

Vista Adult School



ADULT EDUCATION / CAREER TRAINING

510 Sunset Drive, Vista CA 92081 (760) 758-7122 Check out our website: WWW.VISTAADULTSCHOOL.ORG

SCHEDULE OF CLASSES | FALL 2025

GO TO WWW.VISTAADULTSCHOOL.ORG ON THE INTERNET FOR CLASS INFORMATION, REGISTRATION, FORMS AND MORE!

CONGRATULATIONS
CTE GRADUATES!



BUSINESS EDUCATION

See pages 2 - 3

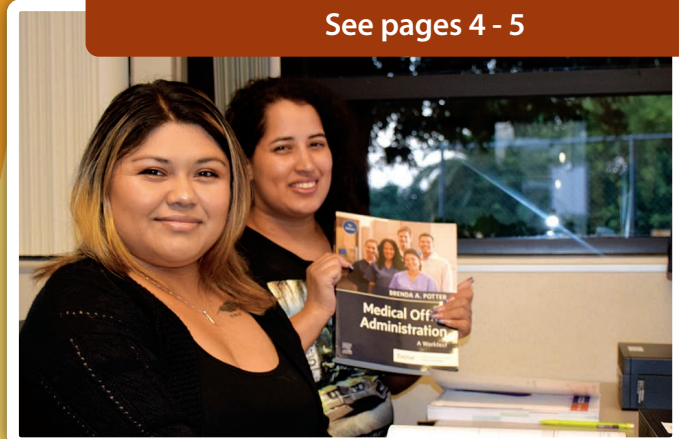
Great Classes Offered This Fall!



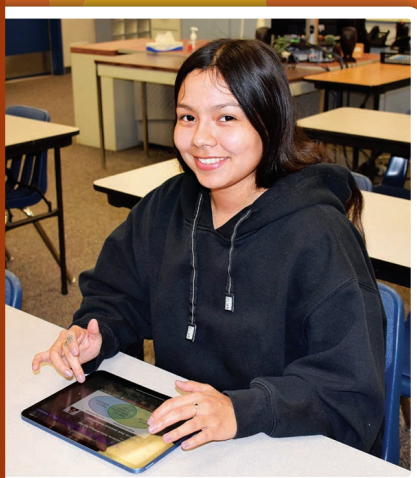
ESL / INGLÉS
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MEDICAL OCCUPATIONS PROGRAM

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HIGH SCHOOL PROGRAM
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*Enroll
Today!*

COMMUNITY EDUCATION

See page 6



RESIDENTIAL CUSTOMER
ECRWSS

Non-Profit
Organization
U.S. POSTAGE
PAID
Permit No. 83
Oceanside, CA

Vista Adult School
Vista Unified School District
510 Sunset Drive
Vista, CA 92081



VISTA ADULT
SCHOOL IS AN
APPROVED SITE!

PEARSON

VUE-Authorized
Test Center

Western Association of Schools and
Colleges Accredited Programs.

Fully Accredited by
WASC
ACCREDITING COMMISSION
FOR SCHOOLS

VISTA ADULT SCHOOL IS A
PROUD MEMBER OF THE
EDUCATION TO CAREER NETWORK
OF NORTH SAN DIEGO COUNTY

EDUCATION TO CAREER
NETWORK
of North San Diego County

To learn more about the restructured adult education
system visit EducationtoCareer.net

CAREER EDUCATION

BUSINESS OCCUPATIONS CERTIFICATED PROGRAMS

Professional Business Pathways - Certification Requirements:

Administrative Assistant	Bookkeeping / Accounting Technician	Human Resources Technician
<ul style="list-style-type: none">▪ Keyboarding or VAS verification of 35 wpm▪ Microsoft Office Basics/Beginning▪ Microsoft Word Intermediate▪ Microsoft Excel Intermediate▪ Microsoft Word Advanced▪ Microsoft Excel Advanced▪ 3 Workshops for the Job Seeker	<ul style="list-style-type: none">▪ Keyboarding or VAS verification of 35 wpm▪ Microsoft Office Basics/Beginning▪ Microsoft Word Intermediate▪ Microsoft Excel Intermediate▪ Microsoft Word Advanced▪ Microsoft Excel Advanced▪ 3 Workshops for the Job Seeker <div>MUST ALSO COMPLETE:<ul style="list-style-type: none">▪ Fundamentals of Accounting 1▪ Fundamentals of Accounting 2▪ QuickBooks</div>	<ul style="list-style-type: none">▪ Microsoft Office Beginning▪ Human Resources, Part A▪ Human Resources, Part B▪ Business Communications▪ 3 Workshops for the Job Seeker

*Contact the Front Office if you have questions about your previous business classes taken at VAS for these pathways.

BUSINESS EDUCATION COURSES

We offer a streamlined curriculum to a well rounded training program whether you are changing careers, reentering the work force or wish to become employed in your first professional position. You will be trained in the Principals of Business, Computer Operations, Bookkeeping, Computerized Accounting and much more!

Keyboarding Registration Fee: \$50. (6 weeks class)

If you want to master the keyboard, but have not done so yet, this is the course for you. Keyboarding skills are a must have for personal use and career development; or just for fun. This course focuses on helping students gain data entry skills, accuracy, speed, and correct use of keyboarding techniques.

060937 M/W 6 - 9 pm 8/25-10/1 Schulthess Room 202



People ask if taking a keyboarding class is really helpful and I have to say yes. This class has helped me strengthen the muscle memory of my fingers with typing, meaning I can look at the paragraph that is required to type and trust I'm typing it correctly without looking. My skills improved significantly with this course.

