating jump rings, using headpins, working with chains, and more. Please note that you must complete Jewelry Making Basics Level 1 before enrolling in this course. This class is suitable for ages 14 and up. **Instructional Materials: Students will need to bring their basic jewelry kit from Jewelry**

**NO DOGS ALLOWED on the first night.** On the FIRST NIGHT, bring a COPY (NOT YOUR ORIGINAL) of your dog's CURRENT shot records showing current rabies & DHPP (distemper, hepatitis, parainfluenza and parvovirus). (THIS COPY NEEDS TO BE LEFT WITH THE INSTRUCTOR.) Wear comfortable shoes. We'll be on grass and concrete.

#DO012.25	6:00pm - 7:00pm
6 Classes / Mon.	9/9 - 10/14
Location: Belcher Dog Park Fresno	
2158 E. Alluvial Ave	Fee: \$60

**Instructional Materials:** The required materials fee through the instructor is \$25. This fee will include mandatory tools and findings. Students will need to bring their own beads. Additional beads, tools, and materials will be available for optional purchase in class upon student request.

#TBD	10:00am - 12:30pm
2 Classes / Mon.	9/11 - 9/19
Location: Fresno Adult School	
2500 Stanislaus St.	Fee: \$49

#TBD	10:00am - 12:30pm
2 Classes / Mon.	9/11 - 9/19
Location: Fresno Adult School Room TBD	
2500 Stanislaus St.	Fee: \$49

**Making Level 1.** Required materials to be purchased through the instructor are \$25. Students may bring their own beads and chains. Additional beads, tools, and materials will be available to purchase in class upon student request.

#TBD	10:00am - 12:30pm
3 Classes / Wed	9/25 - 10/9
Location: Fresno Adult School	
2500 Stanislaus St.	Fee: \$75

#TBD	10:00am - 12:30pm
3 Classes / Wed	11/11 - 11/20
Location: Fresno Adult School Room TBD	
2500 Stanislaus St.	Fee: \$75

## CRICUT MACHINE BASICS

Discover the endless possibilities with your Cricut Machine! In this class, you'll start with the basics of machine setup and progress to creating personalized projects in Design Space. We'll guide you through making cards, designing custom signs, and crafting coffee mugs. You'll learn layering techniques, explore pre-made projects, and gain the skills to create your own designs, including uploading your own logo. Additionally, we'll cover essential tools, supplies, and various design techniques to bring your creative ideas to life.

**Instructional Materials:** Students must bring their own Cricut Air, Cricut Air2, Cricket Maker, or Cricket Joy machine.

Students must also bring a laptop, tablet or cell phone with internet and Bluetooth capabilities. A materials fee of \$25 for necessary supplies and handouts.

#TBD	10:00am - 12:30pm
4 Classes / Thu	9/26 – 10/17
Location: Fresno Adult School	Room TBD
2500 Stanislaus St.	Fee: \$99

#TBD	10:00am - 12:30pm
4 Classes / Thu	10/31 – 11/21
Location: Fresno Adult School	Room TBD
2500 Stanislaus St.	Fee: \$99

## Dance

### BEGINNING TAP DANCE

This class will help students improve and build on their basic tap skills and learn new steps and combinations. Students will learn short routines, all while enjoying the fitness benefits of dance in a comfortable environment.

#DA40181.6	4:15pm - 5:15pm
10 Classes / Thur.	9/5 – 11/7
Location: Bulard Talent	Room 21
4950 N. Harrison Ave.	Fee: \$110
	(Seniors \$55)

Instructor: Cheryl Gollmer

## INTERMEDIATE TAP DANCE

#DA40181.6	4:15pm - 5:15pm
10 Classes / Mon.	9/9 – 11/18
Location: Bulard Talent	Room 21
4950 N. Harrison Ave.	Fee: \$110
	(Seniors \$55)

Instructor: Cheryl Gollmer  
(NO CLASS NOV 11.)

