

Adult Education at Park La Brea



Classes start September 2, 2008

Treat Yourself to a Class

One of the best kept secrets of Park La Brea is the Adult Education program sponsored by the Los Angeles Unified School District through Westside Education and Career Center. Seniors, over 60 years of age, are exempt from the \$20 registration fee, and those who do pay the fee can register for as many classes they want each semester. Classes are free or at low cost. For example, a weekly two-hour physical fitness class taught by a credentialed and experienced instructor costs only 25 cents per session or \$1 per month.

Explore your Park La Brea neighborhood and discover adult education. Remember, learning never ends. Paul J. Hamel, Principal

Free baby-sitting is available Monday-Friday from 9 am to 12 noon at the Park La Brea Fitness Center, Building 35, 351 Fuller (basement) for students attending classes.

Open enrollment.
Join at any time.

Questions?

Call (323) 370-1040
or go to our website at
westsideadultschool.org

Westside ECC
7850 Melrose Ave., LA 90046



Division of Adult and Career Education
Los Angeles Unified School District

Park La Brea Art Center



The Art Center is located in the basement of Building 50, 432 South Curson Avenue. For information call the center at (323) 549-5498. Registration \$20, Class fee: \$15, Student Body Fee: \$2 per semester. Seniors over 60 years of age are exempt from paying registration fees. Class/materials fees are not exempt. Non-seniors pay a one-time registration fee of \$20 per semester, no matter how many classes they take. Register in class.

Drawing

Monday, 11 am-1 pm, Instructor: Sandy Moss
Monday, 3:45-9 pm, Instructor: Sybil Gonzales
Thursday, 2:15-5:30 pm, Instructor: Sandy Moss
Tuesday & Wednesday, 6-8:45 pm, Instructor: S. Moss

Stained Glass **NEW**

Thursday, 2:15-5:30 pm, Instructor: S. Gonzales

Printmaking Fundamentals

Friday, 8:45 am-1 pm, Instructor: Sybil Gonzales

Ceramics (Beginning & Intermediate)

Wednesday, 12:45-5 pm, Instructor: Sandy Moss
Tuesday & Wed., 6-8:45 pm, Instructor: S. Moss

Oil Painting

Tuesday & Wednesday, 6-8:45 pm, Instructor: Sandy Moss

Open Studio: Do Your Own Thing

Saturday, 9:45 am-2pm, Instructor: Sybil Gonzales

Portraiture **NEW**

Monday, 1:30-3:30 pm, Instructor: Sandy Moss

Scrapbooking **NEW**

Wednesday, 9 am-12:15 pm, Instructor: Carmel Horwitz

Art for Mommy & Me* **NEW**

Daddies are Welcome, too
Tuesday, 1-3:15 pm, Instructor: Carmel Horwitz

Computer Classes

Registration: \$20. Class fee: \$15. Student Body Card: \$2. Students 60 years of age or older do not pay the registration fee. Tower 36, 350 South Fuller Ave. (Classroom is downstairs in Computer Hall).

Computer Literacy

Monday & Wednesday, 9-11 am, Inst.: G. Vach

Understanding & Using Computers I

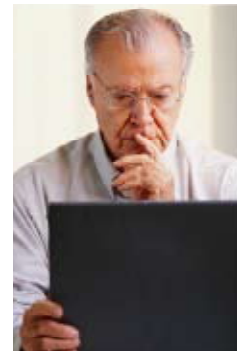
Monday & Wednesday, 11:30 am-2 pm,
Instructor: Loretta Malone

Understanding & Using Computers II

Tuesday & Thursday, 11:30 am-2 pm, Instructor: L. Malone

Mental Fitness

Memory Enhancement **NEW**



This course provides hands-on training in the use of techniques to improve memory skills in the still active senior, and facilitate the use of software applications to improve memory performance, and monitor progress with quantifiable outcomes. Instruction includes: theories on how memory works, reasons for forgetfulness, the effect of aging and stress

on memory, the definitions of Alzheimer's disease, dementia, and age associated memory impairment, and practical strategies for improving memory, includes 40+ hours of guided practice using software applications. No registration or class fee. Student Body Card: \$2 Tower 36, 350 South Fuller Avenue, L.A. (Classroom is downstairs in Computer Hall). Starts September 2, 2008.

