

Fall 2024

AALC
ADULT LEARNING CENTER





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IMPORTANT! Avoid the disappointment of a canceled class—register early at alc.vbschools.com. Please see refund and withdrawal policies on page 4.

The Adult Learning Center follows Virginia Beach City Public Schools rules and regulations for all schools. This facility is a non-smoking, drug-free environment. Students are expected to adhere to School Board policies.

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Don't miss out on new classes and ALC news. Follow us and stay connected!



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@alc_vbcps

**MUSIC &
PERFORMING
ARTS
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ALC courses and programs are open to adults 18 and older who are not enrolled in public or private high school.

ALC Office Hours

8:00 AM-3:30 PM, Monday through Friday
6:00 PM-8:00 PM, Monday through Thursday
Limited evening hours and closed on Fridays during July and August. Please call before visiting.

Location

5100 Cleveland Street
Virginia Beach, VA 23462

Phone

757-648-6050

Information for All Students

The ALC does not conduct business transactions, including registration, over the phone.

Accepted forms of payment are Discover, Mastercard, Visa, cash (no bills over \$50), and money order.

Classes will not be held on these dates: January 15, February 19, March 29 - April 5, May 27, and June 19.

School closings and delays for Virginia Beach City Public Schools including ALC classes will be announced on radio, TV, and online at vbschools.com or you can call 757-263-1000.

Information for Community Education Students Only

Financial aid may be available through Virginia Career Works Norfolk Center for selected programs. Look for **Approved by Hampton Roads Workforce Council (HRWC)** Call 757-461-7537 or visit <http://www.vcwhamptonroads.org/virginia-career-works-hampton-roads-2/> for eligibility information. HRWC funding may be subject to change.

Senior discount on select courses are for people aged 60 plus. To qualify for the discount include your birth date on your registration form.

Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.

Course prerequisites are listed for some Community Education courses. Courses without a prerequisite listed have no special requirement.

Course registration confirmation may contain additional information about your course and is mailed to you.

Waiting lists are created when a class fills. If we receive your registration after class fills, we will contact you to offer other dates or a place on the waiting list.

Course completion certificate is available upon request for pick up at the ALC or delivery by email. Allow two weeks for processing.

Refund Policies

Course cancellation occurs when there is insufficient enrollment to hold the course. You will be notified by phone or email and offered another section or issued a full refund. Be sure to include your email address and a local phone number on your registration form.

Withdrawals and transfers initiated by the student will be assessed a \$15 processing fee. Withdrawals must be submitted in writing five days before the class start date to be eligible for refund. Allow two weeks for processing. No refunds are issued once class has started or if you fail to attend class.

Register for Community Education Courses—Four Easy Ways!

1. Online with a credit card at alc.vbschools.com
2. Visit the ALC office during the office hours listed above with cash, check, Discover, MasterCard or Visa. Please call 757-648-6050 before visiting.
3. Mail registration and check or credit card information with 3-digit security code to ALC, Attention: Registrar.
4. Fax registration and credit card information with 3-digit security code to the ALC at 757-648-6078.



LICENSED PRACTICAL NURSING (LPN) Adult Estimated Cost: \$7,200.00

Compare us to others!

VB School of Practical Nursing program was selected as #1 LPN in Virginia by: [NursingSchoolsAlmanac.com](https://www.nursingschoolsalmanac.com), [NursingProcess.org](https://www.nursingprocess.org), and [PracticalNursing.org](https://www.practicalnursing.org).

We think you will agree, a high-quality education from the Virginia Beach School of Practical Nursing program which boasts a 100% pass rate for the past 12 years (2011-2023), is one of the most affordable LPN programs in Hampton Roads!

You will learn in state of the art labs and on-site clinicals for real hands-on clinical experiences.

Successful graduates of the Practical Nursing program receive a certificate of completion in practical nursing and are eligible to apply to the Virginia Board of Nursing in order to take the National Council Licensure Examination (NCLEX) for Practical Nurses.



This is an 18-month program; open to high school seniors and adults. Day classes are held at the Virginia Beach Career and Technical Education Center, 2925 North Landing Road, Virginia Beach, VA.

Adult Application Process for Fall Class of August 2025:

- Step 1: Applications begin January 8, 2025: Pick up a nursing program catalog and application at the Virginia Beach School of Practical Nursing, the Adult Learning Center, or online at <https://techcenter.vbschools.com/school/programs-of-study1/licensed-practical-nursing>
- Step 2: The application deadline is May 6, 2025 by 3:00 PM. Submit application and required documentation to the Virginia Beach School of Practical Nursing, 2925 North Landing Road, Virginia Beach, VA 23456.
- Step 3: Take the ATI TEAS test (Version 7) at a testing center. Cost varies and is the applicant's responsibility.

Please Note: High school students, call 757-648-5889 for application information.

QUESTIONS ABOUT THE LPN PROGRAM? CALL 757-648-5889

VBSPN is approved by Virginia Board of Nursing through 2031. Contact Virginia Board of Nursing, Perimeter Center, 9960 Mayland Drive, Suite 300, Henrico, Virginia 23233-1463. Phone number: (804) 367-4515 or via <https://www.dhp.virginia.gov/Boards/Nursing/>

VBSPN is certified to operate from the State Council of Higher Education for Virginia (SCHEV) to offer LPN certification in the Commonwealth of Virginia, through the Virginia Beach City Public School System through April 2031. Contact: State Council of Higher Education (SCHEV) for Virginia, 101 N. 14th St., 10th Floor, James Monroe Building, Richmond, VA 23219. Phone number: (804) 225-2600 or via <https://www.schev.edu/>

VBSPN is accredited by Accreditation Commission for Education in Nursing through fall 2029. Contact: Accreditation Commission for Education in Nursing, 3390 Peachtree Road NE, Suite 1400, Atlanta, Georgia 30326. Phone number: (404) 975-5000 or via <https://www.acenursing.org/>

If student meets eligibility requirements, financial aid will accept Pell Grants, VA and MyCAA. VBSPN does not offer student education loans. Information regarding fees, entrance requirements, school policies and regulations is subject to change as need dictates.