Diana VDL., Keyboarding Student

Microsoft Office Beginning

Registration Fee: \$50 **(Book included in class fee).** (6 weeks class)

This course is a basic introduction to the applications of Word, Excel, and PowerPoint in a Microsoft environment. You will learn the basics of creating a Word document, an introduction to the power of Excel spreadsheets, and PowerPoint for creating presentations.

060939 M/W 6 - 9 pm 10/6-11/12 Schulthess Room 202

Microsoft Word Intermediate Blended Online Class

Registration Fee: \$75 **(Book included in class fee).** (6 weeks class)

This is a comprehensive course providing real life, business, and office skills in Microsoft Word. Though the use of personal computers students will use Word to create business letters, professional documents, and reports. In addition, they will learn navigating around Word, formatting, printing, creating tables and forms, and an introduction to applying fields. **Note:** Students will need to use the purchased version of Microsoft Office 365 (MO 365) on a Windows computer. Alternatively, they may complete their work at our school computer lab.

060925 W - In class 5:30 - 8:30 pm 8/27-10/1 Lowe Room 201

Microsoft Excel Intermediate Blended Online Class

Registration Fee: \$75 **(Book included in class fee).** (6 weeks class)

This is a comprehensive course providing real life, business, and office skills in Microsoft Excel. Though the use of personal computers students will use Word to create business letters, professional documents, and reports. In addition, they will learn navigating around Excel to enter information, cut, copy and paste information, format worksheets, create spreadsheets, produce charts and graphs, work with formulas, explore relative, mixed and absolute references, produce financial reports, and print workbooks.

Note: Students will need to use the purchased version of Microsoft Office 365 (MO 365) on a Windows computer. Alternatively, they may complete their work at our school computer lab.

060927 W - In class 5:30 - 8:30 pm 10/8-11/12 Lowe Room 201

PREPARE FOR THE JOB YOU WANT!

Looking for a new job or a promotion in your current field? These workshops are for you! They will assist you in setting your career goals, evaluate your talents and develop resources that will help get you to your next goal. Workshops will focus on a variety of topics like Public Speaking, Resume Writing, Interview Success, Career Planning, What is my next step?, Professional Etiquette, and many more! After completing our workshops, you will be prepared to successfully navigate your job search to gain that career that you want!



"Top Job Skills for Career Success in 2025"

Get ahead of the curve with this workshop focused on the most in-demand skills for today's evolving job market. Discover what employers are looking for in 2025—from critical thinking and adaptability to digital literacy and communication. Learn how to showcase them effectively in your resume, interviews, and on the job. Ideal for students and job seekers.

042054 Th 6 - 8 pm 9/18 Oxley Room 106



"Email Like a Pro: Writing and Communicating Effectively via Email"

Whether you're a student, job seeker, or professional, clear and professional email communication is essential. This hands-on workshop teaches participants how to craft effective emails that are concise, respectful, and purposeful. You'll learn the key components of a strong email, practice writing for common workplace scenarios, and gain tips on email etiquette, tone, and proofreading. This session will help you email with confidence and clarity.

042055 M 6 - 8 pm 10/6 Oxley Room 201

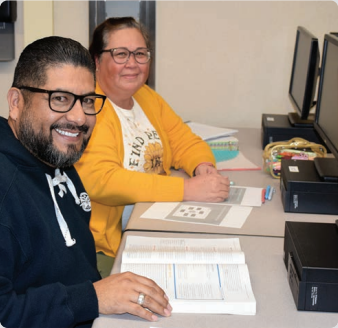
Healthy Job Search

Searching for a job can be challenging—especially in uncertain times. This interactive workshop will guide you through effective job search strategies while helping you manage stress and avoid burnout. You'll explore practical tools for maintaining wellness, including time management tips, mindfulness practices, simple stretching routines, and more. By the end of the session, you'll walk away with a toolkit of resources to support both your job search and overall well-being.

042034 W 6 - 8 pm 10/29 Dufresne Room 106

HUMAN RESOURCE

Are you ready to launch a rewarding career in the growing field of human resources? Our Human Resource program equips you with the skills and knowledge to thrive in today's dynamic workplace. Learn essential HR principles, including recruitment, benefits administration, employee relations, and workplace compliance. Whether you're new to the field or looking to advance your current career, our hands-on curriculum and supportive instructors will help you gain practical experience and confidence. Start building your future in human resources today!



Human Resource Essentials Part A

Registration Fee: \$75 **(Book included in class fee)**

This class will be an introduction to the basic elements of human resources. Topics covered will include on overs of 21st century human resource management process, strategic planning legal issues, diversity management, job analysis and recruitment and employment.

060524 M/W 6 - 9 pm 8/25-11/12 Martinez-Walker Room 203

CAREER EDUCATION

CULINARY PATHWAY

Certification Requirements:

- Introduction to Culinary Arts
 - Pastry and Baking
- Advanced Culinary Arts

Unlock your culinary potential with our Adult School Culinary Program!

Are you passionate about food and dreaming of a career in the culinary arts? Our culinary program is the perfect opportunity to turn your passion into a profession. With high demand for skilled culinary workers in North County, this is your chance to get trained and start a rewarding career in a field that's growing every day.

Why Choose Our Culinary Program?

- Comprehensive Training: Learn essential culinary skills from our industry professional.
- Hands-on Experience: Practice cooking techniques in state-of-the-art kitchen.
- Career-Ready: Our program prepares you to enter the workforce with confidence.
- Internship Opportunities: Once you complete the program, you'll have access to internships at top local restaurants and culinary establishments, giving you real-world experience and connections in the industry.

Who Is This Program For?