Monday-Thursday, 11 am-1 pm

Adult Education: Park La Brea's Best Kept Secret

Physical Fitness for Older Adults



This course is designed for the older adult and offers instruction in movement to maintain and increase range of motion, build muscular strength, and enhance coordination and balance. The course provides exercises that contribute to sound physical, mental, and emotional well-being. No Registration fee. Class fee: \$12 per year. Student Body Card: \$2. *Physical Fitness classes are held two blocks away at Pan Pacific Park Senior Activity Center, 141 S. Gardner St. LA (Next to the Fairfax Branch Library)*

Tuesday, 9-11:30 am, Instructor: E. Medina
Friday, 12 noon-1:30 pm, Inst.: E. Medina
Monday & Thursday, 10:30 am-12:30 pm, Instructor: D. Eisele
Wednesday, 10 am-12 noon, Inst.: E. Medina



Aquatics

Classes are held at the Meridian Swim Club. 5810 West 6th Street, LA 90036 (At the 6th Street Entrance) No Registration fee. Class fee: \$12 per year. Student Body Card: \$2. *Instructor: E. Medina*

Friday, 10-11:30 am,
Wednesday, 7-8:30 pm

Recycled Art NEW

Going Green: Jewelry, Sculpture & Folk Art



Registration \$20, Class fee: \$15, Student Body Fee: \$2 per semester. Seniors over 60 years of age are exempt from paying registration fees. Class/materials fees are not exempt. Non-seniors pay a one-time registration fee of \$20 per semester, no matter how many classes they take. Register in class. *Instructor: Carmel Horwitz. For information call the center at (323) 549-5498. Register in class. Instructor: Carmel Horwitz*

Tuesday, 9 am-12:15 pm

The Art Center is located in the basement of Building 50, 432 South Curson Ave.

English as a Second Language (ESL)



Our English language program is designed to offer specialized classes in English communications to limited English speaking students. All lessons are presented in the context of everyday situations. The classes offer instruction in speaking, reading, writing, and listening skills to meet the immediate student needs. No registration or class fee. A student body fee of \$2 for a student identification card is payable upon enrollment. Students can register in class at any time during the semester.

- Open registration all year. Enroll at any time.
- A credentialed teacher with experience
- No documentation required.

ESL Intermediate Low Level

Monday-Thursday, 12:45-3:30 pm

Instructor: Ruth Gregory

ESL Intermediate High Level

Monday-Thursday, 9 am-12:15 pm

Instructor: Ruth Gregory

ESL Conversation

Friday, 9 am-12:15 pm, Instructor: E. Comegys

Mommy & Me Parent Education



This course provides students (parents) the opportunity to study the preschool child (toddler thru preschool) through participation, observation and discussion. The growth, development and needs of preschoolers are covered through a shared creative experience of music, art, stories, and play. The class provides age appropriate activities so that your child

can practice emerging skills while socializing with other children and adults. As a parent of a young child, you will have an opportunity to meet other parents to share knowledge, experience, support and friendship. Parents and their children participate. No. Reg. Fee. Class fee: \$10, Student Body: \$2. *Instructor: Erika Zavala*

Tuesday & Wednesday, 9 am-12:15 pm,

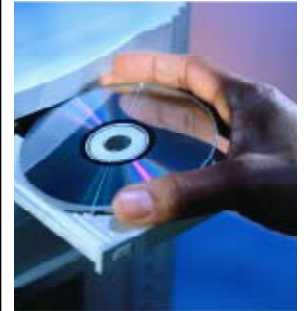
Park La Brea Fitness Center, 351 S. Fuller, LA (basement).

Saturday Art Class for High School Students

Earn 5 credits • NEW No Fee

Concurrently enrolled high school students may enroll in adult school courses with the approval of the home high school counselor and a parent or guardian if under 18 years of age. *Instructor: S. Gonzales. The Art Center is located in the basement of Building 50, 432 South Curson Avenue. For information call the center at (323) 549-5498.*

NEW Study English at Home Distance Learning



This home study program is designed for adults who cannot attend ESL or Citizenship classes on a regular basis. Students meet once a week with an instructor for about 15 minutes to review progress, collect new worksheets, and exchange CDs or video cassettes. Call (323) 428-9561. to make an appointment with instructor, Andy Horowitz, who lives at Park La Brea.