ONLINE HEALTHCARE COURSES THROUGH HEALTH ED TODAY!

These online courses are highly interactive and provide students with an enriched learning experience. Each course includes 24-hour-a-day instructor support, course mentors, engaging labs, student exercises, videos, all textbooks, workbooks and student materials. Clinical externship opportunities and national or state certification are available for select programs. Students will find all the resources they need to succeed, including career building exercises, résumé writing tips, career mentors, interview techniques, and other skills training on a secure student website.

Clinical Medical Assistant—Tuition \$2,599

Dental Assisting—Tuition \$1,399

Dialysis Technician—Tuition \$1,399

EKG Technician—Tuition \$1,299

Electronic Health Records Mgmt—Tuition \$1,299

Medical Administrative Assistant—Tuition \$1,199

Medical Billing & Coding—Tuition \$1,899

Medical Coding ICD-10—Tuition \$1,599

Medical Terminology—Tuition \$699

Patient Care Technician—Tuition \$1,799

Pharmacy Technician—Tuition \$1,399

Phlebotomy Technician—Tuition \$1,799

Sterile Processing & Surgical Technician—Tuition \$1,999

Veterinary Assistant—Tuition \$1,899

QUESTIONS ABOUT HEALTH ED TODAY? CALL TOLL FREE 1-888-963-5967

To try a course demo and learn more about these exciting programs visit:

<http://www.healthEdtoday.com/AdultLearning>

Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.

Join our team! Teach at the ALC!

Share your passion and expertise. We are always in search of talented instructors with varied backgrounds and experiences to design new courses that are timely, beneficial, and fun.

Browse our catalog and see where you fit into our family as an ALC Community Education instructor.

Inspire someone to begin a new career, a new hobby or learn a new language.

Please call 757-648-6063 for more information.

Offering quality education to Hampton Roads for over 50 years.



Don't miss out on new classes and ALC news. Follow us and stay connected!



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@alc_vbcps

Learn About Our Exciting Healthcare Programs!

Affordable Classes

Externships

Day/Evening Sessions

Online Programs

Medical Career Information Session at ALC

Thursday, September 5, 2024, 6:00 PM to 7:00 PM, 5100 Cleveland Street, Virginia Beach

Register for the Medical Information Session by calling 757-648-6050

Prerequisites—for All Medical Career Training Programs

1. 18 years or older
2. Fluent in English: speaking, listening, reading, and writing
3. Possess a high school diploma or G E D[®] certificate, or a translated transcript and equivalency if you did not attend high school in the United States
4. No illegal drug use
5. No barrier crimes or felonies on background check
6. Proof of United States residency or citizenship (green card or American passport)
7. Good physical health including the ability to lift and carry up to 15 pounds, reach, and stand and walk for extended periods of time

Clinical Externships—Included in Some Programs

To be eligible for a clinical externship, students must successfully complete the program, submit to a thorough FBI background check, drug screening, immunizations and meet other requirements. Externships are arranged through the course instructor. **PLEASE NOTE:** The background check, drug screening fees, and immunizations are not included in your tuition cost and will vary depending on the testing location.

PHARMACY TECHNICIAN

\$1399 84 classroom hours + 80-hour externship

This comprehensive 84-hour program will prepare students to work as a pharmacy technician in a retail or other pharmacy setting and to take the Pharmacy Technician Certification Board's P.T.C.B. exam. Course content includes: pharmacy medical terminology, the history of pharmacy, the pharmacy practice in multiple environments, pharmacy calculations and measurements, reading and interpreting prescriptions, and defining drugs by generic and brand names. Through classroom lecture and hands-on labs, students will review dosage calculations, drug classifications, the "top 200 drugs," I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parenteral nutrition (T.P.N.), dispensing of prescriptions, inventory control, and billing and reimbursement. **PLEASE NOTE:** To be eligible for the externship, students must successfully complete the 80-hour program, submit to a thorough F.B.I. background check, drug screening, immunizations, and meet other requirements.

Staff

24 classes @ 3.5 hours each at Adult Learning Center

3505 (01), Sep 16 to Nov 7, 9:00 AM-12:30 PM,

Monday, Tuesday & Thursday

3505 (02), Oct 7 to Dec 3, 6:00 PM-9:30 PM,

Monday, Tuesday & Thursday

STERILE PROCESSING TECHNICIAN

\$1995 84 classroom hours

Sterile Processing Technicians perform and participate in decontamination, cleaning, assembling, packing, scanning, sterilization, storage and distribution of reusable surgical instrumentation and equipment. These technicians play a critical role in preventing infection by sterilizing, cleaning, processing, assembling, storing, and distributing medical supplies. The central service department of a health care facility is the hub of all activity surrounding supplies and equipment needed for surgery and patient care. **PLEASE NOTE:** This program prepares qualified students to sit for the Certified Sterile Processing and Distribution Technician (CSPDT) exam from the Certification Board for Sterile Processing and Distribution (CBSPD).

