

GROSSMONT ADULT EDUCATION

2026-2027 Catalog

In **English**, en **Español**, & **بالعربية**

ADULTSCHOOL.GUHSD.NET

*Start here.
Go anywhere.*

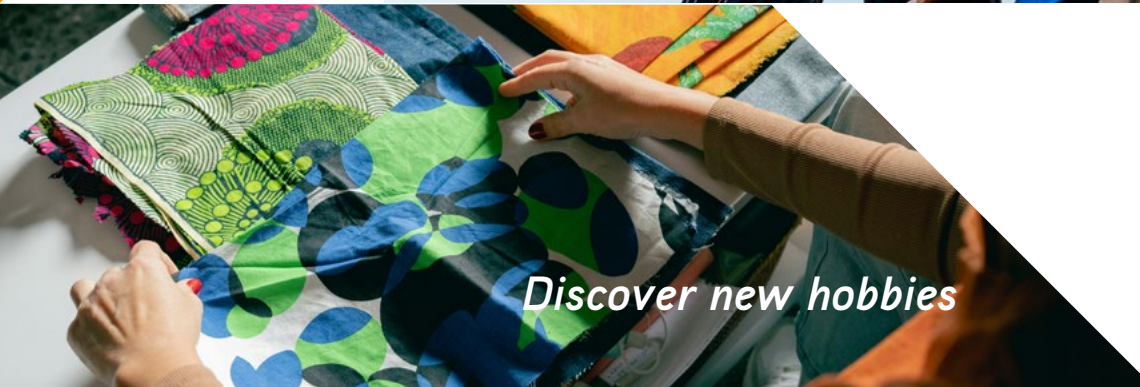


Train for careers



Learn English

*Complete your
diploma or GED*



Discover new hobbies



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ACCREDITATION

Grossmont Adult Education is accredited by the Western Association of Schools and Colleges. Accreditation is an assurance of quality and a guarantee that courses taken for credit will be accepted by other educational institutions. Teachers are certified in their teaching area by the State Commission for Teacher Preparation and Licensing.

PUBLISHER STATEMENT

The catalog is published by Grossmont Adult Education, a member of East Region Adult Education.

DISCLAIMER

Every effort has been made to ensure that all information in this catalog is accurate. However, the information in this publication is subject to change without notice. Students should consult the website [adultschool.guhsd.net](#) and the appropriate campus for updates, most recent information, and special requirements or regulations.

2026-2027 GROSSMONT ADULT CALENDAR

SEMESTER 1

2026 Summer & Fall Registration Opens	June 1
Summer Programs (may vary by program)	July 1 – 31
Independence Day (no classes)	July 3
Semester 1 Starts (may vary by program)	Aug 10
Labor Day (no classes)	Sept 7
2027 Spring Registration Opens	Nov 1
Veterans Day (no classes)	Nov 11
Thanksgiving Break (no classes)	Nov 23 – 27
Winter Recess	Dec 18 – Jan 8

SEMESTER 2

Semester 2 Starts (may vary by program)	Jan 11
Martin Luther King Jr. Day (no classes)	Jan 18
Presidents’ Day (no classes)	Feb 12 & 15
Spring Recess (no classes)	Mar 22 – Apr 2
Memorial Day (no classes)	May 31
2027 Summer & Fall Registration Opens	June 1
Academic Graduation	June 2
Career Training Graduations	Varies by Program
Juneteenth (no classes)	June 18



Grossmont Adult Education
administrative team

WELCOME!

Welcome to the 2026-2027 school year!

Grossmont Adult Education is your partner in lifelong learning and it's our mission to prepare students with the tools for a successful future in a rapidly changing world. In this catalog, you'll find free or low-cost options to support your educational, career, and personal aspirations. Whether you are training for a career, advancing in the health professions, working toward a diploma or equivalency, developing your English language skills, or pursuing personal enrichment, we have exciting opportunities for you!

Since our printed catalog only comes out once a year, be sure to check our website for the latest class schedules and details: adultschool.guhisd.net.

On behalf of the entire administrative team, thank you for choosing Grossmont Adult Education as your partner in lifelong learning.

Kim Bellaart

Director, Grossmont Adult Education

¡BIENVENIDOS!

¡Bienvenidos al año escolar 2026-2027!

La Educación para Adultos del Distrito de Grossmont es tu aliado en el aprendizaje continuo, y nuestra misión es dotar a los alumnos de las herramientas necesarias para un futuro próspero en un mundo en constante cambio. En este catálogo encontrarás opciones gratuitas o de bajo costo para apoyar tus aspiraciones educativas, profesionales y personales. Tanto si te estás formando para una profesión, como si deseas avanzar en el ámbito de la salud, obtener un título o diploma similar, mejorar tus conocimientos de inglés o buscar tu enriquecimiento personal, ¡tenemos interesantes oportunidades para ti!

Dado que nuestro catálogo impreso solo se publica una vez al año, no olvides consultar nuestra página web para conocer los horarios y detalles más recientes de las clases en: adultschool.guhisd.net

En nombre de todo el equipo administrativo, gracias por elegir a la Educación para Adultos del Distrito de Grossmont como tu aliado en el aprendizaje continuo.

Kim Bellaart

Directora, Educación para Adultos del
Distrito de Grossmont

مرحباً!

أهلاً بكم في العام الدراسي 2026-2027!

تعتبر مدرسة كروسمنت للبالغين شريككم في مسيرة التعلم لمدى الحياة وأن مهمتنا هي تزويد الطلبة بالأدوات اللازمة لبناء مستقبل ناجح في عالم يشهد تغيرات سريعة. ستجدون في هذا الدليل خيارات تعليمية مجانية أو منخفضة التكلفة تهدف إلى دعم تطلعاتكم التعليمية والمهنية والشخصية. وسواء كنتم تتدربون على مهنة أو وظيفة جديدة، أو تسعون للتقدم في مجال المهن الصحية، أو العمل للحصول على دبلوم أو شهادة معادلة، أو الرغبة في تطوير مهاراتكم في اللغة الإنجليزية، أو حتى السعي لتحقيق إثناء شخصي؛ فإننا نقدم لكم فرصاً مثيرة بانتظاركم!

ونظراً لأن دليلنا المطبوع لا يُصدر إلا مرة واحدة فقط سنوياً، فإننا ندعوكم لزيارة موقعنا الإلكتروني للاطلاع على أحدث جداول الحصص الدراسية وكافة التفاصيل المتعلقة بها. [موقعنا الإلكتروني هو: adultschool.guhisd.net](https://adultschool.guhisd.net)

نيابةً عن فريقنا الإداري بأكمله، نتوجه إليكم بجزيل الشكر لاختياركم مركز كروسمنت التعليمي للبالغين كشريك لكم في رحلتكم التعليمية لمدى الحياة.

كيم بيلارت

مديرة مركز كروسمنت التعليمي للبالغين

MISSION STATEMENT

The mission of Grossmont Adult Education is to prepare students with the tools for a successful future in a rapidly changing world.

SCHOOLWIDE OUTCOMES

Grossmont Adult Education students will be:

- Prepared with knowledge and skills for next steps in career or further education.
- Resourceful and adaptable in meeting goals and overcoming challenges.
- Positive contributors to the well-being of the community.

NUESTRA MISIÓN

La misión de Grossmont Adult Education es preparar a los estudiantes con las herramientas para un futuro exitoso en un mundo que cambia rápidamente.

OBJETIVOS INSTITUCIONALES

- Los estudiantes de Educación para Adultos de Grossmont serán:
- Preparados con conocimientos y habilidades para los próximos pasos en la carrera o la educación superior.
 - Ingeniosos y adaptables para cumplir objetivos y superar desafíos.
 - Contribuyentes positivos al bienestar de la comunidad.

البيان الخاص بمهمة المركز

تتمثل مهمة مركز كروسمنت التعليمي للبالغين في تزويد الطلبة بالأدوات والوسائل اللازمة في أعدادهم لتحقيق مستقبل ناجح في عالم سريع التغير.

النتائج على مستوى المدرسة

سيكون طلبة مركز كروسمنت لتعليم البالغين:

- مُجهزين بالمعرفة والمهارات اللازمة للخطوات التالية في مسيرتهم المهنية أو دراساتهم العليا.
- مبدعين وقادرين على التكيف في تحقيق الأهداف والتغلب على التحديات.
- مساهمين إيجابيين في رفاهية المجتمع.



CAREER TRAINING



**SCAN QR
CODE TO
LEARN MORE**

START DATES

SUMMER

Registration opens: June 1, 2026
Classes start: July 1, 2026

FALL

Registration opens: June 1, 2026
Classes start: August 10, 2026

SPRING

Registration opens: November 1, 2026
Classes start: January 11, 2027

PROGRAM COSTS & REFUND POLICY

- Program costs vary by course and may include fees for materials, textbooks, uniforms, or licensing exams. See website for details.
- Refunds are available if requested before the second class meeting. Processing fees may apply. See website for details.

CAREER TRAINING

Learn the Skills. Get the Job.

Grossmont Adult Education's **Career Training programs** provide industry-recognized certifications, hands-on experience, and employer connections in business, skilled trades, healthcare, and more. For more information, visit: adultschool.guhsd.net or call (619) 588-3500.