- Aspiring chefs
- Career changers

Take the First Step Toward Your Culinary Dream Career Today!

Get started by signing up and attending the mandatory culinary orientation to receive information about the training program, uniform, tools, costs and expectations. Space is limited.

Orientation will be held on Tuesday, 8/19 @ 10 am.

YOU MUST ATTEND THE ORIENTATION TO BE CONSIDERED FOR THIS CLASS.

Enroll now and become part of the next generation of culinary professionals. Classes will be held Monday, Tuesday and Wednesday mornings (8 am - 12 pm)



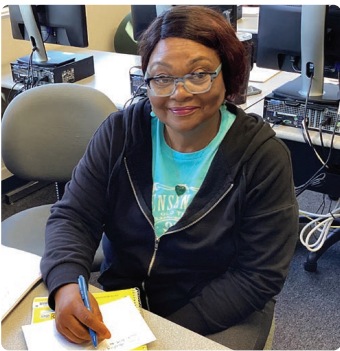
My name is **Andres Rizo**, and I hold a Bachelor's degree in Biology from CSUSM, as well as an honors diploma from the Institute of Culinary Education in Pasadena. I bring five years of experience as a chef and two years of experience in owning and operating a catering business. I am enthusiastic about teaching this beautiful craft to students and helping them prepare for successful careers in the culinary industry.

BOOKKEEPING CERTIFICATE PROGRAM

Join our **PROFESSIONAL BUSINESS PROGRAM** and become job ready in our specialized fast pace classes where **"YOUR SUCCESS" is our bottom line!**

I am attending VAS to learn more about QuickBooks Online and gain confidence in the operation of doing business accounting using QBQ. The experience is very interesting and wonderful.

Doreen D., QuickBooks Student



Whether you are changing careers, reentering the work force, or wish to become employed in your first professional position, this is the program for you. You will be trained to utilize the computer as the tool it is meant to be, and be given an important perspective of Accounting for Business. You will study terminology, which is the language of business, principals and processes that occur in the Accounting Cycle for a Proprietorship (Level 1) and for a Corporation (Level 2) as well as an overview of QuickBooks that will allow you to work on basically all computer based accounting programs.

This Certificated Program will provide the necessary training to prepare you for a variety of entry level financial positions such as; Administrative Assistant, Office Assistant, Accounts Payable, Accounts Receivables/Billing, and Payroll as well as learning everything for working in QuickBooks that will allow you to compete in today's job market.

Fundamentals of Accounting 1 Blended Online Class

Registration Fee: \$100 (Book included in class fee)

Accounting is the language of business; understanding accounting gives you a competitive edge! This introductory course will prepare students to learn the principals and practices involved in manual double-entry accounting systems and important business terminology. The entire accounting cycle will be covered for a Sole Proprietorship and students will understand the foundation for ALL accounting processes to include: analyzing transactions into its debit/credit parts, journaling, posting, creating financial reports and closing a monthly cycle to prepare for the next fiscal period. Utilizing Excel for accounting will be introduced. **Prerequisite:** Intermediate Level Excel.

040813 Tu - In class 6 - 9 pm 8/26-11/14 deRochemont Room 203

Industry Standard tests that students will be prepared to take:

- Intuit QuickBooks Certified User Online Certification
- Intuit Certified Bookkeeping Professional Certification

INFORMATION TECHNOLOGY

ADVANCE YOUR CAREER AS AN IT PROFESSIONAL WITH COMPTIA CERTIFICATION!

Vista Adult School is a CompTIA Approved Training Site.

Technology Pathways - Certification Requirements:

CompTIA Information Technology Technician

- A+ Information Technology Preparation Course (Part 1 & Part 2)
- N+ Certification Preparation Course
- S+ Certification Preparation Course

CompTIA Cyber Security (CSA+)

- Server +
- CSA+ Level I
- CSA+ Level II

Interested in being trained in one of San Diego's sought after technology skills for employment?
Contact our office regarding future class information!

Looking for a job or looking to get some training in Networking?

Leverage your network skills with CompTIA Network+!

This certification helps you have a career in the IT which covers troubleshooting, configuring networks etc. This is vendor-neutral, CompTIA is globally recognized, and you can take your certificate in any part of the world!

This class will help prepare you for CompTIA's Network+ N10-007.



CompTIA Network+ Training

Blended Online Class

Registration Fee: \$225 (Online Book included in Registration Fee)

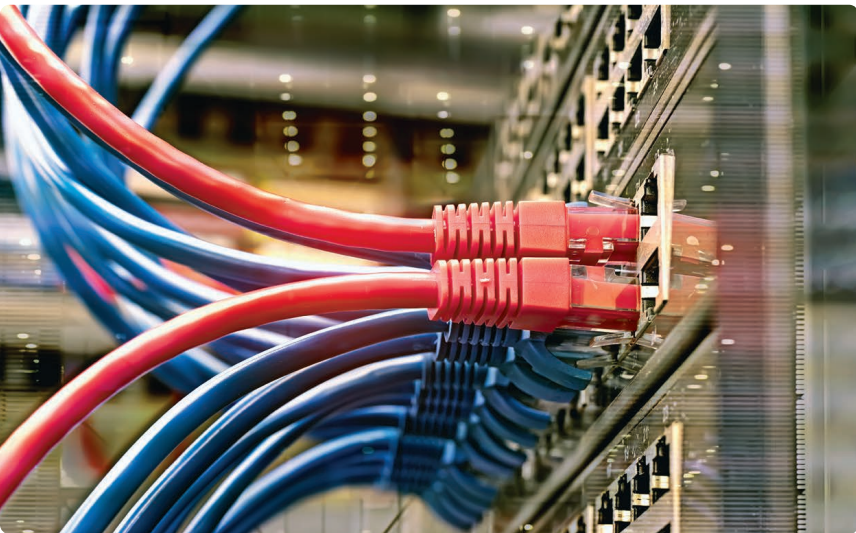
This course builds on your existing user-level knowledge and experience with personal computer operating systems and networks to present the fundamental skills and concepts that you will need to use on the job in any type of networking career. It also addresses the content described in the exam objectives for the CompTIA Network+ certification. If you are pursuing a CompTIA technical certification path, obtaining the CompTIA® A+® certification is an excellent first step to take before preparing for the CompTIA Network+ N10-007 examination.

