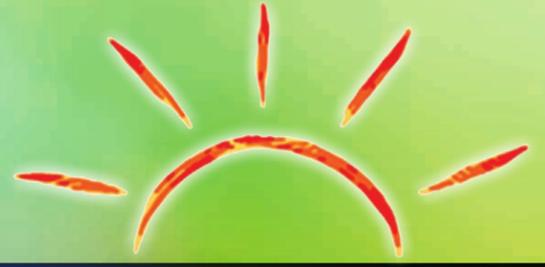


Vista Adult School



ADULT EDUCATION / CAREER TRAINING

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

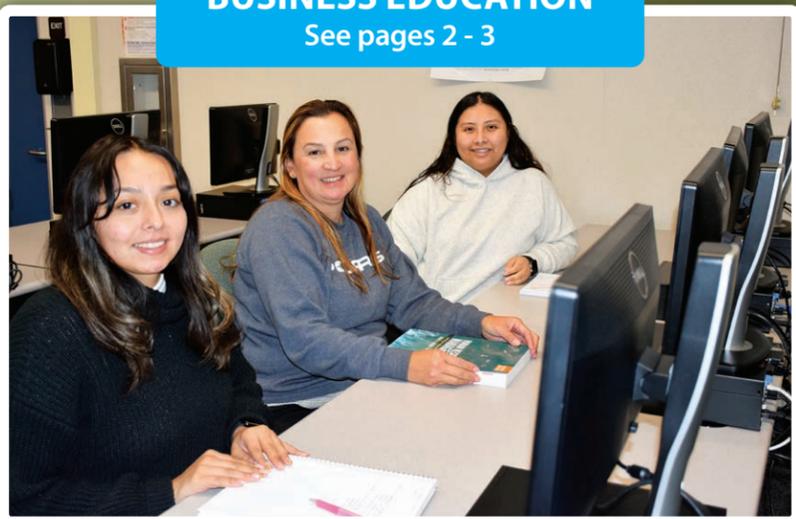
SCHEDULE OF CLASSES | SPRING 2026

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

Great Classes Offered This Spring!

BUSINESS EDUCATION

See pages 2 - 3



MEDICAL OCCUPATIONS PROGRAM

See pages 4 - 5

HIGH SCHOOL PROGRAM

See page 8



COOKING CLASSES

See page 6

Enroll Today!



ESL / INGLÉS

See page 7



COMMUNITY EDUCATION

See page 6

RESIDENTIAL CUSTOMER

*****ECRWSSEDDM*****



Vista Unified School District
1234 Arcadia Ave. Vista, CA 92084
Vista Adult School
510 Sunset Drive Vista, CA 92081

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VISTA ADULT SCHOOL IS AN APPROVED SITE!

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VUE-Authorized Test Center

Western Association of Schools and Colleges Accredited Programs.



VISTA ADULT SCHOOL IS A PROUD MEMBER OF THE 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 <p>MUST ALSO COMPLETE:</p> <ul style="list-style-type: none"> Fundamentals of Accounting 1 Fundamentals of Accounting 2 QuickBooks 	<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.



Darla is a very patient and kind teacher. She takes her time with you and answers all of your questions. I would highly recommend this class.

Mary D., Keyboarding Student

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 3/23-5/6 Schulthess Room 202

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 5/11-6/17 Schulthess Room 202

Microsoft Word Intermediate *Blended Online Class*

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

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. **Prerequisite:** Must type 20 wpm and have a basic understanding of computers. Flash drive required for first day of class.

060925 W - In class 6 - 9 pm 3/25-5/6 Troy Room 201

Microsoft Excel Intermediate *Blended Online Class*

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

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.

Prerequisite: Must type 20 wpm and have a basic understanding of computers and file management. Flash drive required for first day of class.

060927 W - In class 5:30 - 8:30 pm 5/13-6/17 Troy Room 201

AI in Everyday Life & Work *Hybrid Online Class*

Registration Fee: \$50

Artificial Intelligence (AI) is becoming part of our daily lives—whether we realize it or not. In this 5-week course, you will gain a foundational understanding of AI, explore free and paid AI tools, and learn how to apply them in everyday situations such as shopping, cooking, and travel. You will also discover how AI can improve business productivity, support job searches, and help tailor resumes for specific postings. This course is hands-on, with practical activities, discussions, and projects designed to prepare you to use AI effectively and responsibly in personal and professional contexts.