Who this is for:

- Individuals looking for **job-ready training** in high-demand fields
- Career changers seeking **new opportunities and certifications**
- Employees looking to **upgrade skills** in their industry

CAPACITACIÓN PROFESIONAL

Capacítate. Consigue empleo.

Los **programas de capacitación profesional** de Educación para Adultos de Grossmont ofrecen certificaciones reconocidas por la industria, experiencia práctica y contactos con empleadores en negocios, oficios especializados, atención médica y más. Para más información, visita adultschool.guhsd.net o llama al (619) 588-3500.

Dirigido a:

- Individuos que buscan **capacitación laboral** en campos de alta demanda
- Individuos que buscan un cambio de carrera y **nuevas oportunidades y certificaciones**
- Empleados que buscan **mejorar sus habilidades** en su campo

التدريب المهني

لمن هذه البرامج:

- الأشخاص الذين يبحثون عن **تدريب وظيفي - جاهز** في المجالات ذات الطلب المرتفع
- الأشخاص الذين يبحثون عن تغيير مسارهم المهني **بالبحث عن فرص وشهادات جديدة**
- الموظفين الذين يتطلعون إلى **تحسين مهاراتهم** في قطاعهم

اكتسب المهارات. احصل على الوظيفة. يوفر برامج

التدريب المهني التابع لمركز كروسمنت التعليمي للبالغين الكبار شهادات معتمدة في هذا المجال الصناعي، وخبرة عملية، وتواصل مع أصحاب العمل في مجال الأعمال، والحرف الماهرة، والرعاية الصحية، وغيرها. للحصول على المزيد من المعلومات، يُرجى زيارة الموقع الإلكتروني التالي: adultschool.guhsd.net أو الاتصال بالهاتف التالي: (619) 588-3500



WHAT OUR STUDENTS ARE SAYING

“

The program was great!
Learned exactly what
I needed. Wonderful
instructors.”

“

I learned so many useful
things in my class and
that will definitely help
me with a new job.”

“

My experience in classes
at Grossmont Adult
Education has been
incredibly valuable.”

HOW TO GET STARTED

STEP 1

Attend a career training orientation

Required for all career training programs

STEP 2

Register for career training program

Review any prerequisite requirements and pay fees

STEP 3

Attend class!



**SCAN QR CODE
TO LEARN MORE**

STUDENT SUPPORT SERVICES

Our **Transition Specialists** provide career guidance, including:

- Resume support, interview practice and job search
- Exploring and planning career paths
- Connecting to training opportunities

Our academic counselor assists with specific learning needs for students with disabilities and high school diploma or equivalency questions.

For more information on Student Support Services, see [page 22 of catalog](#).



BUSINESS & ENTREPRENEURSHIP

ACCOUNTING

Mo & We | 5:00 – 8:00 pm

16 weeks. Gain the fundamental knowledge of bookkeeping and accounting practices that are the cornerstone of most businesses (GAAP). Acquire basic MS Office Excel skills and develop organizational skills required to create balance sheets, income statements, cash flow, and more.

INCOME TAX PREPARATION

Fall Semester Only

Mo Tu We | 5:30 – 8:30 pm

14 weeks. Learn how to prepare taxes like a pro. The class includes the required hours of Federal and California instruction. Successful completion of this class allows for registration with the California Tax Education Council (CTEC), which is required to be a paid tax preparer in the State of California.

ADMINISTRATIVE ASSISTANT TECHNICIAN I

Tu & Th | 5:00 – 8:00 pm

16 weeks. Prepare for the ever-changing, cloud based office environment, working with Microsoft Office programs (Word, Excel, & PowerPoint) as well as Google Drive functions. Gain the skills needed to pass the Office Professional Certificate test, included in this class. Held at Foothills Adult Center.

ADMINISTRATIVE ASSISTANT TECHNICIAN II

TBD

This class will prepare students to be able to demonstrate expertise in the principal features of Word & Excel. An individual earning this certification has instruction and hands-on experience with the product, and will prepare students to have competency at an industry associate-level and will be ready to enter into the job market.

QUICKBOOKS

Tu & Th | 5:30 – 8:30 pm

16 weeks. QuickBooks Online: Comprehensive provides essential coverage of QuickBooks Online for employees, company owners, accountants, and others to effectively use the software for all of their small-business accounting needs. The class covers basic file-management tasks necessary for mastering the essentials and delves into more advanced topics, such as creating purchase orders, setting up sales tax, preparing journal entries, transferring funds between accounts, setting up user permissions, creating reports using class and location tracking, adjusting inventory quantities, and filing payroll tax forms. Held at Foothills Adult Center.

REAL ESTATE

Successful completion of three real estate classes is required to take the CA Real Estate Exam.

CA REAL ESTATE PRACTICE (DRE #S0124)

Th | 5:30 pm – 8:30 pm

16 weeks. Prepare for aspects of buying and selling a home, product knowledge, filling out contracts and disclosure, marketing listings, financing the purchase, and completing and closing the transaction. This class meets the Department of Real Estate requirements. Held at Foothills Adult Center.

CA REAL ESTATE PRINCIPLES (DRE #S0124)

We | 5:30 – 8:30 pm

16 weeks. This class is required for a real estate license in California. The primary goal of this class is to increase your knowledge to be an agent, buyer, seller, or investor. You will find the information in this class to be useful as a real estate licensee, and covers real estate law, ethics, contracts, finance, taxation, appraisals, and property management, and much more. Class meets the Department of Real Estate requirements. Held at Foothills Adult Center.

CA LEGAL ASPECTS OF REAL ESTATE (DRE #S0124)

Tu | 5:30 – 8:30 pm

16 weeks. The primary goal of this class is to help you understand real estate law.

This class will demonstrate how the different laws are applied to real estate and how to fill out the contracts used in a real estate transaction. It will increase your knowledge as a real estate professional, buyer, seller, or investor. Also, how ownership is acquired, conveyed, and the consumer protection law, real estate contract law, and disclosures.

Class meets the Department of Real Estate requirements. Held at Foothills Adult Center.

TYPING CERTIFICATE

Typing certification tests are offered weekly. Please check the website for test dates. Held at Foothills Adult Center.



CONSTRUCTION & MANUFACTURING

CONSTRUCTION TRADES

Tu & Th | 5:00 - 9:00 pm

16-weeks. Explore in-depth building trades, occupational skills and workplace standards and conduct, framing and drywall, electrical, plumbing, blueprint reading and estimation, hand and power tools, surveying, tile and painting, HVAC, and finish carpentry, and strengthen the problem solving and communication skills needed on the worksite. Prepare for apprenticeships by following the Nationally recognized MC3 curriculum, including OSHA-10 training and testing. Class is held at IDEA Center in El Cajon.

PLUMBING TECHNICIAN

Tu & Th | 5:00 pm - 8:30 pm

16-weeks. Course provides an accelerated path for entry-level training in plumbing occupations such as plumber's helper, pipe layer, and plumbing maintenance worker focusing on the fundamental skills of the plumbing trade. Students progress from basic safety to the installation and repair of residential systems, including plumbing systems, plumbing codes, plumbing tools and materials, and safety practices and procedures. Students will use equipment that includes torches, cutoff saws, pipe threaders, pipe cutting tools and assorted hand tools. Students earn their OSHA-10 certification and opportunity for direct hire events after completion of course.

COLLISION & AUTOBODY REPAIR

Coming in Spring 2027

This career-focused collision repair class is for adults who have the goal of becoming an automotive body technician. The 16-week class utilizes i-Car online curriculum and hands-on training focused on repairing damage from vehicle collisions. Students will learn how to remove dents, straighten metal panels, and replace parts that cannot be fixed. MIG welding and plastics welding are taught in this in-demand training class. Students will also have the opportunity to earn OSHA-10 (Automotive) Certification. This class is NOT for auto body hobbyists.

WELDING

GTAW: Gas Tungsten Arc Welding (TIG)

SMAW: Shield Metal Arc Welding (stick/arc)

GMAW: Gas Metal Arc Welding (MIG)

Days & Times vary. See website for the most updated information.

Learn how to master welding safety, personal protection equipment, basic equipment set up and repair, and methods and techniques in each discipline.

Note: The GTAW class includes basic electrical theory in GTAW in preparation for testing to AWS D1.3 structural or AWS D9.1 sheet metal welding criteria. Optional processes may include AC aluminum welding and tube notching/welding. Class is held at El Cajon Valley High School's welding shop.

TRANSPORTATION

CLASS B ENTRY-LEVEL DRIVER TRAINING - THEORY

Tu We Th | 4:45 - 7:45 pm

2 weeks. Gain the skills required to obtain a CLP (Commercial Learner's Permit) and meet the Education Code school bus requirements for original and renewal classroom training provided by a State Certified School Bus Driver Instructor. The instructor will register attendees completing the class with FMCSA training provider registration. Under new Federal requirements, this class meets the prerequisite for commercial class and school bus original and renewal class. Held at Foothills Adult Center.

COMMERCIAL CLASS B LICENSE - BEHIND THE WHEEL

Tu We Th | 4:45 - 7:45 pm

Sat | 1:00 - 4:00 pm

12 weeks. Participate in the Entry-Level Driver Training class (open range and private road) for the Minimum Federal Curricula Requirements of the US Department of Transportation FMCSA (Federal Motor Carrier Safety Administration) and necessary to become a professional Commercial Class B Driver with Passenger and Tanker endorsements. Prerequisites: ELDT Theory, DOT Physical and DOT Drug Test. *DOT drug test must be submitted to a specific facility. See notes under online registration, in "view" Held at Lakeside USD.