Staff

24 classes @ 3.5 hours each at Adult Learning Center

3523 (01), Sep 10 to Dec 3, 6:00 PM-9:30 PM,

Tuesday & Thursday

The Adult Learning Center partners with the Hampton Roads Workforce Council.

Financial aid may be available through Virginia Career Works Norfolk Center for selected programs. Look for

Approved by Hampton Roads Workforce Council (HRWC). For eligibility info call 757-461-7537 or

<http://www.vcwhamptonroads.org/virginia-career-works-hampton-roads-2/>

HRWC funding may be subject to change.



Funded by the Workforce Innovation and Opportunity Act through the Hampton Roads Workforce Council.

Need more Medical Career Training info?

Call 757-648-6050 extension 64608

MEDICAL BILLING & CODING

\$1899 84 classroom hours

This combined 84-hour billing and coding course offers the skills needed to solve insurance billing problems, how to manually file claims (using the CPT and ICD-10 manual), complete common insurance forms, trace delinquent claims, appeal denied claims, and use generic forms to streamline billing procedures. The course covers the following areas: CPT (Introduction, Guidelines, Evaluation, and Management), specialty fields (such as surgery, radiology, and laboratory), ICD-10 (Introduction and Guidelines), and basic claims processes for medical insurance and third party reimbursements. Students will learn how to find the service and codes using manuals (CPT, ICD-10, and HCPCS). **PLEASE NOTE:** AFTER OBTAINING THE PRACTICAL WORK EXPERIENCE (6 MONTHS TO 2 YEARS) students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) Certified Coding Associate (CCA) exam and/or other National Certification Exams.

Staff

24 classes @ 3.5 hours each at Adult Learning Center
3525 (01), Sep 16 to Nov 7, 6:00 PM-9:30 PM,
Monday, Tuesday & Thursday

MEDICAL ADMINISTRATIVE ASSISTANT

\$1199 50 classroom hours + 80 hour externship

Approved by Hampton Roads Workforce Council (HRWC)
HRWC funding may be subject to change

This 50-hour course prepares students to function effectively in many of the administrative and clerical positions in the health care industry. Medical Administrative Assistants, Medical Secretaries, and Medical Records Clerks are all positions in great demand. This program covers important background information on the medical assisting profession and interpersonal skills, medical ethics and law, medical terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, medical records management, and management of practice finances. This program is intended to provide students with a well-rounded introduction to medical administration so that a student can gain the necessary skills required to obtain a medical administrative assistant position in the health care field. **PLEASE NOTE:** This program meets the necessary requirements to take the National Healthcareer Association (N.H.A.) Certified Medical Administrative Assistant (CMAA) exam. To be eligible for the externship, students must successfully complete the 52-hour program, submit to a thorough FBI background check, drug screening, immunizations and meet other requirements.

Staff

15 classes @ 3.5 hours each at Adult Learning Center
3520 (01), Oct 28 to Jan 13, 6:00 PM-9:30 PM,
Monday & Thursday

EKG TECHNICIAN

\$1199 50 classroom hours

This comprehensive 50-hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the ASPT-Electrocardiograph (EKG) Technician exam and other National Certification Exams. This course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography, and stress testing. Additionally, students will practice with EKG equipment and perform hands-on labs including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. **PLEASE NOTE:** After the successful completion of this program, students will be prepared to sit for the Certified EKG Technician (CET) exam.

Staff

15 classes @ 3.5 hours each at Adult Learning Center
3517 (01), Oct 15 to Dec 5, 12:30 PM-4:00 PM,
Tuesday & Thursday

CLINICAL MEDICAL ASSISTANT

**\$2599 140 classroom hours + 160 hour
externship**

Approved by Hampton Roads Workforce Council (HRWC)
HRWC funding may be subject to change

This program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. Students will train to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes among other things preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 140 hours of classroom lecture and hands-on labs and a clinical externship opportunity at a local healthcare provider. **PLEASE NOTE:** Upon successful completion of this program students are eligible to sit for the National Healthcareer Association (N.H.A.) Certified Clinical Medical Assistant (CMAA) national examination. To be eligible for the clinical rotation, students must successfully complete the 140-hour program, submit to a thorough FBI background check, drug screening, and meet other requirements.

Staff

40 classes @ 3.5 hours each at Adult Learning Center
3536 (01), Sep 9 to Dec 12, 6:00 PM-9:30 PM,
Monday, Tuesday & Thursday
3536 (02), Sep 23 to Jan 16, 9:00 AM-12:30 PM,
Monday, Tuesday & Thursday

CPR (HEALTHCARE PROVIDER) \$114

This 2-year certification in Basic Life Support (BLS) for Healthcare Providers includes Adult, Child, and Infant CPR and AED. BLS certification is required for many professionals, including personal trainers, nurses, and emergency medical personnel. A.H.A. book included.

Staff

1 class @ 4 hours at Adult Learning Center

3537 (01), Oct 4, 12:30 PM-4:30 PM, Friday

3537 (02), Nov 15, 12:30 PM-4:30 PM, Friday

FIRST AID \$104

This First Aid 2-year certification course teaches critical skills needed to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrive. Learn how to treat bleeding, sprains, broken bones, shock, and respond to other first aid emergencies. You will receive a completion card valid for two years. A.H.A. book included.

Staff

1 class @ 2.5 hours at Adult Learning Center

3538 (01), Oct 4, 9:00 AM-11:30 AM, Friday

3538 (02), Nov 15, 9:00 AM-11:30 AM, Friday

BLOODBORNE PATHOGENS CERTIFICATION \$55

This Bloodborne Pathogens 1-year certification is designed to meet Occupational Safety and Health Administration (OSHA) requirements for personnel in manufacturing, hospitality, health and fitness, childcare, security, and other industries where this training is required. A.H.A. book included.