060928 T - Online 5 - 7 pm 4/21-5/19 Lowe Online

HUMAN RESOURCES

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!

Introduction to Business Communications

Registration Fee: \$50

Build the communication skills employers value most!

In this eight-week introductory course, you will learn how to write clearly and professionally, speak with confidence, collaborate effectively with teams, and communicate in today's digital workplace. By the end of the course, you will be prepared to communicate confidently and professionally in any business setting.

060527 M/W 6 - 9 pm 3/23-5/20 Martinez-Walker Room 203



My name is **Rogelia Martinez-Walker**, and I have worked in the Human Resources field in the private sector for 18 years and in the public sector since 2013. I have a Master's degree in Business Administration and combined with my work experience have allowed me to grow as an employee and supervisor. I look forward to engaging with students who are entering the workforce as well as those who are reentering.

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!

Listo para la Feria de Empleo: Estrategias para Sobresalir

Este taller brindará estrategias prácticas para prepararse de manera efectiva para una feria de empleo. Los participantes aprenderán cómo presentarse profesionalmente, destacar sus habilidades, preparar un curriculum atractivo y comunicarse con empleadores con confianza para aprovechar al máximo las oportunidades laborales.

042059 M 6 - 8 pm 4/20 Oxley Room 502

Job Fair Preparation

This workshop is set up to prepare you for our upcoming job fair by covering practical strategies for success. You will learn how to craft a strong elevator pitch, prepare your resume, and confidently approach employers. The session also includes tips on professional networking, follow-up etiquette, and making a positive first impression. Participants leave with actionable checklists and increased confidence to engage effectively with recruiters.

042053 W 6 - 8 pm 4/22 Dufresne Room 502

Soft Skills to Increase Hireability

San Diego County employers agree that soft skills are the best indicator of success in a new position. This workshop will cover the top soft skills you need in order to get hired in today's market. You will learn about what employers are looking for in a candidate, how you can assess your own skills and improve upon them. You will also find out how to demonstrate your soft skills throughout the hiring process. You will leave with beneficial resources to continue your job search on your own.

042036 Th 6 - 8 pm 5/14 Dufresne Room 502

Find Your Fit: Exploring Careers and Purpose

Find Your Fit is an engaging workshop designed to help you gain clarity and direction in your career journey. Participants will identify their personal strengths, interests, and transferable skills, explore high-demand industries and local career pathways, and learn how to set realistic short- and long-term career goals. This workshop is ideal for anyone seeking purpose, direction, or a fresh start in their professional life.

042058 M 6 - 8 pm 6/1 Oxley Room 502

CAREER EDUCATION

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!**

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.

QuickBooks Essentials Online Class

Registration Fee: \$95

Build upon your job-ready bookkeeping and accounting skills using QuickBooks, a widely used workplace software. Students learn to track income and expenses, create invoices, manage basic payroll functions, and generate financial reports used in real business settings. This course prepares adult learners for entry-level roles such as **Bookkeeping Clerk, Accounting Assistant, Office Assistant, Payroll Clerk, and Administrative Assistant**, as well as for supporting small business operations.

060142 Online 3/23-6/18 DeRochemont

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!

CREATE & MARKET YOUR SMALL BUSINESS IDEA



Blended Online Class

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

Turn your idea into action. Have a business idea—or just the curiosity to start one? This hands-on course is designed for aspiring entrepreneurs who want clear, practical guidance on starting and promoting a small business. You'll learn step-by-step how to shape your idea, understand your customers, and market your business with confidence. This class is ideal for adult learners seeking career readiness, self-employment opportunities, or a foundation for future business growth. No prior business experience required.

040099 T-In class 5:30 - 7:30 pm 3/23-6/18 West Room 201

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

Next program start date Fall 2026!



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.



Server+ (S+) Course

Blended Online Class

Registration Fee: \$225 (Online Book included in Registration Fee. Does not include Certification Testing Fee.)