EDUCATION

PARAEDUCATOR TRAINING

Tu We Th | 5:00 pm - 8:00 pm

8-weeks. Students develop an understanding of paraeducator responsibilities in the learning environment, the laws that govern special education, and best practices for working with students with disabilities. Learn about environmental supports, classroom accommodations, and modifications that students may need to be successful. Held at various locations in East County.



HEALTH OCCUPATIONS



**SCAN QR
CODE TO
LEARN MORE**

START DATES

FALL

Registration opens: June 1, 2026
Classes start: August, 2026

SPRING

Registration opens: November 1, 2026
Classes start: January, 2027

VOCATIONAL NURSING PROGRAM

Application opens September 2026
for January 2027 start
Application opens March 2027
for July 2027 start

PROGRAM COSTS & REFUND POLICY

- Program costs vary by course and may include exam fees and supplies.
- Refund policies depend on program requirements; see the HOC website for details.

HEALTH OCCUPATIONS (MEDICAL CAREERS)

Train for a Career That Changes Lives. The Health Occupations Center (HOC) provides industry-leading healthcare training in high-demand fields such as nursing, medical assisting, and emergency response. For more information, visit: hoc.guhsd.net or call (619) 956-4300.

Who this is for:

- Individuals looking to enter the **healthcare industry**
- Professionals seeking **certifications or career advancement**
- Students preparing for **healthcare or allied health careers**

OCUPACIONES DE LA SALUD (CARRERAS MÉDICAS)

Prepárate para una carrera que cambia vidas. El Centro de Ocupaciones de la Salud (HOC, por sus siglas en inglés) ofrece capacitación líder en el sector de salud en áreas de alta demanda como enfermería, asistencia médica y respuesta a emergencias. Para más información, visita hoc.guhsd.net o llama al (619) 956-4300.

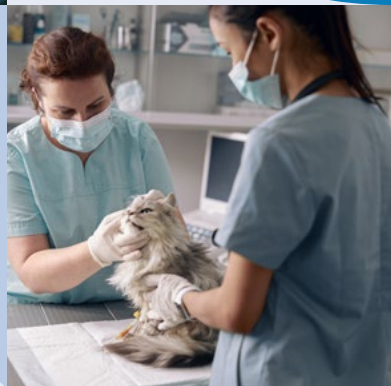
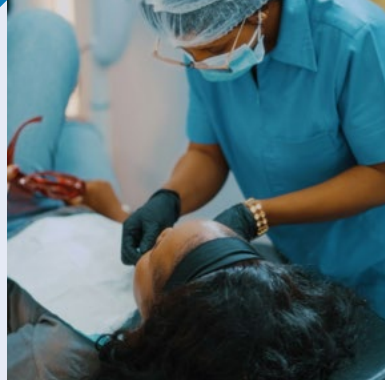
Dirigido a:

- Individuos que buscan ingresar al **sector de salud**
- Profesionales que buscan **certificaciones o ascensos profesionales**
- Estudiantes que se preparan para **carreras en atención médica o en el sector de salud**

المهن الصحية (الوظائف الطبية)

- لمن هذه البرامج:**
- الأشخاص الذين يرغبون في دخول المجال الصحي
 - المهنيون الذين يسعون للحصول على شهادات أو التقدم الوظيفي
 - الطلبة الذين يستعدون للعمل في المجال الصحي أو المجالات الأخرى ذات الصلة

تدرب على مهنة تُغيّر حياتك. يُقدم مركز المهن الصحية (HOC) تدريباً رائداً في مجال الرعاية الصحية في مجالات مطلوبة بشدة، مثل التمريض، والمساعدة الطبية، والاستجابة للحالات الطارئة. للحصول على المزيد من المعلومات، يُرجى زيارة الموقع الإلكتروني hoc.guhsd.net أو الاتصال بالهاتف التالي: (619) 956-4300



WHAT OUR STUDENTS ARE SAYING

“

The best thing I love about being here is it constantly motivates me to pursue my education by seeing other like-minded professionals who want to further their career.”

“

My class was amazing. I would recommend this class and school to anyone who is interested in the medical field.”

“

Taking the course has been truly life changing and has helped push me to my goals in my career.”

HOW TO GET STARTED

STEP 1

Attend a medical orientation

Required before enrolling in any medical program.

STEP 2

Register for HOC program

Register online when the registration window opens.

STEP 3

Attend the first class day

4-6 weeks before the program starts. Must attend to secure your spot and prepare for your new career.



SCAN QR CODE TO LEARN MORE

STUDENT SUPPORT SERVICES

Our **Transition Specialists** support healthcare students with:

- Guidance on licensing & certification processes
- Career planning
- Continuing education and advanced training

Our academic counselor assists with specific learning needs for students with disabilities and high school diploma or equivalency questions.

For more information on Student Support Services, see [page 22 of catalog](#).



MEDICAL CAREERS

Offered only at the Health Occupations Center. Orientation is required. For exact dates and fees for upcoming classes visit HOC courses page at hoc.guhsd.net. Fees may change at anytime. Please check the website for most up-to-date cost.

The fee listed includes complete program cost for supplies, textbooks, compliance requirements, and certification/ licensure exam fees. Fee does not include scrubs/ uniform or any certification/ licensure application fees.

CERTIFIED NURSE ASSISTANT (CNA)

3 Schedules Offered:

Mo Th | 7:00 am - 3:00 pm

Tu We | 7:00 am - 3:30 pm

Tu We | 4:00 pm - 8:00 pm & Th 7:00 am - 3:30 pm

10-16 weeks. CA Department of Public Health (CDPH) certification. A CNA works directly under a nurse in direct patient care. Learn the skills necessary to work in hospitals or long-term care facilities. CNA with Home Health Aide (HHA) class offered each semester. \$895/\$1195 w/ HHA

EMERGENCY MEDICAL TECHNICIAN (EMT)

2 Schedules Offered:

Mo Tu | 8:00 am - 4:30 pm

Tu We Th | 4:45 pm - 9:00 pm

15 - 18 weeks. National Registry of Emergency Medical Technicians (NREMT) certification. Learn how to assess a patient's condition at the scene of an accident, transport patients to the hospital, and how to utilize emergency equipment. \$895

DENTAL ASSISTANT

Mo - Th | 7:30 am - 4:00 pm

18 weeks. Learn all aspects of working in a dental office and assisting the dentist. Learn how to take x-rays, work with crowns, and to care for patients. **Prerequisite:** high school diploma or equivalent. \$1,625

MEDICAL ASSISTANT CLINICAL & ADMINISTRATIVE

3 Schedules Offered:

Mo Tu We | 8:00 am - 3:30 pm

Th | 8:00 am - 3:30 pm (clinical only)

18 weeks. California Certifying Board for Medical Assistants (CCBMA) certification. Administrative and clinical procedures are taught for direct patient care in a doctor's office. Skills include vitals assessment, assisting physicians during medical procedures, and using electronic medical records. \$895 clinical only /\$1295

MEDICAL OFFICE PROFESSIONAL

Mo - Th | 5:00 - 8:45 pm

18 weeks. Electronic Medical Record certification. Prepares students for positions as medical office assistant, receptionist, and many more roles involving patient intake and support. Medical terminology, administrative office procedures, and basic billing and coding will be covered. \$300 total cost

PATIENT CARE AIDE (PCA)

Mo & Tu | 4:30 - 8:330 pm AND

Fr | 9:00 am - 1:00 pm

9 weeks. National Caregiver certification. Learn how to monitor basic health conditions and assist patients with every day tasks to help with daily living activities. This class has English Language support. Free

PHARMACY TECHNICIAN (PTCB)

Mo - Th | 7:30 am - 4:00 pm

18 weeks. CA Pharmacy Board and National Pharmacy Technician Certification Board (PTCB) certifications. Learn to prepare medications and fill prescriptions for employment in both a pharmacy and hospital setting. **Prerequisite:** high school diploma or equivalent. \$995

PHLEBOTOMY TECHNICIAN & MEDICAL LABORATORY ASSISTANT (CPT-I)

3 Schedules Offered:

Tu Th | 8:00 am - 4:30 pm

Tu Th | 5:00 pm - 9:00 pm

CPTI only: Mo We | 8:00 am - 12:00 pm

18 weeks (am) & year long options (pm). CA Department of Public Health (CDPH) Certified Phlebotomy Technician (CPT-I) certification. Learn how to draw blood and process samples. Includes safety procedures, use of laboratory equipment, and documentation processes. **Prerequisite:** High school diploma or equivalent. \$995/\$695 CPT-I only

VETERINARY ASSISTANT (AVA)

2 Schedules Offered:

Tu Th | 8:00 am - 1:30 pm

Tu Th | 2:30 pm - 8:00 pm

18 weeks. Approved Veterinary Assistant (AVA) certification through the National Association of Veterinary Technicians in America (NAVTA). Learn how to work with animals to provide care as part of a veterinary team. \$445

LICENSED VOCATIONAL NURSE (LVN)

Mon - Fr | Full time

18 months. Board of Vocational Nursing and Psychiatric Technicians (BVNPT) licensure. LVNs administer medications, provide bedside care, and perform technical nursing skills. Application process required. **Prerequisite:** Certified Nursing Assistant certification, TEAS score, Anatomy & Physiology, & high school diploma or equivalent. \$7,750

REGISTERED NURSE REFRESHER (BRN)

Schedule TBD, check website

Accredited by the Board of Registered Nursing (BRN). This class is for RNs with fully active license who are looking to return to the field of patient care nursing. Theory and clinical hours together provide an environment to refresh nursing skills. **Prerequisite:** Active registered nurse license. \$495

CONTINUING EDUCATION FOR MEDICAL CAREERS

Register directly online for these classes at hoc.guhsd.net, no orientation required. Registration opens July 1 and December 1 for each semester.

