Vista Adult School

ADULT EDUCATION / CAREER TRAINING

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

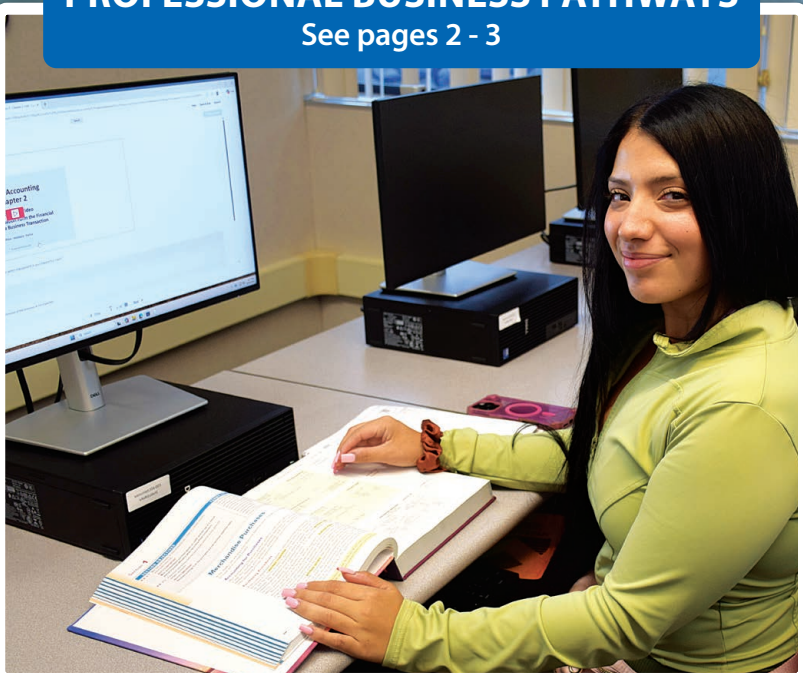
SCHEDULE OF CLASSES | WINTER 2026

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

Check out the New Classes and Pathways!

PROFESSIONAL BUSINESS PATHWAYS

See pages 2 - 3





MEDICAL PROGRAMS AND PATHWAYS

See pages 4 - 5

MICROSOFT OFFICE SPECIALIST

Validate your skills with the globally recognized Microsoft Office Specialist (MOS) certification. This program prepares students to demonstrate proficiency in Microsoft Word, Excel, PowerPoint, Outlook, and other Microsoft Office applications used in today's workplaces. Earning a MOS certification shows employers that you have the technical skills needed to be productive from day one and can increase your competitiveness for administrative, business, education, healthcare, and technology careers.



ESL / INGLÉS

See page 7

ADOBE CERTIFIED PROFESSIONAL

Turn your creativity into a career with the Adobe Certified Professional certification program. Students gain hands-on experience using industry-standard Adobe Creative Cloud applications such as Photoshop, Illustrator, InDesign, Premiere Pro, and Express while developing skills in graphic design, digital media, photography, video editing, and visual communication. Earning an Adobe Certified Professional credential validates creative and technical abilities recognized by employers worldwide.

VISTA ADULT SCHOOL IS AN APPROVED SITE!

PEARSON VUE-Authorized Test Center

VISTA UNIFIED SCHOOL DISTRICT

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

RESIDENTIAL CUSTOMER

******ECRWSSEDDM******

Vista Unified School District
1234 Arcadia Ave. Vista, CA 92084

Vista Adult School
510 Sunset Drive Vista, CA 92081

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

CAREER EDUCATION

BUSINESS OCCUPATIONS CERTIFICATED PROGRAMS

Professional Business Pathways - Certification Requirements:

Microsoft Office Specialist	Bookkeeping / Accounting Technician	Human Resources Technician	Entrepreneurship/ Small Business

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

MICROSOFT OFFICE SPECIALIST PATHWAY

Build the professional and technology skills needed to become the backbone of any successful organization. The Administrative Assistant Pathway prepares students for careers in today's modern office by developing the organizational, communication, and digital skills employers value most.

Students receive hands-on training in office procedures, business communication, customer service, scheduling, records management, document preparation, data entry, and office technology. Coursework includes Microsoft Office applications, Word, Excel, PowerPoint and Outlook.

Graduates are equipped with the skills to support business operations in corporate offices, healthcare facilities, schools, government agencies, and nonprofit organizations.