The CompTIA® Server+® (Exam SK0-004) course builds on your existing professional experience with personal computer hardware support to present the next tier of skills and concepts that you will use on the job when administering any type of network server. If your job duties include server troubleshooting, installation, or maintenance, or if you are preparing for any type of network server-related career, it provides the primary knowledge and skills you will require to be successful. The CompTIA® Server+® (Exam SK0-004) course can also benefit you if you are preparing to take the CompTIA Server+ examination (Exam SK0-004).

Upon successful completion of this course, you will be able to perform the duties of a server administrator.

In this course, you will:

- Manage server hardware.
- Install server hardware and operating systems.
- Configure networking hardware and protocols.
- Perform basic server configuration tasks.
- Create a virtual server environment.
- Administer servers.
- Implement server storage solutions.
- Secure the server.
- Plan and test disaster recovery.
- Troubleshoot server issues.

062205 M - In class 5:30 - 8:30 pm 3/23-6/18 Lowe Room 404



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 Essentials Anatomy & Physiology or Medical Terminology *Phlebotomy Didactic Phlebotomy Internship <p>Verification Required on the 1st Day of Phlebotomy Class: * Immunizations * HSD/GED</p>	<ul style="list-style-type: none"> Healthcare Essentials Anatomy & Physiology or Medical Terminology Patient Service Representative/ Front Office MA Clinical - A Paperless Medical Records (25 wpm) MA Clinical - B Phlebotomy (Optional) <p>HSD/GED required by employers Internships Available</p>	<ul style="list-style-type: none"> Healthcare Essentials Anatomy & Physiology or Medical Terminology Patient Service Representative/ Front Office Paperless Medical Records (25 wpm) <p>HSD/GED required by employers Internships Available</p>	<ul style="list-style-type: none"> Healthcare Essentials Anatomy & Physiology or Medical Terminology Patient Service Representative/ Front Office Paperless Medical Records (25 wpm) Medical Billing Medical Coding <p>HSD/GED required by employers Internships Available</p>	<ul style="list-style-type: none"> Pharmacy Technician <p>* HSD/GED Verification Required on the 1st Day of Pharmacy Class Internships Available</p>

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

SPRING 2026 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 March 12, 2026 at 12 pm** via a special email address: www.vistaadultschool@vistausd.org. This site will not open until March 12th 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	3/23-6/18	Parr-Garcia	Online
040199	Online	3/23-6/18	Muncy	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	3/23-6/18	Muncy	Room 106
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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		3/23-6/18	Parr-Garcia	Online
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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		3/23-6/18	Muncy	Online
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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	3/23-6/17	Medina	Room 104
	W	5 - 8 pm		Martinez	

Coming in the Fall!

Medical Insurance Billing

for the Physician Office Blended Online Class

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.

Medical Coding Blended Online Class

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

The focus of this class is learning the coding rules for the CPT, ICD-10-CM and Health Care Procedure (HCPCS) coding systems and then applying the rules to code patient services. We will utilize medical terminology and focus on diseases and conditions of the body systems. The instructional methods used include lecture, class discussion, and assignments.

041204	T- In Class	6 - 8 pm	3/24-6/18	Muncy	Room 106
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MEDICAL OCCUPATIONS



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 3/23-6/18 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 3/23-6/17 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 3/23-6/18 Parr-Garcia Online



I like this class. The environment is positive, and everyone is respectful & helpful. Ms. Carol explains the lessons clearly & is always supportive. I'm learning a lot & gaining confidence in my skills.

Daphne D., Medical Program Student

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.



I chose Vista Adult School for its affordability. Mrs. Malak is a very understanding teacher of each student life style. She spends time with individuals before and after classes. Mrs. Malak is really sure each student has a full understanding of the material.

I love the extreme flexibility of only 4 in person lab hours. That gives me the freedom to study at 1 pm or 1 am.

Layla M., Pharmacy Technician Student

Coming in the Fall!

Pharmacy Technician Blended Online Class

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.

COMMUNITY EDUCATION

Yoga *Registration Fee: Session 1 \$65; 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 (6 weeks): 770638 M/Th 10 - 11 am 3/23-5/8 LaMar Yoga Studio, 506

Session 2 (5 weeks): 770639 M/Th 10 - 11 am 5/18- 6/18 LaMar Yoga Studio, 506

This class has improved my life in many ways. I had fallen out of exercising for years and the pace at which Jeri teaches is perfect for either advanced or beginners' students. She incorporates many of the well-known asana series and sometimes adds beautiful sounds bowls at the end of practice. Excellent class!