ACUTE CARE CNA

Fr | 7:00 am - 3:00 pm

16 weeks. Learn about the role and differing tasks of the CNA in hospital and pediatric settings. Prerequisite: must be a CNA with an active license. \$395

ANATOMY & PHYSIOLOGY FOR VOCATIONAL NURSING

Tu Th | 7:30 am - 1:00 pm

10 weeks. Learn introductory anatomy & physiology to fulfill the requirement for applying to the HOC vocational nursing program. Prerequisite: must be a CNA with an active license. \$245

BASIC LIFE SUPPORT FOR THE HEALTHCARE PROVIDER

Schedules vary, check website.

4.5 hour class. Learn to recognize several life threatening emergencies, provide CPR, and use an AED in the medical setting. This is an American Heart Association class. \$65

CONTINUING EDUCATION UNITS (CEUS) FOR CNA

Schedules vary, check website

Earn in-person continuing education units as you learn about a variety of issues impacting patient care. Prerequisite: must be a CNA with an active license. \$20

EMT REFRESHER

Schedule TBD, check website

Class is designed to help students refresh EMT skills and earn CEUs. Prerequisite: must hold an active EMT certification. \$245

HEALTHCARE INTERPRETING (CHIA)

Tu | 5:30 - 9:00 pm

18 weeks. CA Healthcare Interpreter Association (CHIA) certification. Become knowledgeable about medical terminology and interpreting in the healthcare environment. Learn about the role of the healthcare interpreter and ethical decision making. \$245



IV THERAPY & BLOOD WITHDRAWAL

Th | 4:30 - 8:30 pm

44 hour class. Earn continuing education and certification for venipuncture skills. Prerequisite: must be an LVN or RN. \$395

PET CPR & FIRST AID

Schedules vary, check website

3 hour class. Learn skills to perform CPR and first aid for your dog and/or cat. Become pet CPR certified. \$125

RDA INFECTION CONTROL

Schedule TBD, check website

2 hour class. Course for Infection Control certification required for RDA. Prerequisite: must be a dental assistant. \$100

RDA RADIATION SAFETY

Schedule TBD, check website

80 hour class. Course for Radiation Safety certification required for RDA. Prerequisite: must be a dental assistant. \$345

RDA PIT & FISSURE

Schedule TBD, check website

16 hour class. Course for Pit & Fissure certification required for RDA. Prerequisite: must be a dental assistant. \$245

TEAS (TEST OF ESSENTIAL ACADEMIC SKILLS) REVIEW

Schedules vary, check website

Review for the TEAS assessment used to apply for nursing programs. TEAS assessment will be offered on campus following the review class. \$145

THERAPY DOG TRAINING

We | 5:00 - 7:00 pm

Bring your dog to train for service in a variety of settings as a therapy companion. Canines that complete are eligible for Canine Good Citizen and Therapy Dog certification. \$295

UNDERSTANDING CARDIAC ARRHYTHMIAS

Schedules vary, check website

21 hour class. Designed for medical professionals to learn to read cardiac output and recognize cardiac abnormalities. Prerequisite: must hold a healthcare certification or licensure. \$245



ENGLISH LANGUAGE



**SCAN QR
CODE TO
LEARN MORE**

START DATES

- Classes are offered year-round at multiple locations
- Check the website for ongoing registration dates
- Summer session is held in July

PROGRAM COSTS

All English Language programs are free.

COMPLETE TWO GOALS WITH ONE PATH

Continue strengthening English language skills WHILE completing Career Training classes that include English support.



**SCAN
QR CODE
TO GET
STARTED**

ENGLISH LANGUAGE

Speak with Confidence. Succeed Anywhere. Our English Language & Citizenship programs prepare students for college, career, and citizenship with flexible class schedules and options. For more information, visit adultschool.guhsd.net or call (619) 401-9750.

Who this is for:

- Adults looking to improve English speaking, reading, and writing
- Individuals preparing for citizenship or job advancement
- Students planning to transition into academic or career programs

IDIOMA INGLÉS

Alcanza el éxito dondequiera que estés. Nuestros programas de inglés y ciudadanía preparan a los estudiantes para la universidad, la carrera profesional y la ciudadanía con horarios y opciones de clases flexibles. Para más información, visita adultschool.guhsd.net o llama al (619) 401-9750.

Dirigido a:

- Adultos que buscan mejorar su inglés en la expresión oral, lectura y escritura
- Individuos que se preparan para la ciudadanía o un avance laboral
- Estudiantes que planean hacer la transición a programas académicos o profesionales

اللغة الإنجليزية

- لمن هذه البرامج:**
- البالغون الذين يتطلعون إلى تحسين مهاراتهم في التحدث والقراءة والكتابة باللغة الإنجليزية
 - الأشخاص الذين يستعدون للحصول على الجنسية أو الترقية المهنية
 - الطلبة الذين يخططون للانتقال إلى برامج أكاديمية أو مهنية

تحدث بثقة. حقق النجاح في أي مكان. تعمل برامجنا في اللغة الإنجليزية والمواطنة على إعداد الطلاب للجامعة والمهنة والحصول على الجنسية من خلال جدول زمني وخيارات دراسية مرنة. للحصول على المزيد من المعلومات، يرجى زيارة الموقع الإلكتروني التالي: adultschool.guhsd.net أو الاتصال بالهاتف التالي: (619) 401-9750

WHAT OUR STUDENTS ARE SAYING



Amazing teachers"



This class helped me a lot in English, and also to get my GED."



HOW TO GET STARTED

STEP 1

Register for ESL orientation class (English Language Program) by visiting adultschool.guhsd.net or scanning the QR code below

STEP 2

Complete orientation class and register for the program that best fits your needs



SCAN QR CODE TO LEARN MORE

STUDENT SUPPORT SERVICES

Our **Transition Specialists** help English Language learners with foreign degree evaluation, education and training options, and preparing for work. Services include:

- Using foreign education and work experience in the U.S.
- Transitioning into education or training opportunities
- Preparing for employment

Our academic counselor assists students with transitions into academic programs, and specific learning needs for students with disabilities.

For more information on Student Support Services, see [page 22 of catalog](#).

ENGLISH LANGUAGE

ENGLISH BASICS

Become familiar with the English alphabet and acquire basic reading and writing skills, including learning basic word and phrase grammar. The level is appropriate for anyone who cannot read in her or his first language or never had the chance to go to school.

ENGLISH LEVEL 1

Gain the skills to maintain simple daily interactions and communicate basic ideas in English, learn to ask and answer simple questions, and read and write short, basic sentences in English.

ENGLISH LEVEL 2

Continue to gain competencies needed for participating in short conversations, filling out forms and applications that require personal information, and reading and writing basic English sentences.

ENGLISH LEVEL 3

Learn how to read, comprehend, and write paragraphs and focus on gaining the communicative skills needed on a daily basis.

ENGLISH LEVEL 4

Learn how to read, comprehend, and write paragraphs and focus on gaining the communicative skills needed in daily interactions with professionals, friends, and family.

ADVANCED ENGLISH

Choose the options that best meet your goals:

FOUNDATIONS FOR HSE/HSD

Improve your reading, writing, and math skills in order to be successful in the workplace, on placement exams, and/or in High School Equivalency or High School Diploma programs. Online support materials are utilized and available for use outside of the classroom.

FOUNDATIONS FOR COMPUTER BASICS

Learn a variety of computer skills and programs. Career Readiness content will help you better understand technology resources while also improving English language fluency.

ADDITIONAL OPTIONS FOR ADVANCED ENGLISH

GED Preparation courses (page 14)
High School Diploma courses (page 15)
Career Training courses (pages 4 - 9)



ACADEMIC PROGRAMS



**SCAN QR
CODE TO
LEARN MORE**

START DATES

- Academic programs are offered year-round
- Check the website for ongoing registration dates
- Summer session is held in July

PROGRAM COSTS

All Academic Programs are free.

COMPLETE TWO GOALS WITH ONE PATH

Complete your diploma or GED while earning college credit. Benefit from free tuition, possible residency waivers, and help at every step of the way.



**SCAN
QR CODE
TO GET
STARTED**

ACADEMIC PROGRAMS

Your Future, Your Diploma—Start Today!

Education is the foundation for success. Grossmont Adult Education's Academic Programs offer pathways to **high school completion, GED preparation, and foundational skills development** for adult learners. Whether you're preparing for college, improving job prospects, or achieving a long-term personal goal, our flexible programs are designed to fit your needs.