Career Opportunities Include:

- Administrative Assistant
- Office Assistant
- Executive Assistant
- Receptionist
- Office Coordinator
- Customer Service Representative
- Administrative Support Specialist



Administrative professionals are in demand throughout North County San Diego across nearly every industry, including healthcare, education, government, manufacturing, finance, and professional services. Strong administrative skills provide a versatile career foundation with opportunities for advancement into office management, executive support, project coordination, and business operations. Beyond the workplace, the organizational, communication, time management, and technology skills gained in this pathway can also help individuals manage their personal lives more effectively—from organizing schedules and finances to confidently handling everyday tasks and responsibilities.

Students will receive Microsoft Certificates throughout the training upon successful completion.

Build your Microsoft Word skills and earn an industry-recognized Microsoft certification! Enhance your résumé, increase your workplace productivity, and gain valuable computer skills employers seek.

Microsoft Word Associate *Registration Fee: $85 Includes Microsoft certification.*
- 050012 6 Weeks Wednesdays 12/2 - 1/20

Microsoft Word Expert *Registration Fee: $75 Includes Microsoft certification.*
- 050013 4 Weeks Wednesdays 1/27 - 3/3

Invest in your future with valuable Microsoft Office credentials!

JOB SKILLS WORKSHOPS

Open to the community!

Free

Fill Your Cup, Then Fill Out Applications

Are you job hunting and feeling exhausted, anxious, or unsure of where to start? You're not alone — nearly half of all job seekers say the search takes a toll on their mental health. Join us for an interactive workshop at Vista Adult School where we'll explore practical self-care strategies to keep you energized and confident during your job search. From breathing techniques and mindset shifts to building a realistic daily routine and preparing for interviews, you'll walk away with a personal action plan and real tools you can use right away. Come as you are — no pressure, just support.

042064 T 6 - 8 pm 1/12 Magallon Room 502

Next Steps After a Training Certificate and Career Pathways

This workshop is designed to help students cut through the noise after earning a training certificate, guiding them to either identify a clear career pathway or continue their education. Topics include:
- Align with Your Career Pathway: Map your skills to the requirements of your chosen pathway.
- Gain Work Experience: Start in entry-level positions related to your pathway to build a portfolio and network. Seek work-based learning opportunities such as internships.
- Continue Education or Skill Development: Pursue further education to expand your skill set and access higher-paying roles. Enroll in advanced training programs or micro-credentials to stay current with industry trends.

042021 W 6 - 8 pm 3/3 Aguero Room 502

10 Consejos Clave para tu Entrevista de Trabajo

Este taller intensivo está diseñado para equiparte con las herramientas prácticas y la confianza necesarias para sobresalir en tu próxima entrevista laboral. A través de ejercicios interactivos, prácticas de roles y debates en grupo, profundizaremos en los diez principios fundamentales para dominar cualquier entrevista.

042066 M 6 - 8 pm 2/1 Oxley Room 502



BUSINESS PATHWAY

Students entering a Business Career Pathway should have basic computer skills to ensure success. If you are new to computers or would like to strengthen your technology skills, we recommend enrolling in **Keyboarding** and/or **Beginning Microsoft Office** before starting your pathway.

These foundation courses will help you:
- Build confidence using a computer.
- Improve keyboarding speed and accuracy.
- Learn essential Microsoft Office applications used in the workplace.
- Develop the digital skills needed to succeed in your Business Pathway and today's professional work environment.

A strong technology foundation will prepare you for success in your classes and future career.

BOOKKEEPING/ACCOUNTING TECHNICIAN PATHWAY

Gain the practical accounting and bookkeeping skills employers need to keep businesses running successfully. This pathway prepares students for entry-level positions in accounting, bookkeeping, payroll, and financial office support through hands-on training with industry-standard software and real-world business scenarios.

Students develop skills in recording financial transactions, managing accounts payable and receivable, payroll processing, bank reconciliations, budgeting, financial reporting, and financial analysis. As part of the pathway, students prepare for the **Intuit QuickBooks Certified User** industry certification, demonstrating proficiency in one of the nation's most widely used accounting software programs. Earning this certification validates the skills employers seek and gives graduates a competitive advantage in today's job market.

Career Opportunities Include:

- Bookkeeper
- Accounting Technician
- Accounts Payable/Receivable Specialist
- Payroll Clerk
- Accounting Assistant
- Financial Office Assistant



Why Choose This Pathway?
Accounting and bookkeeping professionals continue to be in demand throughout North County San Diego, supporting industries including healthcare, manufacturing, education, technology, retail, nonprofit organizations, and thousands of small businesses. Employers consistently seek professionals with experience in QuickBooks, payroll, financial reporting, and business operations. The skills learned in this pathway provide a strong foundation for careers in accounting while also helping individuals confidently manage personal finances, budgeting, and financial records.