Sarah I., Yoga Student



Yin & Restorative Yoga with Sound Healing

Registration Fee: \$75

Come and unwind in this soothing 1½-hour class designed to melt away stress and quiet the mind.

Experience the deep stretch of **Yin Yoga**, which targets connective tissues to increase flexibility, and the gentle support of **Restorative Yoga**, which uses props to release tension and promote healing. Paired with calming **sound healing**, this class offers the perfect balance of movement, stillness, and serenity.

777055 W 6 - 7:15 pm 5/20-6/17 LaMar Yoga Studio, 506

American Red Cross First Aid/CPR Certification

Registration Fee: \$40

Be the one who knows what to do when every second counts! This course provides participants with the knowledge and hands-on skills needed to respond to emergencies and potentially save lives. Students will learn how to recognize and care for a variety of first aid situations, including sudden illnesses and injuries, as well as how to perform CPR and use an automated external defibrillator (AED). Upon successful completion, participants will earn an official American Red Cross certification card, valid for two years. Taught by an American Red Cross certified instructor.

770653 Th 5 - 9 pm 4/23 Staff MPR
770654 Sat 8:30 am - 12:30 pm 5/30 Staff MPR

AI in Everyday Life & Work

Hybrid Online Class

Registration Fee: \$50

Artificial Intelligence (AI) is becoming part of our daily lives—whether we realize it or not. In this 5-week course, you will gain a foundational understanding of AI, explore free and paid AI tools, and learn how to apply them in everyday situations such as shopping, cooking, and travel. You will also discover how AI can improve business productivity, support job searches, and help tailor resumes for specific postings. This course is hands-on, with practical activities, discussions, and projects designed to prepare you to use AI effectively and responsibly in personal and professional contexts.

060928 T - Online 5 - 7 pm 4/21-5/19 Troy Online



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

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.



One-Pan Mediterranean Dinner

Registration Fee: \$75

Learn how to create a bright, flavorful Mediterranean meal using simple, whole ingredients—all on a single sheet pan! This beginner-friendly class will teach you how to build a well-balanced dinner with minimal cleanup and maximum flavor.

What You'll Make:

- **Lemon-Garlic Chicken Thighs:** Juicy and herb-marinated, oven-roasted to perfection.
- **Roasted Potatoes & Seasonal Vegetables:** Crispy, caramelized, and packed with flavor.
- **Tzatziki or Yogurt Sauce:** Cool and creamy, the perfect accompaniment.
- **Cucumber-Tomato Salad:** Fresh, zesty, and vibrant.

Skills Taught:

- Marinade basics and flavor building.
- Oven roasting techniques for proteins and vegetables.
- Balancing sauces (acid/fat/salt).

Why You'll Love It: Sheet-pan cooking is ideal for beginners and great for entertaining. You'll leave with a complete meal and techniques to recreate it easily at home.

Skill Level: Beginner-friendly

Duration: Approximately 2.5–3 hours

What to Bring: Just yourself and to-go containers, tools, and ingredients are provided.

77026 Th 5:30 pm 4/16 Rizo Culinary Lab



Spring Rolls & Light Asian Favorites

Registration Fee: \$75

Fresh, fun, and perfect for warm weather, this class focuses on light Asian-inspired dishes that are flavorful and beginner-friendly. No stove required—just fresh ingredients and simple techniques!

What You'll Make:

- **Vietnamese-Style Spring Rolls:** Hand-rolled and filled with shrimp or tofu, noodles, and herbs.
- **Peanut Dipping Sauce:** Creamy, savory, and addictively good.

Why You'll Love It: This class is all about low-stress cooking. Great for beginners or anyone looking to add light, fresh meals to their repertoire.

Skill Level: All levels

Duration: 2.5–3 hours

What to Bring: All ingredients and tools are provided. Bring a container for leftovers!

777027 T 5:30 pm 5/5 Rizo Culinary Lab

Fresh & Flavorful Grain Bowls

Registration Fee: \$75

Healthy, customizable, and endlessly adaptable—grain bowls are the perfect solution for balanced weeknight meals. In this class, you'll create nutrient-rich bowls with bold, fresh flavors and textures.