Staff

1 class @ 1 hour at Adult Learning Center

3539 (01), Oct 4, 8:00 AM-9:00 AM, Friday

3539 (02), Nov 15, 8:00 AM-9:00 AM, Friday

MANDATORY PREREGISTRATION REQUIREMENTS FOR CERTIFIED NURSE AIDE & PHLEBOTOMY TECH

1. Before registering you must call Tidewater Medical Training at 757-320-1780, extension 1. Allow 15 minutes to complete the phone interview and to discuss any questions you may have.
2. You must have a Purified Protein Derivative (P.P.D.) test (Tuberculosis test) or screening completed within 6 months of class start date.

PHLEBOTOMY TECH TRAINING**\$1520****70 classroom hours (35 online, 35 classroom/lab)**

This course facilitates entry level training for Phlebotomy Technicians or those seeking the medical training necessary to pursue the knowledge and skills necessary to perform in a medical laboratory environment.

Through this training, students will gain the confidence and knowledge needed in the art of obtaining blood samples through repeated venipuncture, hands-on practice and instructor feed-back. Students are provided instruction on collecting, transporting, and processing of blood specimens, communication, medical terminology, safety and precautions for blood specimen collection, factors that may affect specimen collection, quality control, professional behaviorism, inflectional control and the legal aspects for the phlebotomy practice. **PREREQUISITE:** Please refer to mandatory preregistration requirements above. **PLEASE NOTE:** Students must wear a white uniform, white shoes, and a watch with a second hand.

Staff

15 classes @ 5 hours each

3550 (01), Oct 22 to Dec 12, 9:00 AM-2:00 PM,

Tuesday & Thursday

ALL classes are held at Tidewater Medical Training,

1300 Diamond Springs Rd, Suite 102, Virginia Beach VA, 23455.

CERTIFIED NURSE AIDE**\$1235 95 classroom hours + 40-hour externship****Approved by Hampton Roads Workforce Council (HRWC)****HRWC funding may be subject to change**

This nursing fundamentals course prepares the student to assess and provide for the basic physical and emotional needs of clients in all areas of healthcare and prepares the student for the State Certification Examination to become a Certified Nursing Assistant. The clinical portion of the program is an opportunity for students to competently and safely transfer classroom theory into practice with instructor guidance and supervision. This course is required by the Virginia State Board of Nursing for Certified Nursing Assistants. **PREREQUISITE:** Please refer to mandatory preregistration requirements above. **PLEASE NOTE:** Students must wear a white uniform, white shoes, and a watch with a second hand. 40-hour clinical externship starts when classroom hours end.

Staff

21 classes @ 4.5 hours each

3548 (01), Oct 11 to Nov 27, 7:00 AM-3:00 PM,

Monday through Friday

ALL classes are held at Tidewater Medical Training,

1300 Diamond Springs Rd, Suite 102, Virginia Beach VA, 23455.

Discover How To Become A Nationally Certified Personal Trainer!

Wednesday, September 10, 2024, 6:30 PM - 7:15 PM EDT

W.I.T.S. is the Practical Skills Course YOU need to lead clients and develop a long career. Meet our amazing teachers, alumni and local employers that are looking to hire from this course. Learn all the essential information to be successful in the fitness industry. The W.I.T.S. program is Accredited through NCCA which is the #1 requirement of most employers. Bring all your questions and be ready to have a fun interactive exchange. **Register online at <https://attendee.gotowebinar.com/register/632552775090976608>** Be one of the first 5 new students to register and get a bonus Health Coaching Certification course for FREE. Visit www.witseducation.com or call 757-428-4796 for more details.

Personal Trainer Certification Hybrid—NCAA Accredited

NATIONAL CERTIFICATION THROUGH WORLD INSTRUCTOR TRAINING SCHOOLS (WITS)

\$850 30 hours + 30-hour internship (Virtual LIVE lectures + in-person practical skills labs)

Get all the information needed to start an exciting fitness career as a Certified Personal Trainer! The certification course will teach you all of the essentials to be a successful fitness trainer.

The course includes the following:

- the **ONLY IN-PERSON** hands-on practical skill labs in the fitness industry. In the weekly **skill labs** in the gym, you will learn through role-playing and completing essential job tasks. You will be able to design and lead assessment testing of clients', stretching regimens, cardio warm ups/cool downs with a purpose, exercise analysis for implementing free weight, exercise tubing, machines, and body weight exercises for clients' needs and abilities.
- the virtual "LIVE" lectures on core knowledge are led by our 5-star veteran instructors at a set time each week. Topics will cover 15 hours on anatomy, exercise physiology, kinesiology, biomechanics, nutrition, and more.
- the class is an NCCA Accredited program which employers in the field desire.
- optional 3 college credits towards a degree through the American Council on Education. Transcripts provided as needed from ACE.
- the program includes the national test voucher (\$450 value) to use at the end of the course.
- a 30-hour bonus employer internship (Level 2 Certification) helps walk you into jobs with local employers.

Required textbook (sold separately): *Fitness Professional's Handbook, 7th Edition*. Howley, Edward T. and Thompson, Dixie L. 2017 Publisher: Human Kinetics, Champaign, IL. The ebook costs \$74 and the hardcover costs \$99. Shipping is \$15.95. Textbook is not available for purchase at the ALC, student must purchase book on their own.