### LINE DANCE

#DA400.10	11:00am - 12:00pm
17 Classes / Tue & Thu	8/20 – 10/15
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)

#DA400.10	11:00am - 12:00pm
17 Classes / Tue & Thu	10/17 – 12/19
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)

Instructor: Mario Moreno  
(NO CLASS NOV 26 & 28.)

### BALLROOM DANCE

#SD40184.48	11:00am - 12:30pm
24 Classes / M-W-Fri	8/19 – 10/14
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$176
	(Seniors \$88)

#SD40184.49	11:00am - 12:30pm
24 Classes / M-W-Fri	10/16 – 12/20
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$176
	(Seniors \$88)

Instructor: Mario Moreno

### EAST & WEST COAST SWING DANCE

#SD40183.7	9:45am - 10:45am
24 Classes / M-W-Fri	8/19 – 10/14
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$168
	(Seniors \$84)

#SD40183.8	9:45am - 10:45am
24 Classes / M-W-Fri	10/16 – 12/20
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$168
	(Seniors \$84)

Instructor: Mario Moreno

# Fitness / Health & Wellness

## PHYSICAL FITNESS (Instructor: Mario Moreno)

In this class, every part of your body will get a workout with the use of stretch bands, balls, and weights. Exercises are done both seated and standing and can be modified according to each individual's level. Class starts off with a series of stretches. A series of balance exercises are also incorporated into the class. Most exercises are accompanied by music. This class will help both your body and mind and is a great way to get fit and stay toned. Bring 1 lb hand weights, a stretch band, a small and large exercise ball. Wear comfortable exercise shoes and appropriate clothing.

#PF403sr.10	8:30am - 9:30am
24 Classes / M-W-Fri	8/19 – 10/14
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$168
	(Seniors \$84)

#PF403sr.11	8:30am - 9:30am
24 Classes / M-W-Fri	10/16 – 12/20
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$168
	(Seniors \$84)

## PILATES (Instructor: Mario Moreno)

Pilates is a gentle way to exercise. If you're an older adult and haven't exercised in a while, Pilates is a safe way to restart a workout program. This class will focus on building a strong "core"—the deep abdominal muscles along with the muscles closest to the spine. Many of the exercises are performed on the floor on a yoga mat, and most are low impact and partially weight-bearing. The mat exercises will help you quickly gain a lot of strength and confidence in the Pilates method. Bring a yoga mat. Wear comfortable exercise shoes and appropriate clothing.

#PL401.7	9:45am - 10:45am
16 Classes / Tue & Thu	8/20 – 10/10
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)

#PL401.8	9:45am - 10:45am
16 Classes / Tue & Thu	10/15 – 12/12
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)



## TAI CHI (Instructor: Mario Moreno)

Tai Chi – an ancient martial art, a moving meditation, an exercise for body and mind. You will learn a series of slow continuous movements to strengthen the body and calm the spirit. This class will improve your balance while helping improve overall health.

#TC4000.7	8:30am - 9:30am
16 Classes / Tue & Thu	8/20 – 10/10
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)

#TC4000.8	8:30am - 9:30am
16 Classes / Tue & Thu	10/14 – 12/20
Location: Fresno Adult School	Room 110
2500 Stanislaus St.	Fee: \$126
	(Seniors \$63)

# Foreign Language

## KHMER - CONVERSATION BEGINNING

(Instructor: Setha Nhim)

Learn the basic conversations that Cambodians use on their daily basis.

This course covers useful phrases in the conversations that Cambodians use on their daily basis. This course covers useful phrases in the Khmer language. At the end of this course participants will be able to conduct basic conversations in Khmer.