What you'll make:

- **Lemon Quinoa or Farro:** Nutty, bright, and the perfect base.
- **Roasted Vegetables:** Seasonal veggies with depth and caramelization.
- **Chicken or Chickpeas:** Your choice of protein.
- **Simple Yogurt Sauce or Dressing:** A creamy, tangy finish.

Why You'll Love It: Grain bowls are modular and easy to adapt for any dietary preference. This class is great for meal prep or hosting guests with mixed dietary needs.

Skill Level: All skill levels

Duration: 2.5–3 hours.

What to Bring: All tools and ingredients are provided—bring containers for leftovers or meal prep portions.

777028 W 5:30 pm 6/10 Rizo Culinary Lab

ENGLISH AS A SECOND LANGUAGE

Free



I've been here at Vista Adult School for about a year, and I have improved my English every day. My teacher is an amazing instructor, she takes the time to help me, and my classmates improve every day in class. Vista Adult School offers multiple pathway programs outside of my ESL class that I plan to pursue soon.

Elizabeth S., ESL Student

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
March 18 & 19
May 6 & 7

Night Orientations: 6 pm
March 16 & 17
May 4 & 5



Vista Adult School it a very good place to learn. Teachers are helpful and respect their students. It's also a safe place environment for learning.

Lety D., ESL Student



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:

Gratis

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
18 y 19 de marzo
6 y 7 de mayo

Orientaciones por la noche: 6 pm
16 y 17 de marzo
4 y 5 de mayo

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 mínimo 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, 18 de marzo	6 pm	Moreno	Salón 302
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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.**



Listo para la Feria de Empleo: Estrategias para Sobresalir

Este taller brindará estrategias prácticas para prepararse de manera efectiva para una feria de empleo. Los participantes aprenderán cómo presentarse profesionalmente, destacar sus habilidades, preparar un currículum atractivo y comunicarse con empleadores con confianza para aprovechar al máximo las oportunidades laborales.

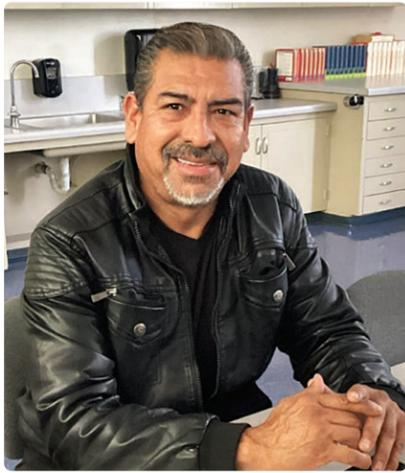
042059	lunes	6 - 8 pm	4/20	Oxley	Room 502
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CLASE DE INFORMÁTICA BÁSICA EN ESPAÑOL

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	3/26-6/18	Schulthess	Room 202
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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**
 March 18 & 19 March 16 & 17
 May 6 & 7 May 4 & 5

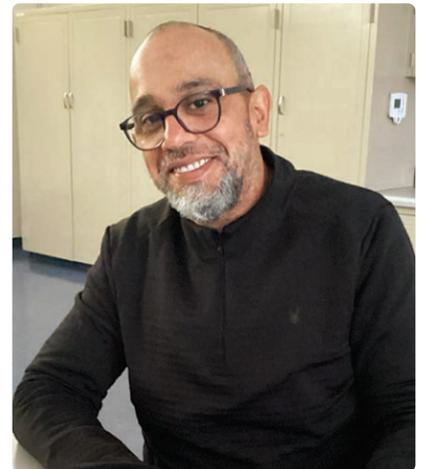


HIGH SCHOOL EQUIVALENCY EXAM:

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.



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 ■ Yoga

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



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 Hortencia Goddard
 Don Adams Martha Huerta-Smith
 Ceci Colindres Sulema Sanchez
 Michelle Fracasse David Trejo
 Veronica Gianelli Erika Trujillo

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, March 9, 2026, 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!

March 9, 2026 General Registration Opens
 March 23, 2026 Spring Session Begins
 March 30 - April 3, 2026 Spring Break, No Classes
 May 25, 2026 Memorial Day Holiday, No Classes/School Closed
 June 18, 2026 Last Day of Classes
 June 19, 2026 Juneteenth Holiday, School Closed
 June 27, 2026 Graduation

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