Target Audience

This course is intended for entry-level computer support professionals with a basic knowledge of computer hardware, software, and operating systems who wish to increase their knowledge and understanding of networking concepts and acquire the required skills to prepare for a career in network support or administration, or who wish to prepare for the CompTIA Network+ certification (Exam N10-007).

A typical student taking the CompTIA® Network+® (Exam N10-007) course should have a minimum of nine months of professional computer support experience as a PC or help desk technician. Networking experience is helpful but not mandatory; A+ certification or equivalent skills and knowledge is helpful but not mandatory.

062201 M - In class 5:30 - 8:30 pm 8/25-11/14 Lowe Room 404



The hands-on classwork is one of the things I enjoy about A+. Being able to take apart and learn about all the components of a computer was very informative and exciting. Troy is amazing at explaining and breaking down every lesson.

Rachael A., A+ Student

MEDICAL OCCUPATIONS

MEDICAL PROGRAMS AND PATHWAYS

INTERNSHIPS
AVAILABLE

Vista Adult School is accredited by the Western Association of Schools and Colleges.
Our programs will provide you with the training and certificates that will prepare you for state exams, licensing and employment!

Phlebotomy Technician	Medical Assistant	Medical Administrative	Medical Billing and Coding	Pharmacy Technician
<ul style="list-style-type: none">Healthcare EssentialsAnatomy & Physiology or Medical Terminology*Phlebotomy DidacticPhlebotomy Internship <p>Verification Required on the 1st Day of Phlebotomy Class: * Immunizations * HSD/GED</p>	<ul style="list-style-type: none">Healthcare EssentialsAnatomy & Physiology or Medical TerminologyPatient Service Representative/ Front OfficeMA Clinical - APaperless Medical Records (25 wpm)MA Clinical - BPhlebotomy (Optional) <p>HSD/GED required by employers <i>Internships Available</i></p>	<ul style="list-style-type: none">Healthcare EssentialsAnatomy & Physiology or Medical TerminologyPatient Service Representative/ Front OfficePaperless Medical Records (25 wpm) <p>HSD/GED required by employers <i>Internships Available</i></p>	<ul style="list-style-type: none">Healthcare EssentialsAnatomy & Physiology or Medical TerminologyPatient Service Representative/ Front OfficePaperless Medical Records (25 wpm)Medical BillingMedical Coding <p>HSD/GED required by employers <i>Internships Available</i></p>	<ul style="list-style-type: none">Pharmacy Technician <p>* HSD/GED Verification Required on the 1st Day of Pharmacy Class <i>Internships Available</i></p>



I love the Medical Assistant Class. It teaches you how to be prepared for the field and the teacher has so much patience with me. I enjoy coming to class and I'm glad I could feel comfortable and not afraid of asking for help or having questions.

Josselin M., Medical Assistant Student

Attend a Medical Orientation and start your path to a new Medical Career!

FALL 2025 MEDICAL ORIENTATIONS!

Ready to start your new Medical Career? Get started by attending an orientation to get all the information you need on prerequisites, book costs and schedules. **To be eligible to participate in any of Vista Adult School's Medical Programs and courses, you must first attend an orientation! Orientation registration opens on August 14, 2025 at 12 pm** via a special email address: www.vistaadultschool@vistausd.org. This site will not open until August 14th at 12 noon.

Healthcare Essentials Online Class

Registration Fee: \$60 (Book included in class fee)

This introductory course is a prerequisite for most of the medical programs at Vista Adult School, including Medical Assistant, Phlebotomy Technician, Medical Insurance Billing Certificated Programs, and Medical Front Office. The course consists of modules in medical terminology, computer literacy, health and safety, body structures and function, medical math, ethical and legal responsibilities, and success strategies.

040198 Online 8/25-11/14 Parr-Garcia Online

Patient Service Representative Blended Online Class

Registration Fee: \$180 (Book included in class fee)

Students will learn how to become part of the care team and be challenged with real-world projects, simulations, specific knowledge and skills needed to work as a Patient Service Representative. This hybrid (or blended) course will incorporate face to face instruction in addition to an online independent format by meeting on campus one day a week. Students will acquire skills and knowledge in HIPAA, NDC Medisoft 17, Microsoft Office 2007/2010, keyboarding, internet, email, file management, and medical terminology; learn how to electronically schedule patient appointments, prepare medical records, enter diagnostic and procedure codes, patient charges, payments, print statements and receipts, complete the patient referral process and medical forms. Students must have keyboarding and computer skills to enter this course.

Pre-requisite: Healthcare Essentials.

040604 M - In class 6 - 8 pm 8/25-11/14 Muncy Room 106

Anatomy & Physiology Online Class

Registration Fee: \$85 (Book included in class fee)

Students who enroll in this entry-level anatomy and physiology course can expect a general overview of the human body systems and structures, including the cells, tissues, skeletal, muscular, integumentary, and nervous systems. After finishing this class, students should be comfortable with several human anatomical structures which will be preparation for the Intermediate Anatomy and Physiology coursework.