#FL25000.k1	5:30pm - 7:00pm
13 Classes / Tue	8/27 – 10/9
Location: Norseman Elementary	Room 9
4636 E Weldon Ave.	Fee: \$60

#FL25000.k2	5:30pm - 7:00pm
13 Classes / Tue	10/21 – 12/11
Location: Norseman Elementary	Room 9
4636 E Weldon Ave.	Fee: \$60

**HMONG - BEGINNING**

(Instructor: Choua Her)

Learn Hmong Alphabet (Toners, Consonants, vowels & basic pronunciations, basic greetings, name objects, common classifiers, food & Health and learn about likes, dislikes, skills & talents.

#FL25000.h2	6:00pm - 7:30pm
8 Classes / Tue	10/1 – 11/19
Location: Norseman Elementary	Room 8
4636 E Weldon Ave.	Fee: \$45

**SPANISH - BEYOND BEGINNING**

(Instructor: Alejandra Baltazar Diaz)

Now that you are speaking some basic Spanish, the focus of this class will be on the conjugation of verbs (past perfect, present continuous, etc.) and adding more advanced vocabulary to your knowledge base. We'll explore the many tenses and will begin to construct more complicated sentences.

*Requires Book: Complete Spanish Step-by-Step, Premium Second Edition by Barbara Bregstein. Purchase on Amazon (\$16.45-\$21.29). Please bring the book on the first day of class.*

#FL50183.s4	6:00pm - 8:00pm
8 Classes / Wed	10/22 – 12/17
Location: Fresno Adult School	Room 207
2500 Stanislaus St.	Fee: \$75



**SPANISH - BEGINNING**

(Instructor: Alejandra Baltazar Diaz)

Learn basic Spanish vocabulary, pronunciation and phrase development from a native Spanish speaker. This class will give you the basic foundation needed so you can start speaking and understanding basic Spanish.

*Requires Book: Complete Spanish Step-by-Step, Premium Second Edition by Barbara Bregstein. Purchase on Amazon (\$16.45-\$21.29). Please bring the book on the first day of class.*

#FL50183.s2	6:00pm - 8:00pm
8 Classes / Mon	10/21 – 12/16
Location: Fresno Adult School	Room 207
2500 Stanislaus St.	Fee: \$75

**SPANISH - INTERMEDIATE**

(Instructor: Alejandra Baltazar Diaz)

Now that you are speaking some basic Spanish the focus of this class will be on the conjugation of verbs (past perfect, present continuous, etc.) and adding more advanced vocabulary to your knowledge base. We'll explore the many tenses and will begin to construct more complicated sentences.

*Requires Book: Complete Spanish Step-by-Step, Premium Second Edition by Barbara Bregstein. Purchase on Amazon (\$16.45-\$21.29). Please bring the book on the first day of class.*

#FL50183.s6	6:00pm - 8:00pm
8 Classes / Wed	10/23 – 12/18
Location: Fresno Adult School	Room 207
2500 Stanislaus St.	Fee: \$75

**SPANISH - ADVANCED**

(Instructor: Alejandra Baltazar Diaz)

Yeah! Now, you will improve your ability to communicate more effectively in Spanish. The focus of the class will be on intense conversation, as well as reading and writing. Being able to speak Spanish fluently will enable you to improve relationships with speakers of Spanish on the job or add enjoyment to your travel experiences.

*Requires Book: Complete Spanish Step-by-Step, Premium Second Edition by Barbara Bregstein. Purchase on Amazon (\$16.45-\$21.29). Please bring the book on the first day of class.*

#FL50183.s6	6:00pm - 8:00pm
8 Classes / Thur	10/24 – 12/19
Location: Fresno Adult School	
Room: 207	Fee: \$75

# Music

## NEW HORIZONS BAND & ORCHESTRA

Dust off that band or string orchestra instrument, and come play music with us. New Horizons is an open group of adults with past instrumental experience. Reconnect with your joy of making music with us. There are over 180 New Horizons Music programs throughout the United States and Canada, four of which are located in California. The Fresno charter started in 2010. We are an intermediate-level concert band with nearly 50 musicians and a string orchestra of nearly 20 members. No audition is required for these performing ensembles. All ensembles perform at least one concert per semester.