Please contact WITS for more details. www.witseducation.com

14 classes @ 3.5 hours each, WITS Staff

2330 (01), Oct 8 to Nov 21, 6:00 PM to 9:30 PM, Tuesday & Thursday (Nov 12 & 14 are study at home days, class will not meet.)

Tuesday classes will be held VIRTUALLY (online). Thursday classes will be held at a location to be determined.





NEW! Medical Fitness Specialist Hybrid

\$875

This 30-hour certification is an advanced certification for fitness professionals and other types of health occupations. If you are ready to take the next step in your career and offer safe new services to a wide variety of clients, then this program will prepare you to succeed. You will learn in this challenging exercise course the core essentials of helping clients with specialized chronic illness. You will be able to practically apply the knowledge in programming safe and effective workouts. Nothing is more rewarding than working with the medical community to do great things for people with special medical issues. This MFS Level 1 Certification includes a written core exam and a practical case scenario exam to demonstrate operational safe and effective competency. **PREREQUISITES:** Preferred experience or certification in the Personal Training field. Required textbook (sold separately): *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-4th Edition*, American College of Sports Medicine Geoffrey Moore J. Larry Durstine Patricia Painter, © 2016. Students must purchase required textbook prior to start of class. Textbook is not available for purchase textbook prior to the start of class. **PLEASE NOTE:** Call WITS at 757-428-4796 for any questions you may have.

Summary: 15 hours of lecture - 3 hours virtually each week for 5 weeks
 15 hours of practical skill labs - 3 hours each week for 5 weeks at a fitness center
 1- Written exam - 2 hours
 1- Practical skill exam - 30 minutes at a fitness center

Please contact WITS for more details. www.witseducation.com

WITS Staff

2335 (01), Oct 9 to Nov 16, (Nov 6 & 9 are study at home days, class will not meet.)

Virtual/lectures, 6:30pm to 9:30pm EST Wednesdays

Practical skill labs, 12:00 pm to 3:00 pm Saturdays - will be held at a location to be determined.

National Exam Date, November 13 & 16, 2024



SPECIAL PROMOTION

First 5 students who register for Personal Trainer Certification are eligible to enroll in the Medical Fitness Specialist Certification class at NO COST. **PLEASE NOTE:** Students MUST register for Personal Training to take advantage of FREE course. Call 757-428-4796 if you have questions.

Fitness grads—do you need to renew one or more of your certifications?

Try an **ONLINE CEC** workshop today.

Register for courses through this link: <https://www.witseducation.com/fit/store-shop/vbalc-course-registration/>

GROUP FITNESS CERTIFICATION COURSE HYBRID (Virtual lectures + In-person practical skills labs)

\$650 - Written and practical test vouchers included

2 Certification Levels—One Price

Level 1. Pass both Written & Practical Skills Exams

Level 2. Be a Level 1 CPT & Complete 30 Hour Internship

This 5-module hybrid certification is like no other in the fitness industry. The online virtual lectures are with a top teacher in the field to break down all of the key information to understand exercising and body reactions. Lectures will cover the essentials of group exercise history, music, choreography, safety techniques, as well as basic applied science specifically relating to group strength, cardiovascular, muscular, and flexibility. The in-person practical labs will help you to develop skills for leading any group in an exciting safe routine. The practical labs will expand into skill development for functional training, sports conditioning, circuit, boot camp, dance, step, kickboxing and equipment-based class techniques. A mind-body overview in Yoga & Pilates will cap it off so you can incorporate this knowledge into sections of your classes.

Summary: 15 hours of lecture – 3 hours virtually each week for 5 weeks

15 hours of practical skill labs – 3 hours each week for 5 weeks at a fitness center

1 Written exam – 2 hours

1 Practical skill exam – 30 minutes at a fitness center

Textbook: Yoke, M. and Ambruster, Y. 2019. *Methods of Group Exercise Instruction*. 4th Edition. Human Kinetics, Champaign, IL.

SENIOR FITNESS SPECIALIST HYBRID (Virtual Lectures + In-person skill labs)

\$499 - Includes online exam for national certification

2 Certification Levels

Level 1. Written Exam & practical skills exam

Level 2. Be a Level 1 CPT & Complete the 20 Hour Internship

Get the training and education you need to serve the fastest growing fitness population in the US. This course includes 9 hours of virtual lectures and 9 hours of in-person practical skill training. As a bonus the course comes with online access to our Gold course and the test vouchers (\$250 value) at any of our college approved sites. Passing both exams will award you a Level 1 Senior Fitness Specialist Certification. This unique specialist certification provides you with the specific knowledge and practical skills you will need for working with older adult clientele. Learn what common ailments and physical conditions are germane to this special population and how to design age appropriate, fun and functional exercise programs.

Summary: 3 - 3 hour lectures each week

3 - 3 hour practical skill labs at a fitness center

1 Written exam, 90 minutes

1 Practical skill exam, 30 minutes

Textbook: Rose, D. (2019). *Physical Activity Instruction of Older Adults* (2nd ed.). Human Kinetics, Champaign, IL

FITNESS MANAGEMENT CERTIFICATION

\$375 – Includes online exam for national certification

This certification course prepares students to practice at the management level in the field of fitness. The course topics include history, membership sales and retention, business skills, managing staff, operational practices, facilities and equipment, budgeting and finance, and other important topics relevant to successful management of a large or small facility. Students who successfully complete the online classroom education and exam will receive their nationally recognized W.I.T.S. Fitness Management Certification.