For more information, visit adultschool.guhsd.net or call (619) 588-3500.

Who this is for:

- Adults looking to earn their **high school diploma or GED**
- Individuals preparing for **college-level coursework**
- Professionals seeking to improve **math, reading, and writing skills**

PROGRAMAS ACADÉMICOS

Tu futuro, tu diploma: ¡Comienza hoy!

La educación es la base del éxito. Los programas académicos de Educación para Adultos de Grossmont ofrecen rutas para **completar la preparatoria, prepararte para el GED y desarrollar habilidades fundamentales para estudiantes adultos**. Ya sea que te estés preparando para la universidad, mejorando tus perspectivas laborales o logrando una meta personal a largo plazo, nuestros programas flexibles están diseñados para satisfacer tus necesidades.

Para más información, visita adultschool.guhsd.net o llama al (619) 588-3500.

Dirigido a:

- Adultos que buscan obtener su **diploma de preparatoria o GED**
- Individuos que se preparan para **cursos de nivel universitario**
- Profesionales que buscan mejorar sus habilidades **en matemáticas, lectura y escritura**

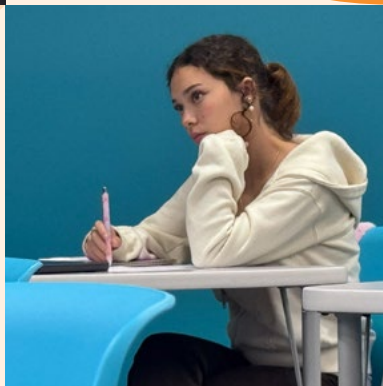
البرامج الأكاديمية

مستقبلك، شهادتك - ابدأ اليوم! التعليم هو أساس النجاح. يوفر البرنامج الأكاديمي التابع لمركز كروسمونت التعليمي للبالغين الكبار مسارات لإكمال المرحلة الإعدادية، والتحضير لامتحان شهادة التعليم العام (GED)، وتطوير المهارات الأساسية للمتعلمين البالغين. سواء كنت تستعد للالتحاق بالجامعة، أو تُحسّن أفق الفرص الوظيفية، أو تُحقق هدفًا شخصيًا طويل الأمد، فإن برامجنا المرنة مُصممة لتلبية احتياجاتك

• وللحصول على المزيد من المعلومات، يرجى الاطلاع على الموقع الإلكتروني التالي: adultschool.guhsd.net أو الاتصال بالهاتف التالي: (619)588-3500

لمن هذه البرامج:

- الأشخاص البالغون الذين يسعون للحصول على **شهادة المرحلة الإعدادية أو شهادة GED**
- الأشخاص الذين يستعدون للدورات الدراسية على **المستوى الجامعي**
- المهنيون الذين يتطلعون إلى تحسين مهاراتهم في **الرياضيات والقراءة والكتابة**



WHAT OUR STUDENTS ARE SAYING

“

The staff provides outstanding support, they keep me on track and are always available to answer any questions I have. This program has made it much easier for me to return to school.”

“

I liked being able to speak to someone about my academic progress or challenges that I was facing.”

“

I think this program is great, it helps show people it's not too late to work towards their goals and they also help students in their journey.”

HOW TO GET STARTED

STEP 1

Register for academic orientation and assessment by visiting adultschool.guhsd.net and clicking on Academic Programs, or use the QR code below.

STEP 2

Complete orientation class and register for the program that best fits your needs

STEP 3

Attend class!



**SCAN QR CODE
TO LEARN MORE**

STUDENT SUPPORT SERVICES

Our Transition Specialists assist Academic Program students with college and career paths, preparing for jobs and overcoming barriers. Services include:

- Starting college after or while you work on your high school diploma/equivalency
- Exploring and preparing for a career or job
- Connecting to community resources

Our academic counselor assists with transcript review, and specific learning needs for students with disabilities.

For more information on Student Support Services, see [page 22 of catalog](#).

ACADEMIC FOUNDATIONS

Foundation courses are generally available at the start of each term. You must first complete Student Success and Academic Advising.

Various dates/times held:

Mo - Fr | 9:00 am - 12:00 pm

Mo - Th | 6:00 - 9:00 pm

FOUNDATIONS FOR HSE/HSD

Improve your reading, writing, and math skills in order to be successful in the workplace, on placement exams, and/or in High School Equivalency or High School Diploma programs. Online support materials are utilized and available for use outside of the classroom.

FOUNDATIONS FOR COMPUTER BASICS

Learn a variety of computer skills and programs. Career Readiness content will help you better understand technology resources while also improving English language fluency.

BRIDGE TO DIPLOMA OR EQUIVALENCY

READINESS FOR HIGH SCHOOL DIPLOMA/EQUIVALENCY

Not quite academically prepared to start an intensive diploma or equivalency program? You can join the Readiness course to further build upon your academic skills.

Two to three days per week | Mornings



HIGH SCHOOL EQUIVALENCY PREPARATION

Study to take either the HiSET or GED exams. Classes are held in-person.

Equivalency recipients are invited to participate in our graduation ceremony in the Spring. Online support materials are utilized and available for use outside of the classroom.

HIGH SCHOOL EQUIVALENCY: ALL SUBJECTS

Mo - Th | 6:00 - 9:00 pm

Mo & We | 9:00 - 12:00 pm

Tu & Th | 8:00 - 11:00 am

One night a week | 5:00 - 9:00 pm

HIGH SCHOOL EQUIVALENCY: MATH

Focus on preparing for only the math portion of the high school equivalency (GED or HiSET):

Two nights a week | 5:00 - 9:00pm

HIGH SCHOOL EQUIVALENCY EXAMS

When you are prepared and ready to sit for California state approved high school equivalency tests (HiSET or GED), you can select Foothills Adult Education Center as your testing site. Costs and procedures vary by test. For more information, check out the websites below, come by the Foothills Adult Education Center, or call **(619) 588-3500**.



The GED includes four computer-based tests: Reasoning through Language Arts, Social Studies, Science, and Math. To register for the GED, pay, and schedule a test, go online to GED.com or call **1-877-392-6433**. Students will need to bring a valid picture ID on the day of the test. Exam dates must be selected in advance. Check GED registration website for testing times held throughout the week.



The HiSET includes five computer-based tests: Language Arts, Reading; Language Arts, Writing; Math; Science; and Social Studies. To register for the HiSET, pay, and schedule a test, go online to HiSET.org. Students will need to bring a valid picture ID on the day of the test. Exam dates must be selected in advance. Check HiSET registration website for testing times held throughout the week.



HIGH SCHOOL DIPLOMA

Earn credits toward completing your high school diploma with in-person or hybrid options.

Bring your high school transcript to the orientation, or we can assist you in requesting your transcripts. Former Grossmont Union HS District students can request them from our Adult Education Counselor. You will meet with a Counselor/Advisor to review your goals. This meeting will guide you to your first class selection.

All graduates are invited to participate in our graduation ceremony in the Spring.

ADVANCED READING AND WRITING FOR COLLEGE & CAREERS

Mo - Fr | 8:30 - 11:30 am

Engage in high school level reading, writing, listening, speaking and critical thinking skills with substantial language support. Study informational texts, writing types, language conventions, vocabulary, and research methods. Focus on college and career readiness through peer collaboration and conversation. You will use Canvas, our learning platform.

High School credit possible: 5.0

ACADEMIC WRITING 1.5

**Hybrid: In person twice a week |
9:00 am - 12:00 pm OR 6:00 - 9:00 pm**

This course focuses on developing academic writing skills through the practice of active reading, vocab development, sentence structure, grammar, and punctuation. You will read and analyze various writing styles and practice each style to develop your own writing while building vocab and grammar. You will use Canvas for the hybrid course.

High School credits possible: 5.0

INTRODUCTION TO COLLEGE READING & WRITING

**We | 9:00 am - 12:00 pm
OR 6:00 - 9:00 pm**

4-week accelerated course. Our accelerated reading and writing course is fast paced and designed to provide the necessary skills for success in college and career. The course

consists of several online components (Canvas) and in-person meetings.

You will practice strategies such as critical reading and writing, time management, communication, and study skills. Successful completion of this course offers a bridge to a free tuition, dual enrollment college program. If:

- English is your second language, this course can hone in your academic writing skills
- You are interested in career training, this course prepares you for career (technical) reading skills
- You are working on your equivalency, this is the perfect additional preparation for the exam

High school credit possible: 5.0

INDEPENDENT LEARNING LAB

9:00 - 1:30 pm | 6:00 - 9:00 pm

Complete your high school diploma through individualized instruction and coursework using a fully online material with teacher guidance and support. All course assessments take place onsite, on district chromebooks.



PERSONAL ENRICHMENT



**SCAN QR
CODE TO
LEARN MORE**

START DATES

SUMMER

Registration opens: June 1, 2026
Classes start: July 1, 2026

FALL

Registration opens: June 1, 2026
Classes start: August 10, 2026

SPRING

Registration opens: November 1, 2026
Classes start: January 11, 2027

PROGRAM COSTS & REFUND POLICY

- Course fees vary by course. Visit our website for updated fee schedules.
- Refunds are available if requested before the second class meeting. Processing fees may apply. See website for details.