New Horizons Music programs provide a re-entry point to music-making for adults who were active in school music programs but have been inactive for a number of years. The band and orchestra are at an intermediate/ advanced intermediate level. Currently, we are not taking beginning instruments. You will need to supply your own instrument.

Instructional fee of \$50 is paid to Fresno Adult School when you register online plus a \$4.00 processing fee. An additional \$50 materials fee is due at the first rehearsal, payable to New Horizons. This fee covers the cost for music and other operational expenses.

Rehearsals are at Bullard HS from 6:00 to 8:00 on Wednesday nights beginning August 21, 2024. The concert date TBA at the first rehearsal.

Class location: Bullard High School Music Building. 5445 N. Palm., NW corner of Palm and Bastow.

For more information, contact the directors:

**Band & Jazz: Craig Erker -**

*Craig.Erker@gmail.com*

**Orchestra: Christopher Clark**

*Christopher.Clark@fresnounified.org*



### NEW HORIZON BAND

(Instructor: Craig Erker)

#MU601721.h1	6:00pm - 8:00pm
16 Classes / Wed	8/21 – 12/11
Location: Bullard High School	Room N71
5445 N. Palm Ave	Fee: \$50

### NEW HORIZON JAZZ (NEW!)

(Instructor: Craig Erker)

#MU601723.j1	6:00pm - 8:00pm
16 Classes / Thu	8/22 – 12/12
Location: Bullard High School	Room TBD
5445 N. Palm Ave	Fee: \$50

### NEW HORIZON ORCHESTRA

(Instructor: Christopher Clark)

#MU601722.ho1	6:00pm - 8:00pm
16 Classes / Thu	8/21 – 12/11
Location: Bullard High School	Room N-75
5445 N. Palm Ave	Fee: \$50

## WATCH OUR VIDEO



SCAN HERE

# Community Education Class

## Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (Day): (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MM DD YYYY

Email: \_\_\_\_\_

CLASS #	COURSE TITLE	FEE
		\$
		\$
		\$
		\$
REGISTRATION FEE	NON-REFUNDABLE	\$ 4.00
TOTAL:		

*If under 18, parent signature is required.*

\_\_\_\_\_  
 \*Parent/Student Signature Date

\_\_\_\_\_  
 Payment Received by Date

**Payment Method: (Checks, Money Orders, MasterCard, Visa, Cash in person only)**

Check  Cash  Visa  MasterCard #:     -     -     -

\_\_\_\_\_  
 Name on Credit Card Exp. Date MM/YYYY

\_\_\_\_\_  
 Signature of Cardholder Date

*\*I, the student listed above, agree to indemnify and hold Fresno Unified School District and its contractors harmless from and against any and all liability for any injury which may be suffered by the participant during participation in this program. I have read and agree to the refund policy and terms that have been stated above.*

**REFUND POLICY**

**School Initiated Class Cancellation:** Your course tuition will be refunded. The \$4 registration fee is non-refundable. By your request, we can transfer you to a future class in lieu of refund.