040398 Online 8/25-11/14 Parr-Garcia Online

Paperless Medical Records Online Class

Registration Fee: \$180 (Book included in class fee)

Learn the fundamentals of entering/managing Electronic Health Records (EHR) on the computer. As of 2014, all medical records went through a mandated conversion to EHR. This course will introduce both Patient Service Representatives and Clinical Medical Assistant students to the field of Electronic Health Records by learning the required steps to Implementation and EHR frame work, content, visit management, problem list/ medication list/allergy management, examination entry, vital sign graphs, chart notes, treatment plans, order entry, patient communication documentation, reports, registry, and continuing care of the patient. Students must have intermediate computer skills, be able to type a minimum of 25 wpm and have an email account. Students must attend orientation to register. **Pre-requisite:** Patient Service Rep.

040701 Online 8/25-11/14 Muncy Online

Phlebotomy Technician

Registration Fee: \$800 (Book included in class fee)

Students will learn how to perform a variety of blood collection methods using proper techniques and precautions. Students will also learn additional responsibilities such as identifying tubes which are transported to a lab to be analyzed, training in infection prevention, proper patient identification, confidentiality requirements, and quality assurance. Upon successfully completing this training, students can test with NCCT/CPT1 exam. This is a California State Certified Training Program.

*Specific shots are required before entering the class. **Pre-requisite:** Healthcare Essentials.
040401 M/T 5 - 9 pm 8/25-11/12 Medina Room 104
W 5 - 8 pm Martinez



I've never been so interested in a class until now. My teachers are super helpful. I truly feel supported in this class. I was unsure if I'd make it this far, but thanks to Karen and Manny I now do feel I will succeed and accomplish Phlebotomy. Thanks to the teachers I feel confident in myself and my future. I'm very happy I took the program through Vista Adult School.

Keyla R., Phlebotomy Student

MEDICAL OCCUPATIONS



I chose VAS because of the flexible hours and affordable classes/pathways they have to offer. The program I am in is Medical Insurance Billing & Coding. Taking these courses has changed my life by proving to myself I can do anything I put my mind to no matter how hard.

Reyna G., Medical Billing & Coding Student

Medical Insurance Billing for the Physician Office Blended Online Class

Registration Fee: \$300 (Book included in class fee)

Medical Insurance Billing for the Physician Office introduces the student to current health insurance and reimbursement practices. In this course the students will become familiar with common medical billing practices, legal and regulatory issues and differences in reimbursement methodologies. The student will learn principles of medical billing related to proper claim form preparation, submission, and payment processing, and the follow up process. This course is recommended for anyone who is preparing for a medical career in the billing department at a physician's office, clinic, or similar positions.

Pre-requisite: Patient Service Representative.

041202 T - In class 6 - 8 pm 8/26-11/14 Muncy Room 106

Medical Assistant, Clinical-Part A Online Class

Registration Fee: \$200 (Book included in class fee)

In this class students are introduced to the field of medical assisting and the history of medicine. Students learn medical terminology, pharmacology, medical law and ethics. This course discusses how to assist the physician with minor treatment or diagnostic testing, patient preparation, and use of various supplies and equipment such as electrocardiograph and audiometer. The proper handling of specimens, vital signs, and administering injections, and laboratory procedures will be discussed. The onsite lab will start the 3rd week of class. **Pre-requisite:** Patient Service Representative and Paperless Medical Records.

040901 Online 8/25-11/14 Parr-Garcia Online

Medical Assistant, Clinical-Part B

Registration Fee: \$200 (Same book used in Part A)

Training continues in the field of medical assisting and the history of medicine. Students learn medical terminology, pharmacology, medical law and ethics. This course discusses how to assist the physician with minor treatment or diagnostic testing, patient preparation, and use of various supplies and equipment such as electrocardiograph and audiometer. The proper handling of specimens, vital signs, and administering injections, and laboratory procedures will be discussed. **Pre-requisite:** Medical Assistant Part A, Patient Service Representative.

040902 M/W 8 - 12 pm 8/25-11/12 Parr-Garcia Room 105

Medical Terminology-Part A Online Class

Registration Fee: \$85 (Book included in class fee)

This class focuses on learning the basic design of medical terminology and the meanings of 350 prefixes, roots and suffixes that combine to form knowledge of over 11,000 complex medical terms.

041298 Online 8/25-11/14 Parr-Garcia Online



Pharmacy Technicians are in high demand in San Diego County!

Vista Adult School's Pharmacy Technician program provides students with the education and training to work as a skilled licensed Pharmacy Technician in just 18 weeks.

After completing our California State Board of Pharmacy-approved program, which exceeds the state's 240-hour training requirement to offer additional valuable training, students can apply of their California state license and begin working in this exciting and in-demand field. The program also helps students prepare for the Pharmacy Technician Certification Board (PTCB) exam. This exam distinguishes Pharmacy Technicians as certified professionals who have demonstrated they have knowledge and skills that employers prefer and may require.



Pharmacy Technician Blended Online Class

Registration Fee: \$375 (Book included in class fee)

041303 M - In class 5 - 9 pm 8/25-1/23/26 Alqazzaz Room 102

Our Comprehensive Pharmacy Technician Program is designed to prepare students for a rewarding career in both retail and hospital pharmacies. This 18-week course provides a robust foundation in pharmacy principles and practices, preparing students to apply for their license, employment in a variety of pharmacy settings.

Course Overview:

Retail and Hospital Pharmacy Readiness: Acquire essential skills for working in both retail and hospital pharmacy settings, from the history of pharmacy to advanced distribution systems. In addition, learn advanced topics such as hospital distribution, inpatient dispensing systems, and medication distribution, essential for hospital settings.