Industry Certification: Intuit QuickBooks Certified User
This nationally recognized certification demonstrates proficiency in QuickBooks, including setting up company files, recording transactions, managing customers and vendors, processing payroll, reconciling accounts, and generating financial reports. Earning the Intuit QuickBooks Certified User credential verifies your accounting.

CAREER EDUCATION

ENTREPRENEURSHIP – SMALL BUSINESS PATHWAY

Turn Your Business Idea into Reality: Have a business idea but aren't sure where to begin? The Entrepreneurship Pathway is designed for aspiring business owners who want to build a strong foundation—and the confidence to take action. Whether you dream of opening a retail store, online business, food service, consulting company, or home-based business, this pathway will guide you through the essential steps of turning an idea into a real business.



Students will learn how to:

- Evaluate and refine a business idea
- Identify a target market and validate customer demand
- Create a practical business plan
- Develop a startup budget and pricing strategy
- Understand licensing, permits, and legal requirements
- Build a marketing and social media strategy
- Explore funding options and financial management
- Build an entrepreneurial mindset by overcoming fear, uncertainty, and perfectionism
- Gain confidence through hands-on planning, problem-solving, and taking meaningful action toward launching a business.

Why Entrepreneurship?

Small businesses are the driving force of our local economy. In San Diego County, nearly 98% of all businesses are classified as small businesses, creating countless opportunities for entrepreneurs to succeed. The vast majority of these businesses employ fewer than 20 people, making small business ownership one of the region's strongest economic engines.

Starting a business can feel overwhelming, but every successful entrepreneur began with a single step. This pathway is designed to help students move beyond simply having an idea by developing the confidence, resilience, and practical skills needed to take action. Through real-world planning, guided exercises, and hands-on learning, students will discover that confidence isn't something you wait for—it's something you build by doing.

Whether you're ready to launch your business today or are exploring entrepreneurship as a future career, you'll leave with a roadmap, a plan, and the confidence to take your next step toward business ownership.

24 weeks/Blended		Pathway Fee: $200 or $100 for first two months *E-Book included in pathway fee.*			
050002	T - In Class	5:30 - 7:30 pm	12/1-6/15	West	Room 201

Refer to our school calendar for holidays and school closures.

HUMAN RESOURCE TECHNICIAN PATHWAY

Returning Fall 2027

Launch your career in one of the fastest-growing and most essential business professions. The Human Resource Technician Pathway prepares students with the knowledge and practical skills needed to support an organization's most valuable asset—its people.

Students gain hands-on experience in the core functions of Human Resources, including recruitment and hiring, onboarding, employee relations, payroll fundamentals, benefits administration, employment law, workplace communication, performance management, and personnel recordkeeping. Through real-world scenarios and industry-focused projects, students develop the professional skills employers seek in today's workplace.

Graduates are prepared for entry-level positions in Human Resources, administrative support, recruiting, and personnel management across a wide range of industries.

Career Opportunities Include:

- Human Resource Technician
- Human Resource Assistant
- Recruiting Coordinator
- Talent Acquisition Assistant
- Payroll and Benefits Assistant
- Personnel Clerk
- Administrative Assistant



Why Choose This Pathway?

Human Resources professionals are needed in virtually every industry throughout North County San Diego, including healthcare, education, manufacturing, hospitality, government, and technology. As local businesses continue to grow and compete for skilled employees, organizations rely on HR professionals to recruit, develop, and retain talented staff while ensuring compliance with employment laws and creating positive workplace cultures.

Ideal for individuals who enjoy working with people, are organized, professional, and want to build a rewarding career helping organizations develop successful and engaged employees.

BUSINESS EDUCATION COURSES



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			
11/30-1/20	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	1/25-3/10	Schulthess	Room 202

ADOBE CERTIFIED PROFESSIONAL

Turn your creativity into a career with the Adobe Certified Professional certification program. Students gain hands-on experience using industry-standard Adobe Creative Cloud applications such as Photoshop, Illustrator, InDesign, Premiere Pro, and Express while developing skills in graphic design, digital media, photography, video editing, and visual communication. Earning an Adobe Certified Professional credential validates creative and technical abilities recognized by employers worldwide.