Textbook: Tharrett, S. and Peterson, J. (2012). *Fitness Management* (3rd ed.). Human Kinetics, Champaign, IL



For more information visit www.witseducation.com

Avoid the disappointment of a canceled class—register early. Register online today at alc.vbschools.com.

ALC classes are only for students 18 years and older. Please see school policies on page 4.



Adult Learning Center,
5100 Cleveland St.
Virginia Beach, VA 23462



Attention: Free Healthcare Training!

We are seeking out-of-school youth between the ages of 18 and 24 who would like a career in the healthcare field.

The Foundations Transition Program **pays for** the following training:

Clinical Medical Assistant (\$2599)

Patient Care Technician (\$3163)

Medical Administrative Assistant (\$1199)

Monitor Surveillance (\$3175)



Participants must:

- have a high school diploma or G E D®
- achieve TABE score requirements
- pass background and drug tests
- provide proof of U.S. residency or right to work
- participate in a paid externship
- be fluent in English (reading, writing, speaking)
- be in good physical health

Additionally, participants must have one of the following barriers:

- pregnant or a parent
- homeless
- disability, foster care recipient
- low income (SNAP, TANF, SSI, or federal poverty guidelines)
- or live in a high poverty area

For more information and additional qualifying barriers, please contact Roberta Farrington at (757) 648-6066 or by email at Roberta.Farrington@vbschools.com



**NEW! BLOGGING FOR BEGINNERS**

\$46 Senior Price \$37
 Jumpstart Your Blog: A Beginner's Guide to Crafting Your Online Voice. Dive into the world of blogging with confidence and learn how to unleash your creativity, connect with your audience, and build a successful blog from scratch. Get ready to share your passion with the world!
 Lord

1 class @ 3 hours at Adult Learning Center
 2225 (01), Sep 21, 9:00 AM-12:00 PM Saturday
 2225 (02), Dec 14, 9:00 AM-12:00 PM Saturday

BEGINNER CONTENT CREATION: FROM SHOOTING TO EDITING AND BEYOND!

\$46 Senior Price \$37
 Master the art of smartphone content creation, video

production, editing, SEO, and hashtags. Learn to create captivating content, shoot professional videos with your phone, edit like a pro, and boost online visibility. This class is ideal for content creators, entrepreneurs, social media enthusiasts, and aspiring influencers looking to maximize their smartphone's potential for content creation and digital marketing success. Leave this class with an understanding of how to edit videos using mobile apps, SEO and hashtag optimization, social media marketing and branding, and monetization and growth strategies. **PREREQUISITE:** All apps you choose to use (Facebook, Instagram, TikTok, etc.) need to be downloaded with established profiles. Moderate level of experience navigating and using apps as well as creating posts and hashtags. **REQUIREMENT:** Fully charged smartphone or tablet. ALC isn't responsible for damage, loss, or replacement of your personal equipment.

Lord

1 class @ 3 hours at Adult Learning Center
 2201 (01), Aug 24, 9:00AM to 12:00 PM, Saturday

NEW! INTRODUCTION TO PODCASTING VIRTUAL
\$76

Dive into the dynamic world of podcasting with our comprehensive online course! Designed for beginners, this interactive class offers a step-by-step guide to crafting and launching your podcast. From conceptualizing your show's unique identity to mastering recording and editing techniques, you'll gain practical skills and industry insights to bring your podcasting dreams to life. Whether you're a storyteller, interviewer, or passionate about a particular niche, this course equips you with the tools and confidence to share your voice with the world. Join us and embark on an exciting journey into the realm of podcasting!

Gatts Consulting

4 classes @ 1.5 hours each—VIRTUAL
 2222 (01), Oct 4 to Oct 25, 5:00 PM-6:30 PM, Friday

NEW! SOCIAL MEDIA INFLUENCER & UGC TIPS & TRICKS

\$76 Senior Price \$59

Are you looking to create BETTER content, increase engagement and more? This class will introduce you to creating User Generated Content (UGC), attracting brands to your content, drafting the perfect brand outreach emails, and how UGC creators earn money. If you're already creating or want to get started this class is for you! **PREREQUISITE:** Basic understanding of how to create a video, edit and post, and navigate social media.

Lord

2 classes @ 3 hours each at Adult Learning Center
 2227 (01), Oct 5 to Oct 19, 9:00 AM-12:00 PM, Saturday
 2227 (02), Jan 11 to Jan 25, 9:00 AM-12:00 PM, Saturday

STRATEGIC SOCIAL MEDIA FOR SMALL BUSINESS SUCCESS

\$76 Senior Price \$59

In this masterclass we're not just simplifying social media; we're equipping you with indispensable knowledge, strategies, and skills to transform your small business into a digital sensation. Designed to help your small business revolutionize your online presence by learning to unlock the power of hashtags to boost their visibility and engagement; understanding the significance of SEO and why it's a necessity for growth and success; crafting an optimal posting schedule that will maximize your online impact while minimizing effort; and finding your niche to ensure your business stands out. Enroll today and embark on the journey to unlocking boundless success for your business! **PREREQUISITE:** Basic to moderate level of experience using apps and making posts. **THIS IS NOT A BEGINNER LEVEL SOCIAL MEDIA CLASS. REQUIREMENT:** Fully charged smartphone or tablet. Apps must be downloaded, and profiles created for all apps you choose to use (FB, IG and TikTok), minus your bio and photo.