PERSONAL ENRICHMENT

Discover. Create. Grow. Personal Enrichment classes promote **lifelong learning** and **community connection** through a variety of subjects, from arts to wellness. For more information, visit: adultschool.guhsd.net or call (619) 588-3500.

Who this is for:

- Individuals looking to **learn new skills for personal enjoyment**
- Retirees and lifelong learners interested in **music, art, or fitness**
- Anyone wanting to **develop new talents or explore creative passions**

ENRIQUECIMIENTO PERSONAL

Descubre. Crea. Crece. Las clases de enriquecimiento personal promueven **el aprendizaje permanente y la conexión con la comunidad** a través de diversas materias, desde arte hasta bienestar. Para más información, visita adultschool.guhsd.net o llama al (619) 588-3500.

Dirigido a:

- Individuos que **buscan aprender nuevas habilidades para su disfrute personal**
- Jubilados y estudiantes de por vida interesados en la **música, el arte o el fitness**
- Cualquier individuo que desee **desarrollar nuevos talentos o explorar pasiones creativas**

الإثراء الشخصي

- لمن هذه البرامج:**
- الأشخاص الذين يتطلعون إلى تعلم مهارات جديدة من أجل متعتهم الشخصية
 - المتقاعدون والمتعلمون مدى الحياة المهتمون بالموسيقى أو الفن أو اللياقة البدنية
 - كل من يرغب تطوير مواهب جديدة أو استكشاف رغبات إبداعية

اكتشف. أبدع. انمؤا. تعمل دورات الإثراء الشخصي على تعزيز التعلم المتواصل لمدى الحياة والتواصل المجتمعي من خلال مجموعة متنوعة من المواضيع، من الفنون إلى الاعتناء بالصحة. وللحصول على المزيد من المعلومات، يرجى الاطلاع على الموقع الإلكتروني adultschool.guhsd.net أو الاتصال بالهاتف التالي: (619) 588-3500



WHAT OUR STUDENTS ARE SAYING

“

I really appreciate these classes which allow me to be creative and social. I also love how they foster giving back to the community.”

“

The instructor is inspiring and this class has enriched my life in so many ways.”

“

I always learn something new each term. I feel fortunate to have this type of class available to me.”

HOW TO GET STARTED

STEP 1

Choose a class

Browse available enrichment courses online.

STEP 2

Register online or in-person

Secure your spot before classes fill up.

STEP 3

Attend your first class

Engage, learn, and connect with your community.



**SCAN QR CODE
TO LEARN MORE**



ARTS & CRAFTS

CERAMICS

C. Lockwood | Th | 8:30 - 10:30 am

Participants will create hand-built pieces with construction techniques using low fire clay and decorative finishes. Held at La Mesa Adult Enrichment Center.

JEWELRY

P. Ryerson | Tu | 6:00 - 9:00 pm

Working in a fully equipped jewelry lab, at El Cajon Valley High School, Pam will instruct you in different forms of jewelry making. Some of the areas covered are lost wax casting, silver clay, wire and chain, basic soldering, and basic stone setting (tube, bezel, tab, and prong). Each term is 8 weeks long. Beginning and advanced students are welcome.

ART GLASS: FUSED

D. Lenox | Mo | 2:00 - 5:00 pm
OR We | 6:00 - 9:00 pm
OR Th | 2:00 - 5:00 pm

So many gorgeous pieces are created here! This course is designed for students interested in expanding their knowledge of the many methods used in art glass fusing. We will cover more advanced fusing techniques while offering the chance to experiment at a level consistent with your personal knowledge and experience. We will also cover fusing and slumping firing schedules. You will be designing your own creative and functional art glass pieces like small vases, bowls and three dimensional objects. Best of all you will be inspired by the ideas and discoveries of your fellow glass artists. Held at Foothills Adult Center, Rm 105.

ART GLASS: STAINED

D. Lenox | Mon | 6:00 - 9:00 pm

Would you like to create your own Stained glass? Whether you have experience and are looking for a location to work or you've always wanted to learn, come join us in our fully equipped studio to practice the age old art of Stained Glass. Open to all levels, we will cover the varying aspects of the Tiffany method from cutting and grinding to foiling and soldering. Students can use one of the patterns provided, or bring in a pattern of their own to be adapted to their skill level. Held at Foothills Adult Center, Rm 105.

CREATIVE WRITING & LANGUAGES

CREATIVE WRITING

A. Borel | Tu | 12:30 - 3:30 pm

This class has been well attended for many years by a powerful group of writers who welcome new-comers and beginners. The instructor provides a short lesson relevant to class needs prior to work-shopping new writing brought in weekly by students. We cover everything that has to do with writing: non-fiction, fiction, poetry, and reading great writers. If you need a community who cares, and you have great ideas, then this is where you belong. Held at La Mesa Adult Enrichment Center.

SPANISH I

C. Margarito | Tu | 4:00 - 6:00 pm

The class is designed to develop a student's basic skills in speaking, listening, reading, and writing. Held at Foothills Adult Center.

SPANISH II

C. Margarito | Tu | 6:00 - 8:00 pm

The class is designed to develop a student's intermediate speaking, listening, reading, and writing skills. Held at Foothills Adult Center.

DANCE

LINE DANCING - BEGINNER

K. Spacone | Th | 10:00 am - 12:00 pm
We | 3:30 - 5:00 pm

This class is for students without prior line dancing experience. Students will learn the names of steps and how to perform them. The focus is on learning the steps to do a specific dance. The class is for those who want to learn easy dances that have: limited number of steps and few turns. Held at Foothills Adult Center, Rm 53.

LINE DANCING - BEGINNER/IMPROVER

K. Spacone | Mo | 3:30 - 5:00 pm

The Beginner/Improver Line Dance Class (think - advanced beginners) is meant for students who have completed several terms of the Beginner Line Dance Class, have extensive prior line dancing experience, and knowledge of many basic steps. Students will learn more difficult steps and harder dances in this class. This class is faster-paced than the Beginner Class. Held at Foothills Adult Center, Rm 53.

SWING DANCING - BEGINNER

T. Lehman | Mo | 8:00 - 9:00 pm

Have fun learning to swing dance to great music from the 1930's-1950's. Swing dancing is popular with all ages in San Diego. No partner needed; we will change partners during the class. Held at La Mesa Adult Enrichment Center.

SWING DANCING - INTER

T. Lehman | Mo | 7:00 - 8:00 pm

This is when swing dancing really gets fun! If you can do a swing out, rock-step or triple-step, you are ready for Intermediate Swing Dance. No partner needed; we will change partners during the class. Held at La Mesa Adult Enrichment Center.



EXERCISE, FITNESS, SPORTS & HEALTH

AEROBICS

J. Good | Tu Th | 8:30 - 9:30 am
OR Mo We Fr | 8:30 - 9:30 am

This class is about having fun while moving our body to lively music, and keeping our mind active at the same time. Everyone is welcome no matter their fitness level or movement ability. Held at La Mesa Adult Enrichment Center.

STABILITY BALL

S. Bruce | Tu Th | 4:00 - 5:00 pm

This class is designed to improve cardiovascular endurance, stability and balance. Exercises improve agility, flexibility and strength which helps to maintain an active lifestyle. Exercise tubing, weights and the stability ball are used to create the individual resistance level needed. Routines are fun and easy to follow.

HIKING - BEGINNER

A. Mann | Mo | 8:00 am - 12:00 pm

This class is slow paced and appropriate for new hikers. Hikes vary from 2 to 4 miles and less than 500ft elevation gain. We will hike a different trail each week. Gear will be discussed during the first few hikes. You will receive an email with information about our first hike after you enroll.

HIKING - INTERMEDIATE

A. Mann | Wed | 8:00 am - 12:00 pm

This class is moderately paced and very diverse. We hike a different trail each week. Hikes vary from 4 to 6 miles and have approximately 500 feet in elevation gain. You will receive an email with information about our first hike after you enroll.

HIKING - INTERMEDIATE/ADVANCED

A. Mann | Fr | 8:00 am - 12:00 pm

This class has a fast-paced lead group and a slow but steady group of hikers who follow. Hikes vary from 4 to 8 miles and have between 500 to 3000 feet of elevation gain. There are often multiple options of hike length and difficulty. You will receive an email with information about our first hike after you enroll.

HULA FITNESS

K. Kopecky | Fr | 4:00 - 5:00 pm

Hula Fitness is inspired by the dances of the Pacific Islands, providing a total body workout in 60 minutes. This core-focused, easy to follow format requires no equipment and incorporates easy to perform dance movements. Held at La Mesa Adult Enrichment Center.

SENIOR AEROBICS

B. Rhea - B. Tomeoni | Tu Th | 5:30 - 6:30 pm

Join us for gentle stretching exercises, gradually progressing to movements that enhance strength, stability, and endurance. The final 15 minutes of every class will be dedicated to a soothing cool-down period, allowing you to stretch and breathe, elongating your muscles and promoting relaxation. Benefits include moving with fun, like minded individuals that want to add more movement to their lives. Held at Foothills Adult Center, Rm 53

YOGA - ALL LEVELS

A. Mann | Tu Th | 7:45 - 9:00 am
OR 11:15 am - 12:30 pm

This class will stretch and strengthen your whole body while improving your balance. There are usually 30 minutes of standing poses, followed by 30 minutes of seated poses, including breathing exercises and meditation. Improve your body, mind and spirit. Held at Renette Park Community Center.