Adobe Photoshop *Registration Fee: $125*

Develop the skills to create professional-quality graphics, edit digital images, and design visual content using Adobe Photoshop, the industry-standard software for photographers, designers, marketers, and creative professionals. Students will learn essential tools and techniques including photo retouching, image enhancement, layers, masks, typography, color correction, digital illustration, and graphic design fundamentals through hands-on projects.

Upon successful completion of the course and passing the certification exam, students will earn the **Adobe Certified Professional – Adobe Photoshop** industry certification, validating their skills and enhancing their qualifications for careers in graphic design, marketing, photography, digital media, and other creative industries.

062225	M - In Class	5 pm - 8 pm	11/30-3/12	West	Room 201

INFORMATION TECHNOLOGY

ADVANCE YOUR CAREER AS AN IT PROFESSIONAL WITH COMPTIA CERTIFICATION!

Vista Adult School is a CompTIA Approved Training Site.

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

CompTIA Security+ Certification Preparation

Blended Online Class

Registration Fee: $250 ***(Online Book included in Registration Fee. Does not include Certification Testing Fee.)***

Launch your career in cybersecurity with our CompTIA Security+ Certification Preparation course. Designed for individuals pursuing entry-level cybersecurity careers or looking to advance their IT skills, this hands-on program prepares students for the industry-recognized CompTIA Security+ certification exam. Students will learn how to identify and respond to security threats, protect networks and devices, manage risk, implement secure cloud and network technologies, and apply cybersecurity best practices in real-world environments. Instruction includes interactive labs, practical exercises, and exam-focused preparation to build both technical knowledge and confidence.

Topics include:

- Cybersecurity fundamentals
- Threats, vulnerabilities, and risk management
- Network and cloud security
- Identity and access management
- Security operations and incident response
- Cryptography and data protection
- Governance, compliance, and security best practices
- CompTIA Security+ exam preparation

Career Opportunities: Security Support Specialist, Cybersecurity Technician, Security Analyst, Systems Administrator, Network Administrator, IT Support Specialist, and other entry-level cybersecurity positions.

Prerequisites: Basic computer skills are recommended. Completion of CompTIA A+ and Network+ or equivalent knowledge is strongly encouraged but not required.

060717	M - In Class	5:30 - 8:30 pm	11/30-3/12	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

ELEVATE YOUR FUTURE: PROFESSIONAL HEALTHCARE PATHWAYS

In North San Diego County, healthcare is more than just an industry—it's the backbone of our community. Whether you are looking to pivot careers, re-enter the workforce, or specialize your skillset, these pathways offer a sophisticated blend of stability, purpose, and professional growth.

Medical Program Prerequisites

To enroll in a Medical Career Pathway, students must:

- **Attend a Medical Program Orientation**
- **Successfully enroll in Healthcare Essentials** as the first course in the pathway.
- **Provide proof of high school completion** (High School Diploma or High School Equivalency).
- **Provide a valid Social Security Card and matching government-issued photo ID.**

Start your healthcare career with confidence by completing these simple enrollment steps before beginning your pathway.



Drops and Refund Policy

- 100% refund before the first class
- 75% refund (minus books) if dropped within the first 4 sessions
- No refunds after the 4th session

MEDICAL ASSISTANT & CLINICAL EXCELLENCE

The Pathway Experience: Transition into a role where your presence truly matters. This program is designed for the student who balances a compassionate heart with a sharp, tactical mind. As a Medical Assistant, you are the primary point of connection between the patient and the provider. You aren't just performing tasks; you are managing the clinical flow, easing patient anxieties, and ensuring the integrity of the diagnostic process.

In this pathway, you will master the delicate balance of advanced clinical procedures and the nuanced communication required to manage modern medical practice. Learning in a simulated lab. It is a career for those who thrive in dynamic environments and take pride in being the reliable "right hand" of a medical team.

Areas of focus are:

- Anatomy & Physiology
- Medical Front Office
- Medical Assistant Clinical
- Medical Terminology
- Electronic Health Records
- Externship

Professional Growth: This is a powerful springboard into nursing, clinical management, or specialized technical roles in North County's thriving biotech and medical research sectors.

48 weeks depending on internship - Blended
Path Tuition $2,200 or $550/first 4 months
Includes Medical Front Office
Includes Books & BLS certification
Includes internship at the end of the pathway
W - In Class 12/2-6/15 8 am - 12 pm
Refer to our school calendar for holidays and school closures.