Practical Compounding: Learn extemporaneous and sterile I.V. compounding through practical, firsthand training.

Pharmaceutical Management: Overview of inventory control, fiscal management, and insurance billing.

Comprehensive Healthcare Knowledge: Explore microbiology, anatomy, physiology, and pharmaceutical math.

Certification Preparation: The course meets the requirements for obtaining a California Pharmacy Technician license and includes preparation for the PTCB national exam, enhancing your qualifications and employability. This program is ideal for individuals aiming to start their career as a Pharmacy Technician. Join us and take the first step towards a dynamic and fulfilling career in pharmacy.



Malak Alqazzaz is happy to join Vista Adult School's teaching team. With a Masters in Laser Engineering, 3 years teaching Pharmacy Technician courses at a local private college and 6 years' experience as a retail Pharmacy Technician, she is excited to share her passion, knowledge and expertise with our students.

I am currently in the MA Program. This program has been a great way to get a career started in the healthcare industry. Vista Adult School has a great support team that will help you achieve all your goals. The staff and teachers are all very caring and understanding. They truly want the best for you and will be there step by step to ensure you succeed in whatever program you are taking.

Vivian V., Medical Assistant Student

COMMUNITY EDUCATION



Yoga Registration Fee: Session 1 \$55; Session 2 \$55

Join us on a wellness journey with our yoga course. Explore the benefits of Hatha yoga, through essential stretches and poses that make up the foundation of yoga. Each 60-minute class ends in a restorative meditation. Whether you're a seasoned yogi or a beginner this class is for adults over 18. Come and embrace the power of yoga. Bring your mat and water to class.

With over two decades of personal yoga practice, **Jeri LaMar** embraced her passion by becoming a certified yoga instructor in 2017. Her journey led her to Kauai, Hawaii, where she completed a 500-hour yoga teaching program in 2019. Dedicated to fostering well-being, Jeri continues to share the transformative benefits of yoga with others.

Session 1 (5 weeks): 770638 M/Th 10 - 11 am 9/4-10/2 LaMar Yoga Studio, 506
Session 2 (5 weeks): 770639 M/Th 10 - 11 am 10/13-11/14 LaMar Yoga Studio, 506

Google Apps Online Class Registration Fee: \$30 (6 weeks)

Discover the power of Google Apps in this hands-on course designed to boost your digital skills for everyday use! Whether you're new to Gmail or want to unlock the full potential of Google Drive, this class will guide you step-by-step—from setting up your Gmail account and customizing settings to syncing, sharing, and accessing your files on the go. You'll explore essential Google tools like Google Docs, learn how to collaborate online, and gain practical experience through interactive virtual sessions and real-world assignments. Perfect for anyone looking to stay organized, connected, and productive using free Google tools!

042027 T - By Zoom 5:30 - 7:30 pm 8/26-9/30 Lowe Jr. Online



FUN COOKING CLASSES

In these classes our experienced Chef-Instructor will guide you through step-by-step techniques and skills to create these fun and wonderful class! You will leave with new skills, delicious recipes and the confidence to recreate these dishes at home.



Thai Special Registration Fee: \$75

Bring the vibrant flavors of Thailand into your kitchen with this hands-on cooking class focused on two of the country's most beloved noodle dishes. In this flavorful session, you'll learn to create **Pad Thai** and **Drunken Noodles** (Pad Kee Mao) from scratch using fresh ingredients and authentic techniques.

What you'll make:

- **Pad Thai (with Shrimp):** Stir-fried rice noodles tossed with a tamarind-based sauce, shrimp, eggs, and tofu, then finished with peanuts, lime, and fresh herbs.
- **Drunken Noodles (Vegetarian):** Bold and spicy wide rice noodles sautéed with Thai basil, chilies, garlic, and a medley of fresh vegetables—completely meat-free and packed with flavor.

Our chef-instructor will walk you through every step, from prepping ingredients to balancing the sweet, sour, salty, and spicy elements that define Thai cuisine.

Skill Level: Beginner to intermediate—no prior experience needed.

Duration: Approximately 2.5–3 hours.

What to Bring: All ingredients and tools are provided. Please bring containers to take home your delicious leftovers!

Join us for a night of fun, flavor, and fantastic Thai food you'll be proud to recreate at home.

777022 Th 5:30 - 8:30 pm 10/16 Chef Andy Culinary Lab



Pies: Thanksgiving Registration Fee: \$50

Celebrate the flavors of the season in this hands-on baking class! In this 3-hour session, you'll learn to craft a unique, tender sour cream dough and use it to create a classic, silky pumpkin pie—perfect for the holidays or any occasion. What you'll learn: Sour Cream Dough, Pumpkin Pie. Our chef-instructor will guide you step-by-step, sharing pro tips for achieving a beautifully flaky crust, a creamy filling, and a perfectly baked pie. Join us for a fun, festive baking experience, and take home a pie that's sure to impress your family and friends!

777019 Th 5:30 - 8:30 pm 11/6 Chef Andy Culinary Lab

Ready to start your construction career?

Learn the skills and knowledge necessary to prepare for an apprenticeship program so you can land a job in the construction industry.

The Apprenticeship Readiness Program is a multi-week program providing classroom instruction, worksite training and industry-recognized certifications. Participants may be eligible to earn a stipend and may access financial assistance with childcare costs while enrolled in the program.

Participants must be 18+, eligible to work in the US and live in San Diego or Imperial County.



Visit workforce.org/ARPVUSD or scan the QR code to learn more or apply.