YOGA & PILATES - ALL LEVELS

A. Mann | Tu Th | 9:30 - 11:00 am

This class combines yoga and Pilates. 30 minutes of standing poses are followed by 30 minutes of seated poses, including breathing exercises and meditation. 20 minutes of core work follow. You will stretch and strengthen your body and improve your balance. The class is great for body, mind, and spirit. Held at Renette Park Community Center.

YOGA & MEDITATION - ALL LEVELS

B. Tomeoni | Tu Th | 6:30 - 8:00 pm
OR Mo Fr | 9:00 - 10:30 am

Join us for an enriching Yoga and Meditation class where we focus on the harmony of breath and movement, creating an experience that's accessible to everyone. While the physical benefits include improved flexibility and breath control you will also find peace and tranquility within. Discover the benefits of stretching your body, and quieting your mind. Unwind from the stresses of daily life and cultivate a sense of inner harmony. Classes Held at Foothills Adult Center or Steele Canyon Adult Center, Rm 53.

ZUMBA

S. Bruce | Fr | 9:30 - 10:30 am

Dance to Latin and international rhythms that tone and sculpt the body. Benefits of this fun class include dynamic core workout, weight loss, positive self-image, improved balance and coordination while in a relaxed, non-intimidating environment. Held at Foothills Adult Center, Rm 53.

MUSIC

GUITAR I

M. Salinas | Tu | 5:30 - 5:30 pm

Students are introduced to the basics of guitar playing, music, and fundamentals by learning beginner guitar principles and by playing standard folk and contemporary songs. The emphasis is on having fun, in a low-pressure environment. Foothills Adult Center, Rm 53.

GUITAR II

M. Salinas | Tu | 6:30 - 8:00 pm

Topics include standard and alternative tunings, chord shapes, reading tablature and standard chord lead sheets, blues scales, and a fundamental approach to note and rhythm reading. Held at Foothills Adult Center, Rm 53.

NEEDLE ARTS

CROCHET 1

A. Vanderstaay | Mo | 5:30 - 7:30 pm
OR We | 12:30 - 2:30 pm

Learn to crochet. Each week students learn a new basic skill with support to grow their skills while completing small projects. Held at Foothills Adult Center, Rm 107.

CROCHET 2

A. Vanderstaay | Mo | 5:30 - 7:30 pm
OR We | 12:30 - 2:30 pm

Learn new stitch patterns each week while working squares to create an afghan. This will allow students to learn more advanced skills of pattern reading, sizing, edging, blocking, and assembly of crochet. Held at Foothills Adult Center, Rm 107.

CROCHET WORKSHOP

A. Vanderstaay | Mo | 6:30 - 8:30 pm
OR We | 9:00 am - 12:00 pm

This class is for students who want to learn more about crochet and expand on their current skills. The class offers the help needed to take your crochet to the next level. We stay current on what's happening in Crochet! Held at Foothills Adult Center, Rm 107.

KNIT 1

A. Vanderstaay | Tu | 5:30 - 7:30 pm
OR Fr | 9:30 - 11:00 am

We start the "learning to knit" adventure at the very beginning by learning new basic skills each week, with support to grow skills while completing small projects. Held at Foothills Adult Center, Rm 107.

KNIT 2

A. Vanderstaay | Tu | 5:30 - 7:30 pm
OR Fr | 9:30 - 11:00 am

We will make several small projects, each utilizing new and different skills and including pattern reading, stitch patterns, lace, and basic garment construction. We experience different yarn weights and fibers as part of learning. Held at Foothills Adult Center, Rm 107.

KNITTING WORKSHOP

A. Vanderstaay | Tu | 6:30 pm - 8:30 pm
OR Fr | 11:30 am - 2:30 pm

This class is for knitters who want to learn more about knitting and expand on their current skills. The class offers the help needed to take your knitting to the next level. We stay current on what's happening in knitting! Held at Foothills Adult Center, Rm 107.

HOLIDAY QUILTING

E. DeMars | We | 6:30 - 9:00 pm

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects with an emphasis on the holidays. Class activities include, fabric exchanges, mystery quilts, and other quilt related demonstrations. Power cords, irons and ironing boards, and cutting mats are provided. Required: Bring your own sewing machine and basic sewing supplies. Held at Steele Canyon Adult Center, Rm A-102.

QUILTING W/ AUNT LIZZIE

E. DeMars | Sa | 10:00 am - 3:00 pm

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects. Students are also welcome to work on their own projects. Looking for a few hours of sewing and quilting, this class is for you! Power cords, irons and ironing boards, and cutting mats are provided. Required: Bring your own sewing machine and basic sewing supplies. Held at Steele Canyon Adult Center, Rm A-102.

QUILTING

S. Thompson | We | 8:00 am - 12:00 pm
OR We | 12:30 - 3:30 pm;
Th | 8:00 am - 12:00 pm
OR Fr | 9:00 am - 12:00 pm

New and seasoned quilters are welcome. Work on simple quilt patterns and small projects. Students are also welcome to work on their own projects.

Power cords, irons and ironing boards, and cutting mats are provided. Required: Bring your own sewing machine and sewing supplies. Held at Steele Canyon Adult Center, Rm A-102.

SEWING

N. Jones | Mo or We | 6:00 pm - 9:00 pm
AND Tu | 9:00 am - 12:00 pm

This class is for sewers who want to learn more about sewing or just starting their sewing journey. This class is project based. Students are welcome to work on their own projects. Classroom sewing machines are available to use in class on a first come basis. Required: Bring your own supplies - A supply list is available on the registration site under. "View." Held at Foothills Adult Center, Rm 109.

SPINNING

M. Tyler | We | 9:00 am - 12:00 pm
OR We | 6:00 - 9:00 pm

Spinning and making things with yarn come from the beginning of civilization and this class will help keep them alive! According to an article in the WSJ it may even be good for your brain!! Also it's fun! Learn to spin the yarn of your dreams for weaving, knitting, crochet, and more. Instruction includes spinning techniques, fiber and equipment choices, discussions and resources in a collaborative environment. Spinning fibers and equipment are available for practice in class. Held at Steele Canyon Adult Center, Rm A-101.

UPHOLSTERY

Y. Salcido | Tu | 12:30 - 3:30 pm
AND Th | 5:30 - 8:30 pm

All Upholstery Skill Levels Welcome! Whether a beginner or an experienced student seeking to refine skills, this class offers hands-on upholstery training, utilizing industry-standard tools. Beginners learn fundamentals and techniques; learning to plan, create, and execute individualized projects. Advanced students benefit from targeted, hands-on training in more complex upholstery techniques, ensuring that each participant enhances their skill set. Held at Foothills Adult Center, Rm 107.

PARENTING CLASSES

PARENTING THE PRESCHOOLER - 3 & 4 YEAR OLD

S. Duhala | Tu & Th | 9:30 am - 12:00 pm

This class is designed to introduce your child to a preschool setting. We learn through play and exploration with plenty of hands-on activities. Our day is made up of free play, circle time, outside play, center time, story time, and music. Children must be 3 by the end of September. Exceptions must be approved by the teacher. Held at Foothills Adult Center, Rm 51.

PARENTING THE PRE-K CHILD - 4 & 5 YEAR OLD

S. Duhala | Mo & We | 9:00 am - 12:00 pm

This class is for the child entering kindergarten next fall. It is designed to help children acclimate to a school environment. We learn through play with lots of fun hands-on activities. Held at Foothills Adult Center, Rm 51.

PARENTING THE NEWBORN TO WALKING

A. Jones | Mo | 9:00 - 11:30 am

Meet other parents/ caregivers and their babies through stroller walks, crafts, discussions, music and snacks. Held at Foothills Adult Center, Rm 50.

PARENTING THE TODDLER

A. Jones | Tu & Th | 9:00 - 11:30 am

Join us for indoor and outdoor play, as well as circle time, snacks, story time, songs, and crafts, all with similar age friends and their caregivers. This class is for new walkers up to two years old. Held at Foothills Adult Center, Rm 50.

PARENTING THE 2 TO 3 YEAR OLD

A. Jones | We & Fr | 9:00 - 11:30 am

We have circle time, indoor and outdoor play, snack time, crafts, stories, and fun activities to enjoy with friends and their caregivers. This class is designed for your 2 or 3 year old child. Foothills Adult Center, Rm 50

PERSONAL FINANCE WORKSHOP SERIES

A series of one-evening workshops on different personal finance topics. Choose the sessions you want and register for each one separately. All workshops held at Foothills Adult Center.

10 COMMON RETIREMENT PLANNING MISTAKES TO AVOID

L. Claycomb | Th | 6:00 - 8:00 pm

Learn how to sidestep the most frequent retirement mistakes that can derail your future. We'll cover the top 10 pitfalls and how to ensure your plan keeps you on track to retire with confidence and peace of mind.

RETIREMENT PLANNING 101

L. Claycomb | Th | 6:00 - 8:00 pm

Getting close to retirement? This class breaks down the key elements of a solid retirement strategy—from Social Security and 401(k)s to Medicare, taxes, and risk management—so you can confidently prepare for the years ahead.