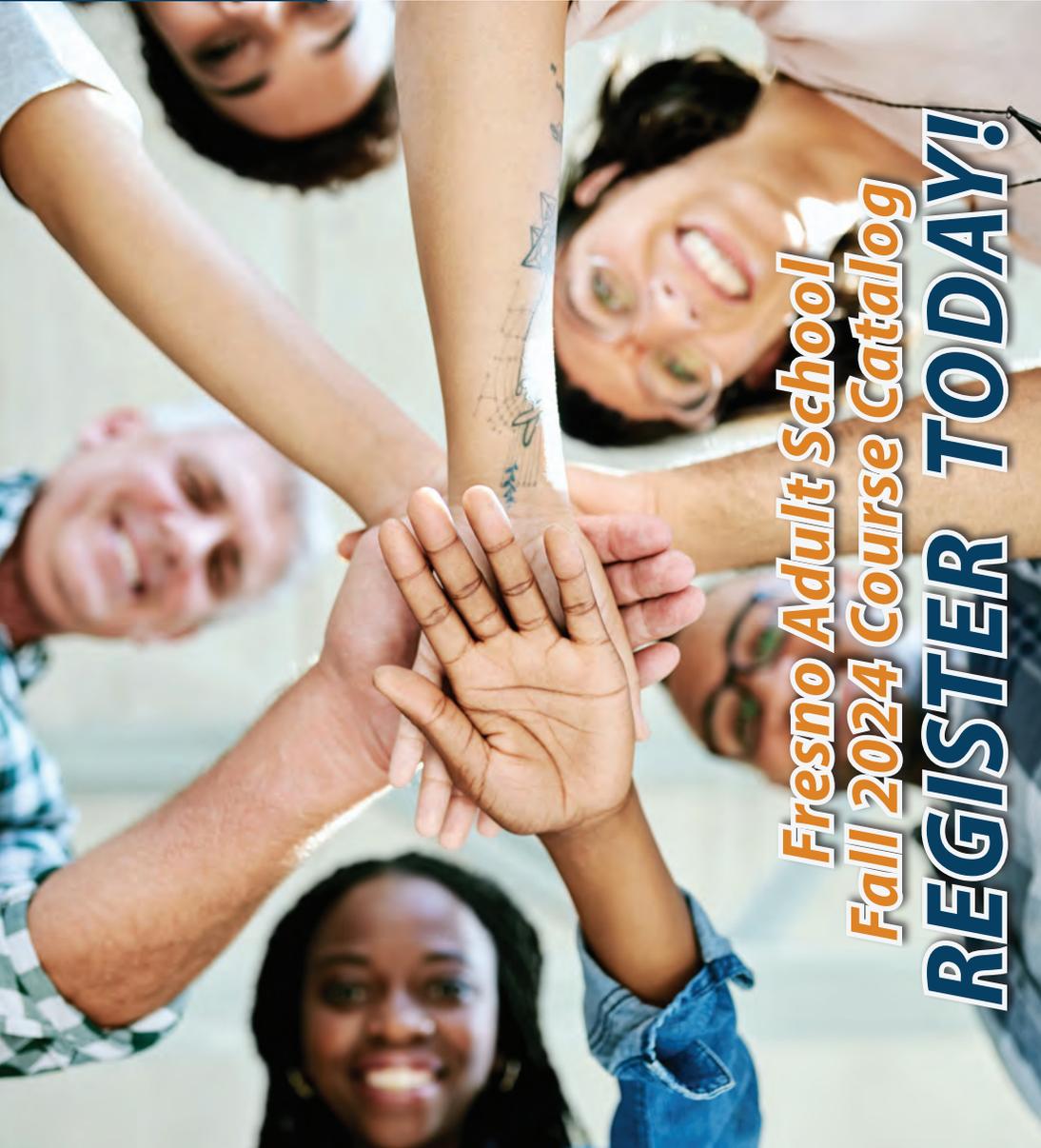
**Student Initiated Class Cancellation:** A class tuition credit request must be received in writing by the Community Education Office prior to the first day of class. Email address: Communityed#@fresnounified.org Fax: (559) 248-3087. A \$20 processing fee will be deducted from the issued class credit. Class credit for online registration will be issued back to your FAS Community Education account, minus the \$20 processing fee. There are no refunds for student initiated class cancellations. The \$4 registration fee is non-refundable.

FRESNO UNIFIED SCHOOL  
DISTRICT

FRESNO ADULT SCHOOL  
2500 Stanislaus St.,  
Fresno, CA 93721

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**Fresno Adult School**  
**Fall 2024 Course Catalog**  
**REGISTER TODAY!**

[www.fas.edu](http://www.fas.edu) | (559) 457-6000

César E. Chávez Adult Education Center  
f @FASAdultSchool