Brittany Muncy has been an instructor at Vista Adult School for the past 3 years, bringing two decades of diverse healthcare industry experience into the classroom. With a robust 20-year background in the medical field, Ms. Muncy has held key clinical and administrative roles, including Certified Nurse Assistant, Patient Service Representative, Certified Professional Coder, and specialist positions in medical records and hospital purchasing. This comprehensive, first-hand knowledge of healthcare operations allows Ms. Muncy to provide students with an exceptional, well-rounded education designed to bridge the gap between the classroom and the medical workforce.



Carol Parr-Garcia, RN, BSN, is a Medical Assistant Instructor with extensive experience in healthcare education, curriculum development, and simulation-based learning. She specializes in preparing Medical Assistant students for clinical practice through innovative teaching strategies that integrate technology, critical thinking, and hands-on skills training.

As an educator, Carol has developed patient-care simulation scenarios using the Body Interact platform to help students strengthen their clinical decision-making, patient assessment, documentation, and communication skills in realistic healthcare settings. Her work focuses on bridging classroom instruction with real-world clinical application, ensuring students are well-prepared for externships and careers in ambulatory care.

WHICH PATH IS RIGHT FOR YOU?

Feature	Medical Assistant	Medical Billing & Coding
Primary Focus	Patient Care & Procedures	Data, Coding & Finance
Work Environment	Exam Rooms & Labs	Medical Offices & Remote
Patient Contact	High (Face-to-face)	Low (Phone/Digital)
Certification	CCMA / CMA	CBCS / CPC

MEDICAL ADMINISTRATIVE

The Business Side of Healthcare Starts Here

Become the professional who keeps medical offices running efficiently. The Medical Administrative pathway prepares students for rewarding careers managing the daily operations of healthcare facilities through patient scheduling, medical records, insurance verification, electronic health records (EHR), customer service, and medical office procedures.

Students develop the administrative and communication skills healthcare employers are looking for while gaining hands-on experience with the systems used in today's medical offices.

Career Opportunities Include:

- Medical Receptionist
- Medical Administrative Assistant
- Medical Office Specialist
- Patient Services Representative
- Front Office Coordinator
- Medical Records Clerk



24 weeks depending on internship - Blended
Path Tuition $1,560 or $520/first 3 months
Includes Books & BLS certification
Includes Anatomy & Physiology and Medical Terminology
T - In Class 12/1-6/15 Muncy Room 105
Refer to our school calendar for holidays and school closures.

MEDICAL BILLING AND CODING

The Pathway Experience: For the analytical mind that finds satisfaction in precision and logic, this pathway offers a sophisticated career behind the scenes of the medical world. Medical Billing and Coding is far more than data entry; it is the strategic translation of medical science into the universal codes that drive the global healthcare economy.

You will become a master of the ICD-10-CM and CPT systems, acting as the essential bridge between clinical care and financial reimbursement. This role requires a high level of professional integrity and an eye for detail, as you navigate the complex intersection of healthcare law, insurance policy, and provider documentation. It offers a career of quiet influence, where your accuracy ensures that medical practices remain solvent and patients are billed fairly.

Areas of focus are:

- Anatomy & Physiology
- Patient Service Rep/Front Office
- Medical Billing
- Medical Terminology
- Electronic Health Records
- Medical Coding

Length of pathway is 48 weeks.

Lifestyle Advantage: This pathway is uniquely suited for those seeking a professional office environment providing a work-life balance that is highly coveted in the San Diego market.

48 weeks depending on internship - Blended
Path Tuition $2,200 or $550/first 4 months
Includes Medical Front Office
Includes Books & BLS certification
Includes internship at the end of the pathway
M - In Class 11/30-6/15 6 - 8 pm Muncy Room 105
Refer to our school calendar for holidays and school closures.

MEDICAL OCCUPATIONS

PHLEBOTOMY TECHNICIAN

Become the Link Between Patients and Laboratory Testing

Phlebotomy Technicians play a vital role in healthcare by collecting blood specimens used to diagnose and monitor medical conditions. This hands-on program provides training in blood collection techniques, infection control, patient interaction, specimen handling, and laboratory safety.

Program Highlights

- Hands-on laboratory training
- National certification preparation
- Experienced healthcare instructors
- Clinical experience opportunities
- Entry-level pathway into healthcare

Career Opportunities Include:

- Phlebotomy Technician
- Laboratory Assistant
- Blood Donor Center Technician
- Medical Laboratory Support Staff



JOB OUTLOOK

Healthcare continues to be one of the fastest-growing industries in San Diego County. As healthcare providers expand services and diagnostic testing remains essential to patient care, demand for trained phlebotomy professionals remains strong. Employment opportunities for Certified Phlebotomy Technicians are projected to continue growing throughout California.