Looking for a few good Community Ed Teachers

Do you have a special talent, skill, or advanced knowledge in a particular subject and would like to share it with others? Do you have the knack for teaching? We are growing our community education program and need people like you!

We are currently looking for interesting, entertaining, and enriching classes to share with our community! Almost any topic can be developed into a class proposal/course.

Here are some examples: ▪ Handcrafted Jewelry ▪ Conversational Spanish ▪ Drawing ▪ Exercise

If you are interested in learning more, please email info@vistaadultschool.org



ENGLISH AS A SECOND LANGUAGE



ENGLISH AS A SECOND LANGUAGE

The ESL program provides English learners with listening, speaking, reading, writing, and critical thinking skills. The program offers ESL levels, ranging from basic literacy to advanced English language development. **All levels are available during the day and evening hours. (Monday-Thursday 9 am - 12 pm; 6 - 9 pm).**

REGISTRATION PROCESS:

- Attend an orientation.
- Arrive early as seating is limited.

ESL ORIENTATIONS	
Day Orientations: 9 am August 20 & 21 October 1 & 2	Night Orientations: 6 pm August 18 & 19 September 29 & 30

CITIZENSHIP

Vista Adult School offers a **Citizenship** class. The course prepares students to pass all USCIS approved examinations and USCIS oral interview, while helping improve reading and speaking skills. Class attendance begins the week following orientation. **Pre-Requisite: Must be at a High Beginning ESL level or higher.**

*Attend one of the Day or Night Orientations.

REGISTRATION PROCESS: Attend an ESL orientation

INGLÉS COMO SEGUNDO IDIOMA:



El programa de ESL provee la oportunidad de aprender las destrezas de escuchar, hablar, leer, escribir y habilidades de pensamiento crítico en inglés. El programa ofrece niveles de ESL, cubre amplitud del nivel alfabetización básica al avanzado en el desarrollo de la lengua. **Todos los niveles están disponibles por la mañana y tarde. (Lunes a jueves de 9 am - 12 pm y de 6 - 9 pm).**

PROCESO DE MATRICULACIÓN:

- Asistir a una orientación.
- Llegue temprano el espacio es limitado.

ORIENTACIONES DE ESL	
Orientaciones por la mañana: 9 am 20 y 21 de agosto 1 y 2 de octubre	Orientaciones por la noche: 6 pm 18 y 19 de agosto 29 y 30 de septiembre

CLASES DE CIUDADANIA

La escuela de Adultos de Vista también ofrece clases de Ciudadanía. Enfoque de preparación en los exámenes aprobados por USCIS, preparación para la entrevista oral de USCIS, y al mismo tiempo refuerza las habilidades orales de lectura en Inglés. **Pre-Requisito: Debe estar minimo a nivel Comienzo Alto de ESL y asistir a una orientación de ESL.**

CURSO DE PREPARACIÓN EN ESPAÑOL EDUCACIÓN GENERAL A NIVEL PREPARATORIA/GED/HISET:

El programa de Educación General a nivel preparatoria provee las destrezas necesarias en preparación de las diferentes materias generales equivalentes a nivel bachillerato/preparatoria y pasar la prueba de equivalencia. Además de su tiempo en clase, usted necesitara estudiar fuera de clase con el fin de maximizar su tiempo de preparación. **REQUISITOS:** Ser mayores de edad (18 años o más), haber terminado la secundaria, asistir a una orientación de evaluación en lectura y comprensión para asesorar su candidatura de entrada al programa.

HORARIO DE CLASES:

lunes y miércoles	6 - 9 pm	Moreno	Salón 302
jueves	6 - 9 pm	Moreno	Salón 302

ORIENTACIONES:

miércoles, 20 de agosto	6 pm	Moreno	Salón 302
miércoles, 19 de noviembre	6 pm	Moreno	Salón 302
miércoles, 18 de marzo	6 pm	Moreno	Salón 302

GRATUITOS, APOYO AL ÉXITO ESTUDIANTIL:

Quiere usted ayudar a su hijo a tener éxito en la escuela? Asista a uno de los talleres GRATUITOS, Apoyo al Éxito Estudiantil ofrecido en la Escuela de Adultos de Vista. Estos talleres se presentarán en español y estan diseñados para ayudarlo a usted como padre aprender más sobre cómo ayudar a su hijo a tener éxito en la escuela. Los temas cubiertos incluirán la comprensión de las boletas de calificaciones y los informes de progreso, cómo comunicarse con la escuela y los maestros, cómo ayudar a su hijo con la tarea y mucho más. Esta es una gran oportunidad para aprender habilidades de crianza que los ayudarán a apoyar a su hijo para tener éxito en la escuela. Estos talleres estan abiertos para los estudiantes de la Escuela de Adultos de Vista y al público en general. **Fecha y horario por determinar.**



CLASE DE INFORMÁTICA BÁSICA EN ESPAÑOL

Aprenda conceptos básicos del ordenador en el entorno de Windows utilizando aplicaciones de Windows y Microsoft para principiantes. En este curso jueves, presentado en español, aprenderá vocabulario y cómo navegar por el ordenador, y practicará las habilidades. Algunos temas tratados incluyen Word, Excel, PowerPoint, Paint, Nota, fecha, hora, calculadora, correo electrónico, sitios web en el internet, y más.

A través de ejercicios guiados por la maestra, creará proyectos y los guardará en archivos, y los organizará en carpetas. Hablaremos sobre las funciones de la impresora que ahorran dinero y productos informáticos recomendados. La clase es divertida y le enseñará habilidades similares a las que puede usar para el trabajo y el uso personal.