Lord

2 classes @ 3 hours each at Adult Learning Center

2211 (01), Nov 2 to Nov 16, 9:00AM-12:00PM, Saturday

NEW! SIX WEEKS TO WRITING LIKE A BOSS: HOW TO AVOID COMMON GRAMMAR ERRORS & ELEVATE YOUR WORK

\$124 Senior Price \$95

Although we use them daily, the average adult couldn't tell you what a sentence predicate is or how to properly use a comma. And unfortunately, our writing shows it. Rise above common grammar errors and succeed professionally with stellar communications skills. Through this six-week course, you'll improve your writing skills and relearn everything your childhood English teachers taught you and more. You'll be reintroduced to grammar and creative writing lessons that are essential to successful communications as a business professional.

Gihan

6 classes @ 2 hours each at Adult Learning Center

2208 (01), Sep 3 to Oct 8, 6:30 PM-8:30 PM, Tuesday

2208 (02), Oct 15 to Nov 19, 6:30 PM-8:30 PM, Tuesday

NEW! PUBLISH YOUR BOOK

\$76

Find out how to publish your book as a paperback or e-book on Amazon. Develop your novel, memoir, children's book, nonfiction, or educational book and begin selling it in the world's largest bookstore. Get a basic understanding of the publishing process: writing, editing, design, production, and marketing. Learn through personalized coaching, hands-on exercises, online research, and peer interaction. A supplementary website is available to students with additional information and links to publishing resources. Once your manuscript is ready, you can be showing your published book to friends and family in days or weeks. Publish at no cost if you choose to use the Amazon KDP system or learn how to get the professional help you need to finish your project.

McCandless

3 classes @ 2 hours each at Adult Learning Center

2209 (01), Oct 2 to Oct 16, 6:00 PM-8:00 PM, Wednesday

NEW! MARKETING YOUR BOOK

\$76

Learn how to effectively market your self-published paperback or e-book on Amazon. Promote and advertise your publication and make it visible and desirable to potential readers shopping in the world's largest bookstore. Develop your marketing plan by incorporating marketing's 4 P's: product, pricing, placement, and promotion. Get a basic understanding of the book marketing process and create the categories, keywords, title, description, author bio, and other assets you need to create ads, posts, and other marketing content. Learn through personalized coaching, hands-on exercises, online research, and peer interaction.

McCandless

3 classes @ 2 hours each at Adult Learning Center

2210 (01), Oct 30 to Nov 13, 6:00 PM-8:00 PM, Wednesday

ETSY 101: BUILDING A SUCCESSFUL ETSY SHOP

\$76

If you are looking to share your talents and expand your sales, this is the class for you. Learn how to create and run a fully functional Etsy shop. This class will cover the necessary paperwork needed before opening your Etsy business, instructions on how to open a shop, an overview of the Etsy Seller Dashboard, creating listings and photos, increasing visibility using SEOs, and how to market successfully. Now is the time. Get ready to increase your sales.

Hazley

2 classes @ 3 hours each at Adult Learning Center

2245 (01), Dec 16 to Dec 18, 6:00 PM-9:00 PM,
Monday & Wednesday

PLEASE NOTE: Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.

**NEW! W2 vs 1099**

\$37 Senior Price \$29

The W-2 and 1099 serve the same purpose of recording the income you have earned from various sources. This class will take the mystery out of using both forms. You will learn key characteristics of each form and differences between the two.

Moorjani

1 class @ 2 hours at Adult Learning Center
2234 (01), Jan 21, 6:00 PM-8:00 PM, Tuesday

INCOME TAX BASICS

\$42 Senior Price \$34

Key concepts in Income Tax Code, both federal and state, will be covered. Students will be able to better understand their 1040 form and learn tax planning strategies that will help save money.

Moorjani

2 classes @ 2 hours each at Adult Learning Center
2233 (01), Jan 28 to Jan 29, 6:00 PM-8:00 PM,
Tuesday & Wednesday

1-ON-1 RÉSUMÉ & JOB SEARCH

\$144

Virtual 1-on-1 consultation for the job market and realistic goal setting as it relates to your résumé or job search goals. Gain an honest evaluation and assessment of your résumés, hopes, talents, experiences, likes and dislikes. Hear the latest expectations, techniques, and tips when job hunting and interviewing. With help from a professional career coach and résumé writer, you will learn the tools needed to develop a powerful résumé to meet your career goals. A virtual video session requires student to have access to Zoom or Skype.

Harrison

1 class @ 3 hours—VIRTUAL

2219 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

Free Seminar

Take advantage of a free seminar and learn how to plan for your retirement.

Register online at alc.vbschools.com, by email or mail.

13 STRATEGIES FOR A SUCCESSFUL RETIREMENT

Are you worried about your financial ability to retire or that you might outlive your retirement assets? Let this two-part workshop answer all your questions. The workshop will cover Social Security rules and strategies, how to access your retirement accounts, calculating your Required Minimum distributions (RMD), reducing investment risks in your portfolio, “Stretch” IRA and Roth IRA tax delay strategies, Will and Trust planning, and what to spend 1st, 2nd, and 3rd in retirement. Start planning your retirement now!

Hannahs

2 classes @ 2.5 hours each at Adult Learning Center,
2244 (01), Oct 16 to Oct 23, 6:00 PM-8:30 PM, Wednesday

Register online today!

alc.vbschools.com

Avoid the disappointment of a canceled class—register early. Please see refund and withdrawal policies on page 4.

**ALC classes are only for students
18 years and older.**

GOOD TO KNOW!

Save your course confirmation letter to use for purchasing discounted software.
More information will be available during class.