Registration Fee: $1,260 or $420 for first 3 months *Internship follows the class*
Includes Books & BLS Certification
Includes Background Check
Includes Anatomy & Physiology and Medical Terminology

11/30-6/16	M/T	5 - 9 pm	Rm 104
	W	5 - 8 pm	Rm 104



My phlebotomy instructors have been great throughout the course. They are both very knowledgeable, supportive, and always willing to help when we have questions or concerns. I've learned so much, and with each class, I feel more confident and gain a better understanding of the material. I truly appreciate the time and patience they put into teaching us. It's clear that they both want every one of us to succeed.

Tabanne B. R., Phlebotomy Student



Karen Medina has dedicated the past 14 years to the field of phlebotomy, beginning her career at the San Diego Blood Bank, where she worked for four years before joining Tri-City Primary Care. For the past 10 years, she has served as Lead Phlebotomist, bringing expertise, leadership, and compassion to patient care.

In addition to her clinical work, Karen has proudly taught phlebotomy at Vista Adult School for the past five years. She is passionate about both practicing and teaching phlebotomy, finding great fulfillment in helping healthcare providers diagnose and treat patients while ensuring every patient has the best experience possible.

Through her dedication, knowledge, and enthusiasm, she strives to prepare the next generation of phlebotomists for successful and rewarding careers.



Hi my name is **Manuel Martinez**, and I have been a phlebotomist for eight years and a phlebotomy teacher for the last three years. Throughout my career, I have been passionate about the lab, patient care and helping others succeed in healthcare.

I am proud to work with a reputable laboratory in San Diego, where I continue to expand my experience and contribute to patient healthcare services. My journey began at Vista Adult School, where I earned my phlebotomy certification and developed the start of my healthcare career. As a graduate of Vista Adult School, it is meaningful to give back to the program that helped me launch my career. I enjoy sharing my experience with students and helping them build their skills, confidence and professionalism to be successful.

I am committed to supporting the next generation of healthcare professionals & take pride in making a positive impact on students.

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

WINTER 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 November 12, 2026 at 12 pm** via a special email address: www.vistaadultschool@vistausd.org. This site will not open until November 12th at 12 noon.

PHARMACY TECHNICIAN

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.

Pharmacy Technician *Blended Online Class*

Registration Fee: $500 ***(Book included)*** *Includes BLS Certification*

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.

041303	M - In Class	1/25-6/17	Alqazzaz	Room 102



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've taken a few courses over the past few years here at Vista Adult School. I'm focusing on the Pharmacy Tech Program in order to gain basic skills to work in a pharmacy & transfer those skills to another stage when I move in 4 years.

Joddi P., Pharmacy Technician Student

CAREER EDUCATION

CULINARY PATHWAY

Returning in Fall 2027

Certification Requirements:

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

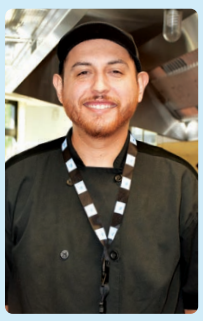


Unlock your culinary potential with our Adult School Culinary Program!

Designed for future culinary professionals. This program is intended for individuals who are currently employed in the culinary industry or are seeking a career in food service. It provides career-focused training and hands-on experience to prepare students for employment and advancement in the culinary field.

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

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.

COMMUNITY EDUCATION

Yoga

Registration Fee: Session 1 $50, Session 2 $75, Session 3 $60

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 (3 weeks)					
770638	M/Th	10 - 11 am	11/30-12/17	LaMar	Yoga Studio, 506
Session 2 (5 weeks)					
770639	M/Th	10 - 11 am	1/4-2/4	LaMar	Yoga Studio, 506
Session 3 (4 weeks)					
770640	M/Th	10 - 11 am	2/22-3/18	LaMar	Yoga Studio, 506

Yin & Restorative Yoga with Sound Healing

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.

Coming in the Spring.

American Red Cross First Aid/CPR Certification

Registration Fee: $50

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	1/21	Medina	MPR
770654	Sat	8:30 am - 12:30 pm	2/6	Muncy	MPR

Designing Your Life: Education for International Travel

Registration Fee: $60

Curious about international travel? Eager to expand your perspective? Ready to take charge in building your unique story? Whether studying abroad, volunteering, participating in a work program, backpacking, or exploring travel tourism, our discovery-based educational course is designed to empower the traveler within you. This course will guide students on how to research, budget, and execute a personalized travel plan, opening-up new opportunities into their lives. We will discuss safety tips, cultural awareness, booking accommodations, and more. No prior travel experience required, just a thirst for adventure. ***Bring a 1 inch, three ring, binder/notebook.***

77062	Th	6 - 7:30 pm	11/10-1/28	Shumaker

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.