060344	jueves	6 - 9 pm	8/28-11/13	Schulthess	Room 202
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Vista Adult School



Mission Statement

Vista Adult School prepares all students with the knowledge and skills necessary to achieve their career, academic and personal goals in a high quality and accessible learning environment.

Student Learning Outcomes (SLO's):



Our students will:

- V** Develop a **VISION** for their future
 - Identify and achieve short & long term goals
 - Demonstrate perseverance in their pursuit of education
 - Pursue lifelong learning experiences
- A** **ACHIEVE** academic and personal growth
 - Show a measurable increase in knowledge and skills
 - Increase 21st century skills (critical thinking, communication, collaboration, innovation & technology)
 - Gain self-confidence and awareness of their abilities
- S** Experience **SUCCESS** in all post-secondary transitions
 - Career obtainment and growth
 - College admission and completion
 - Enhancement of their personal life and involvement in the community

HIGH SCHOOL PROGRAM

HIGH SCHOOL PROGRAM:

Are you interested in obtaining your high school diploma, or passing a High School Equivalency Exam (ex. GED or HiSET)? Are you looking to improve your basic academic skills in order to advance in your career, find new employment or achieve personal growth? If so, Vista Adult School's High School Program will help you accomplish your goals. Classes are offered in the morning and evening; as well as through an online independent study option.

To enroll in the High School Program, students must be at least 18 years of age and attend a mandatory orientation. It is important to bring a copy of your most recent transcripts with you to orientation.

Day Orientations: 10 am **Night Orientations: 7 pm**
August 20 & 21 August 18 & 19
October 1 & 2 September 29 & 30



HIGH SCHOOL EQUIVALENCY EXAM:

Vista Adult School is a testing center for the California approved High School Equivalency (HSE) Exam - the GED. A HSE exam is for adults who do not have a high school diploma. Those who pass the exam will receive a California High School Equivalency Certificate. Anyone 18 years of age or older, or 17 under certain circumstances, is eligible to take a HSE exam. CA residency and acceptable ID is required to take the exam. Be sure the name you register for the exam with matches the name on your ID. In addition to being a testing center, Vista Adult School can help to prepare you to pass the GED and HiSET exams. To enroll, attend a High School Program orientation.

GED

We are a Pearson Vue authorized testing center and offer the GED exam via computer. To sign up for the GED you must first register through www.GED.com; all registration, scheduling and payments is done through the GED website. The GED exam consists of four parts: Reasoning Through Language Arts, Mathematical Reasoning, Science and Social Studies. More information can be found at the www.ged.com website.

Congratulations 2025
Graduates!



VISTA ADULT SCHOOL Sunset Campus

510 Sunset Drive, Vista CA 92081
(760) 758-7122 • FAX (760) 631-6380

If you have limitations with hearing or speaking, a specially-trained Communications Assistant (CA) can relay telephone conversations for all of your calls. Dial 711 to reach the California Relay Service (CRS).

Hours: Monday - Thursday, 8 am - 7 pm
Friday, 8 am - 4:30 pm

Adult School Staff

Elizabeth O'Shea-West, Principal
Tara Biancamano, Assistant Principal

Student Support Team

Jennifer Dufresne Lawrence Hunt
Julia Magallon Sylvia Oxley

Support Staff

Marina Acosta Luz Gutierrez
Don Adams Sulema Sanchez
Diane Addington David Trejo
Ceci Colindres Erika Trujillo
Michelle Fracasse Sandy Vasilakis
Hortencia Goddard

Vista Unified School District - Board of Education

Martha Alvarado Sue Martin
Mike Markov Cipriano Vargas
Rena Marrocco

Dr. Matt Doyle, Superintendent

REGISTRATION INFORMATION

3 EASY WAYS TO REGISTER FOR CLASSES!
On Monday, August 11, 2025, 8 am most classes will be available for
online registration at www.vistaadultschool.org

PHONE-IN	WALK-IN	ONLINE
Call: (760) 758-7122 Monday - Thursday, 8 am - 7 pm and Friday, 8 am - 4:30 pm to register using VISA or MasterCard. Please have your course number and credit card information ready.	Vista Adult School 510 Sunset Drive Vista CA 92081	www.vistaadultschool.org Click "Register Online" on the homepage. Follow the process to enroll in your classes. Use VISA or MasterCard card on our secure encrypted site.

- ➔ Check out our website at www.vistaadultschool.org for detailed information!
- ➔ Community Education Classes are independently supported only by student fees.
- ➔ **All classes provided by Vista Adult School include a \$20 non-refundable registration fee. Minimum enrollment is required for all classes.** Please sign up early to avoid cancellation of the class you want! Register now for the best seats ever!
- ➔ **Vista Adult School Program is accredited by the Western Association of Schools and Colleges.**
All teachers are certified in their teaching area by the California Commission for Teacher Credentialing.
The Vista Unified School District does not discriminate on the basis of sex, race, color, religious creed, national origin, ancestry, disability, medical condition or age.
If you have suggestions or concerns regarding VAS, please call (760) 758-7122.

DATES

Remember to mark your calendar with class dates, times, and locations. We do not send confirmations!

August 11, 2025. General Registration Opens
September 1, 2025. Labor Day Holiday, School Closed
November 10, 2025 School Closed
November 11, 2025 Veterans Day Holiday, School Closed
November 14, 2025 Last day of classes
November 17 - 21, 2025. Intersession, No Classes
November 24 - 28, 2025 Thanksgiving Break, No Classes
December 1, 2025 Winter Session begins

**GO TO WWW.VISTAADULTSCHOOL.ORG FOR CLASS INFORMATION,
REGISTRATION, FORMS AND MORE!**