UNDERSTANDING ROTH IRAS & ROTH CONVERSIONS

L. Claycomb | Th | 6:00 - 8:00 pm

Roth IRAs offer powerful tax advantages for retirement. Discover how they work, the difference between contributions and conversions, and whether this strategy fits your financial goals.



WHEN SHOULD I START MY SOCIAL SECURITY?

L. Claycomb | Th | 6:00 - 8:00 pm

Explore the best time to claim your Social Security benefits and how to maximize them. Learn about taxes, COLAs, Medicare premiums, and other factors that impact your retirement income.



UNDERSTANDING ANNUITIES

L. Claycomb | Th | 6:00 - 8:00 pm

Annuities can be a great tool to generate lifetime income in retirement or grow your money in a safe place. We'll explain how they work, the different types available, and how they may complement your broader retirement plan.



DO I HAVE ENOUGH TO RETIRE?

L. Claycomb | Th | 6:00 - 8:00 pm

Are you financially ready to retire? This class helps you assess whether your savings can support your lifestyle, healthcare needs, and unexpected expenses—so you can retire without worry.

ESTATE PLANNING & LEGACY PROTECTION

L. Claycomb | Th | 6:00 - 8:00 pm

Ensure your wishes are honored and your loved ones are protected. We'll review essential documents like Wills, Trusts, and Powers of Attorney, and how to plan your legacy with intention and care.



STUDENT SUPPORT

Guidance every step of the way



YOU'VE GOT A TEAM BEHIND YOU

Starting—or restarting—your education is a big step. With us, you'll never be on that journey by yourself. We're here to support the whole you—your goals, your challenges, and everything in between.

From your very first class, you'll have a team by your side to help you explore career options, build a plan, and take confident next steps toward your future. Whether you're finishing your diploma, learning English, or training for a new career, we'll help you stay on track and move forward.

But support doesn't stop in the classroom.

We understand that life happens—and real success means having what you need both inside and outside of school. That's why we offer a wide range of services to connect you to resources and keep you focused on your goals.

BASIC NEEDS SUPPORT

Access grab-and-go food, weekly grocery distributions, and hygiene essentials.

CAREER READINESS

Professional clothing and scrubs available through our community closets.

TECHNOLOGY ACCESS

Computer stations and printers to support your learning and job search.

GUIDANCE & CONNECTIONS

Help navigating resources like employment services, housing, childcare, and more.

SPECIALIZED SUPPORT

Assistance with foreign degree evaluations, academic accommodations, and workforce readiness.

Real People, Real Support: Staff who will listen, guide, and help you build a plan that works for you.

No matter where you're starting, we're here to help you move forward—with confidence, with support, and with a community that believes in your success.

**Start here. Grow here. Succeed here—
with support every step of the way.**

STUDENT CENTER LOCATIONS

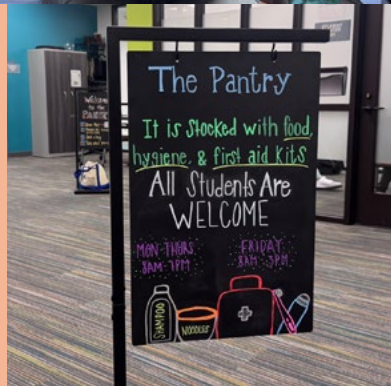
The Student Centers are your one-stop shop for resources, support, and a sense of community. Come visit us today!

Foothills Adult Center

1550 Melody Lane, El Cajon, CA 92019

Health Occupations Center

8770 Mast Blvd, Santee, CA 92071



STATEMENT OF NONDISCRIMINATION

Grossmont Union High School District programs and activities shall be free from discrimination based on gender, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation or the perception of one or more of such characteristics. (GUHSD Board Policy 4030)(GUHSD Board Policy 5145.3)

GUHSD requires that school personnel take immediate steps to intervene when safe to do so when he or she witnesses an act of discrimination, harassment, intimidation, or bullying.

Questions or complaints of alleged discrimination, harassment, intimidation and bullying, equity or title IX equity and compliance concerns should be directed to the following individuals:

TITLE IX

Mary Nishikawa, Director I, Student Support Services
1100 Murray Dr., El Cajon, CA 92020
(619) 644-8012

mnishikawa@guhsd.net

Discrimination/Equity

Dr. Paul Dautremont, Assistant Superintendent
Educational Services
1100 Murray Dr, El Cajon, CA 92020
(619) 644-8041

pdautrem@guhsd.net

SECTION 504

Lauren Basteyns, Director, Home Choice
301 N. Mollison Ave, El Cajon, CA 92020
(619) 593-2760

lbasteyns@guhsd.net

Grossmont Adult Education

Kim Bellaart, Director I, Grossmont Adult Education
1550 Melody Lane, El Cajon, CA 92019
(619) 588-3511

POLICY AGAINST SEXUAL HARASSMENT

It is the policy of the Governing Board to provide an educational environment free of sexual harassment. The Governing Board condemns sexual harassment of any district student by any person. The district administration will investigate and resolve all alleged complaints of sexual harassment and take disciplinary action as required and authorized to remedy the situation.

Each complaint shall be promptly investigated in a way that respects the privacy of all parties concerned. There will be no retaliation against any student for filing a complaint of sexual harassment or participating in the complaint process. Complaints of sexual harassment shall be filed and processed in accordance with the complaint procedures set forth in Administrative Regulation AR 5145.7.

Any student who believes that he or she has been the victim of sexual harassment should report it to the principal or designee or to another district administrator and obtain a copy of AR 5145.7.



EAST REGION ADULT EDUCATION

Education that works. Transitions that matter. Students who succeed.

The East Region Adult Education Consortium is a training and education partnership that shares resources so students benefit from a broader range of options and assets, and is composed of the following three members:

- Grossmont Adult Education,
- Mountain Empire Adult Education,
- Grossmont-Cuyamaca Community College District

Grossmont Adult Education Start Here. Go Anywhere.

Your future is our focus at **Grossmont Adult Education**, where you can choose from free and low-cost classes that are designed to meet your educational, career and personal goals.

Contact Kim Bellaart at:
kbellaart@guhsd.net

Visit us at:
adultschool.guhsd.net

Main Office:
Foothills Adult Center
1550 Melody Lane
El Cajon, CA 92019
(619) 588-3500

Mountain Empire Adult Education Build Skills. Forge Your Path.

Mountain Empire Adult Education offers opportunities to complete your High School Diploma.

Contact Vincent Chambers at:
vincent.chambers@meusd.org

Visit us at:
ae.meusd.org/our-school/mountain-empire-adult-education

Pine Valley Education Center
7454 Pine Blvd.
Pine Valley, CA 91962
(619) 473-8693

Grossmont and Cuyamaca Community Colleges Advance Your Future.

Anyone can go to college and we can help you get there. **Grossmont and Cuyamaca Community Colleges** offer non-degree certificates in several career training programs.

Interested in attending college for FREE? Or taking college courses while working on your diploma or equivalency? Talk with us! With you, we can make it happen.

Contact Joyce Liou at:
lingliou@guhsd.net

Visit us at:
gcccd.edu

Grossmont College
8800 Grossmont College Drive
El Cajon, CA 92020
(619) 644-7000

Cuyamaca College
900 Rancho San Diego Parkway
El Cajon, CA 92019
(619) 660-4000



EAST REGION ADULT EDUCATION CONSORTIUM PARTNERS



GROSSMONT ADULT EDUCATION CAMPUS MAP



GROSSMONT ADULT EDUCATION DIRECTORY

FOOTHILLS ADULT CENTER

1550 Melody Lane, El Cajon, CA 92019
(619) 588-3500 | adultschool.guhsd.net
Located near Granite Hills High School Bus Route 874
(last service 6:00pm)

TRANSITION SERVICES

1550 Melody Lane, El Cajon, CA 92019
(619) 797-6975 | adulthoodworks.org

HEALTH OCCUPATIONS CENTER

8770 Mast Blvd, Santee, CA 92071
(619) 956-4300 | hoc.guhsd.net

EL CAJON ADULT CENTER

1075 E. Madison Ave, El Cajon, CA 92021
(619) 401-9750 | adultschool.guhsd.net

STEELE CANYON ADULT CENTER

12440 Campo Rd, Spring Valley, CA 91978
adultschool.guhsd.net

OTHER CLASSROOM/ PROGRAM LOCATIONS

- EL CAJON VALLEY HIGH SCHOOL
- IDEA CENTER HIGH SCHOOL
- LA MESA ENRICHMENT CENTER
- RENETTE PARK COMMUNITY CENTER
- STEELE CANYON HIGH SCHOOL

CONSORTIUM LOCATIONS

● MOUNTAIN EMPIRE ADULT EDUCATION

Pine Valley Education Center
7454 Pine Blvd, Pine Valley, CA 91962
ae.meusd.org/our-school/mountain-empire-adult-education

● GROSSMONT COLLEGE

8800 Grossmont College Dr, El Cajon, CA 92020

● CUYAMACA COLLEGE

900 Rancho San Diego Pkwy, El Cajon, CA 92019

● EAST COUNTY CAREER CENTER

Public Consulting Group Building,
151 Van Houten Ave, El Cajon, CA 92020

Grossmont Union High School District
PO Box 1043, La Mesa, CA 91944-1043

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EDDM-ECRWSS

RESIDENTIAL CUSTOMER

DATED MATERIAL