Knife Skills 102: Winter Roots & Citrus

Registration Fee: $50

Winter produce is tough, dense, and full of flavor, and it takes real knife skills to handle. Learn to safely break down hard squash, celery root, and beets, then finish with bright citrus knife work that cuts through the season's heavy dishes. Come ready to practice precision cuts you can use every day.

Menu:

- Roasted Root Vegetable Medley
- Shaved Fennel & Citrus Salad
- Practice Vegetables

Skills:

- Safely cutting dense and round vegetables
- Julienne, batonnet, and brunoise cuts
- Citrus segmenting (supremes)
- Mandoline safety and shaving techniques

Duration: 3 hours
Dates: 777034 1/7/27 **Time:** 5:30 - 8:30 pm

Knife Skills 103: Chicken Breakdown

Registration Fee: $75

Buying a whole chicken is cheaper and gives you more, if you know how to break it down. In this hands-on class, you'll learn to separate a whole bird into usable cuts, then cook your own work into a restaurant-style dinner. You'll leave with a skill that saves money every week.



Menu:

- Whole Chicken Breakdown
- Quick Chicken Stock from Bones
- Pan-Seared Chicken with Pan Sauce

Skills:

- Breaking down a whole chicken
- Boning and trimming techniques
- Knife handling with raw proteins
- Food safety and cross-contamination prevention
- Pan sauce basics

Duration: 3 hours
Dates: 777038 3/4/27 **Time:** 5:30 - 8:30 pm

Handmade Pasta & Slow-Braised Ragu

Registration Fee: $75

Few things say "winter dinner" like a bowl of fresh pasta with a rich, slow-cooked sauce. Students will mix, roll, and cut their own pasta dough, then pair it with a deeply flavorful braised ragu. This class turns a simple pantry staple into something special.

Menu:

- Fresh Egg Pasta (Fettuccine)
- Braised Beef Ragu

Skills:

- Mixing and kneading pasta dough
- Rolling and cutting pasta by hand or machine
- Braising for deep flavor
- Cooking pasta and finishing in sauce

Duration: 4 hours
Dates: 777035 1/21/27 **Time:** 5:00 - 9:00 pm

Ramen From Scratch

Registration Fee: $75

Warm up with a steaming bowl of ramen built layer by layer. Students will simmer a rich broth, season a flavorful tare, and finish with all the classic toppings. It's a cozy, satisfying class that shows how much goes into a great bowl.

Menu:

- Pork or Miso Mushroom Ramen Broth
- Soy-Marinated Soft-Boiled Eggs
- Chashu-Style Braised Pork Belly
- Quick Pickled Vegetables

Skills:

- Building and seasoning a rich broth
- Making a tare (flavor base)
- Cooking and holding noodles
- Soft-boiling eggs and marinating
- Bowl assembly and garnishing

Duration: 4 hours
Dates: 777033 12/10/26 **Time:** 5:00 - 9:00 pm

Cozy Casseroles & One-Pot Dinners

Registration Fee: $75

Comfort food at its best. L earn to make hearty, make-ahead dishes that feed a crowd and reheat beautifully, perfect for busy winter weeknights.

Menu:

- Chicken Pot Pie with Homemade Crust
- Skillet Cornbread

Skills:

- Making a roux and bechamel sauce
- Flaky pie dough basics
- Building a savory filling
- Make-ahead and freezer strategies

Duration: 3 hours
Dates: 777036 2/11/27 **Time:** 5:30 - 8:30 pm

Knife Skills for Meal Prep

Registration Fee: $50

Slice your way to an easier week. Students will practice efficient cutting techniques and batch-prep ingredients for several meals, saving time and reducing waste.

Menu:

- Sheet Pan Roasted Vegetables
- Chopped Winter Salad
- Veggie Soup Starter Mix

Skills:

- Speed and efficiency with the knife
- Batch cutting and storage
- Reducing waste and using scraps
- Organizing a prep workflow

Duration: 2.5 hours
Dates: 777037 2/25/27 **Time:** 5:30 - 8:00 pm

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	**Night Orientations: 6 pm**
November 18 & 19	November 16 & 17
January 13 & 14	January 11 & 12
March 17 & 18	March 15 & 16

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.

REGISTRATION PROCESS: Attend an ESL orientation

STUDENT TESTIMONIALS

My name is Tatiana. I really enjoy studying at Vista Adult School. The teachers here are very friendly and patient, which helps me to master English. Thank you to my teacher, Diana Smith.

Tatiana S., High Beginning ESL Student

Hello my name is Luz. I love coming to Vista Adult School because I have an excellent teacher, Ms. Deal, who is constantly teaching the students. I am having a wonderful experience at school because I am learning a lot about reading, writing, and communication. I am also learning how to use a laptop.

Luz C., Lower Intermediate ESL Student

My experience at Vista Adult School has been nothing but awesome! The staff are super friendly and helpful. The schedule is very flexible and easy to advance.

Ashten R., HS Diploma Student



This class has made me realize that one of the reasons that I have never been able to type was because I wasn't focusing on what I was typing. I also learned that accuracy was a better foundation than speed. The instructor has so much patience with the students that she gave us the courage to be the best versions of ourselves.

Yvonne C., Keyboarding Student

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	**Orientaciones por la noche: 6 pm**
18 y 19 de noviembre	16 y 17 de noviembre
13 y 14 de enero	11 y 12 de enero
17 y 18 de marzo	15 y 16 de marzo

CLASES DE CIUDADANIA

La escuela de Adultos de Vista también ofrece clases de Ciudadanía. Enfoque de preparación en los examenes aprobados por USCIS, preparación para la entrevista oral de USCIS, y al mismo tiempo refuerza las habilidades orales de lectura en Inglés.
Pre-Requisito: Asistir orintacion de ESL y obteñer nivel 3 de ESL o más lato.

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:

18 de noviembre	6 pm	Moreno	Salón 302
17 de marzo			

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	10/1-3/11	Schulthess	Room 202

CLASES DE CIUDADANIA

La Escuela para Adultos de Vista ofrecerá una clase GRATUITA de Preparación para la Ciudadanía en la Biblioteca de Vista a partir del 25 de agosto de 2026. La clase se llevará a cabo los martes de 12:30 p. m. a 3:30 p. m. en el salón B. La clase, impartida en español, ayudará a preparar a los estudiantes para aprobar todos los exámenes aprobados por USCIS y la entrevista oral de USCIS.

The Vista Library is located at: 700 Eucalyptus Ave, Vista, CA 92084

HIGH SCHOOL PROGRAM



HIGH SCHOOL PROGRAM:

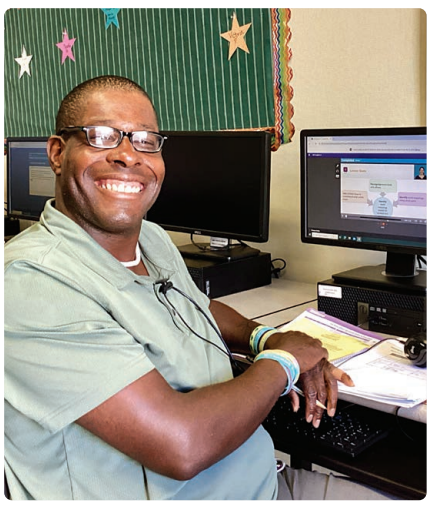
Free

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**
November 18 & 19	November 16 & 17
January 13 & 14	January 11 & 12
March 17 & 18	March 15 & 16





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
Garry Dillard, Assistant Principal

Student Support Team

LaDawn Aguero
Julia Magallon
Lawrence Hunt
Sylvia Oxley

Support Staff

Marina Acosta
Ceci Colindres
Michelle Fracasse
Veronica Gianelli
Hortencia Goddard
Ralph Hatcher
Martha Millan
Sulema Sanchez
David Trejo
Erika Trujillo

Vista Unified School District

Board of Education

Martha Alvarado
Mike Markov
Rena Marrocco
Sue Martin
Cipriano Vargas

Superintendent

Dr. Matt Doyle

VISTA UNIFIED SCHOOL DISTRICT

REGISTRATION INFORMATION

3 EASY WAYS TO REGISTER FOR CLASSES!

On Monday, November 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.

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

DATES

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

November 9, 2026 . . . . . General Registration Opens
November 23-27, 2026 . . . . . Thanksgiving Break
November 30, 2026 . . . . . Winter Session Begins
December 21-January 1, 2027 . . . . . Winter Break
January 18, 2027 . . . . . Martin Luther King Holiday
February 15-19, 2027 . . . . . President's Week Break
March 12, 2027 . . . . . Last Day of Classes
March 22, 2027 . . . . . Spring Session Begins