ANIMATED GIF CREATIVE FUN

\$42 Senior Price \$34

Ever wondered how those cute little animated cliparts are made? Join us for a basic class on how to create them. Animated gifs can be used in presentations, emails, Facebook and on web pages. We will use several free online programs and PowerPoint to create the gifs. Class is designed to be light and fun, not intense. Come have fun! **PREREQUISITE:** Basic computer skills.

Schmidt

1 class @ 3 hours at Adult Learning Center

2670 (01), Sep 12, 2:00 PM-5:00 PM, Thursday

2670 (02), Nov 16, 10:00 AM-1:00 PM, Saturday

2670 (03), Jan 30, 6:00 PM-9:00 PM, Thursday

NEW! INTRODUCTION TO GRAPHIC DESIGN

\$76

Learn the basics of graphic designing using Canva, a popular design program, and enhance your skills and broaden your knowledge of design software and technology. This course will teach the fundamentals of Canva and design technology using demonstrations, guided in-class assignments, and a hands-on approach.

Hazley

2 classes @ 3 hours each at Adult Learning Center

2671 (01), Nov 4 to Nov 6, 6:00 PM-9:00 PM,

Monday & Wednesday

EBAY BASICS

\$59 Senior Price \$46

Have something to sell? New to eBay? This course provides step-by-step instruction for beginners on how to set up your account, create strong passwords, and list and sell your items for the best price. Tips on taking pictures of your item and when is the best time of day to list it. **PREREQUISITE:** Basic computer skills.

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2664 (01), Nov 6 to Nov 7, 2:00 PM-5:00 PM,

Wednesday & Thursday

2664 (02), Dec 17 to Dec 18, 6:00 PM-9:00 PM,

Tuesday & Wednesday

ZOOM FOR BEGINNERS

\$37 Senior Price \$29

Are you suddenly having to participate in Zoom meetings? Do you have any idea of how to even start Zoom? In this class for beginners, you will learn how to join Zoom meetings and set up meetings inviting others.

Schmidt

1 class @ 3 hours at Adult Learning Center

2662 (01), Dec 19, 6:00 PM-9:00 PM, Thursday

IPHONE FOR BEGINNERS

\$37 Senior Price \$29

Get the most out of your new iPhone. In this course, you will learn how to put the "Smart" back in your Smartphone by learning some of the basic aspects of the Apple iPhone. This hands-on course will give you the confidence that you need to use your iPhone more effectively. **PLEASE NOTE:** Bring your iPhone. The ALC isn't responsible for any damage, loss or replacement of your personal device.

Burrus

1 class @ 2 hours at Adult Learning Center

2676 (01), Oct 7, 6:30 PM-8:30 PM, Monday

2676 (02), Dec 3, 6:30 PM-8:30 PM, Tuesday

GETTING TO KNOW YOUR IPAD

\$37 Senior Price \$29

So you have purchased your iPad...now what? In this informative hands-on class, you will learn how to use your iPad for more than just playing games. Discover how to customize your iPad to suit your needs while reflecting your unique personality. This class is perfect for beginners. **PLEASE NOTE:** Bring your iPad. The ALC isn't responsible for any damage, loss or replacement of your personal device.

Burrus

1 class @ 2 hours at Adult Learning Center

2678 (01), Sep 17, 6:30 PM-8:30 PM, Tuesday

2678 (02), Nov 18, 6:30 PM-8:30 PM, Monday



Basics

COMPUTER BASICS 101

\$193 Senior Price \$147

This course is a good starting point for learning computer basics, mouse skills and keyboard shortcuts. Get to know the hardware, learn common terminology, how to shop for a new computer, and how to buy software for an existing computer. Learn basic file management, how to create secure passwords that you will remember, and obtain an introduction to software applications.

Schmidt

6 classes @ 3.5 hours each at Adult Learning Center

2601 (01), Sep 3 to Sep 12, 8:30 AM-12:00 PM,
Tuesday, Wednesday & Thursday

2601 (02), Sep 17 to Sep 26, 5:30 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2601 (03), Oct 8 to Oct 17, 2:00 PM-5:30 PM,
Tuesday, Wednesday & Thursday

2601 (04), Oct 24 to Nov 7, 5:30 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2601 (05), Dec 10 to Dec 19, 8:30 AM-12:00 PM,
Tuesday, Wednesday & Thursday

2601 (06), Jan 7 to Jan 16, 2:00 PM-5:30 PM,
Tuesday, Wednesday & Thursday

FILE MANAGEMENT BASICS

\$42 Senior Price \$34

The Windows operating systems create a file structure containing folders to hold files (documents, pictures, music, videos, etc.). Learn how to create folders and organize their files for easy retrieval. You will also learn how to copy and move files to and from a USB thumb drive.

Schmidt

1 class @ 3 hours at Adult Learning Center

2602 (01), Oct 31, 2:00 PM-5:00 PM, Thursday

2602 (02), Nov 21, 6:00 PM-9:00 AM, Thursday

2602 (03), Dec 3, 8:30 AM-11:30 AM, Tuesday

MS OFFICE 365/2019 OVERVIEW

\$143 Senior Price \$110

An overview of the Microsoft Office Suite 365/2019 (Outlook, Word, Excel, Publisher, PowerPoint, Access, OneNote) will show you how to produce files in each program. Learn quick tips and tools that will help you understand the fundamentals of each program.

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2621 (01), Sep 17 to Sep 25, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

2621 (02), Oct 22 to Oct 30, 2:00 PM-5:00 PM,
Tuesday, Wednesday & Thursday

2621 (03), Nov 12 to Nov 20, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2621 (04), Jan 21 to Jan 29, 2:00 PM-5:00 PM,
Tuesday, Wednesday & Thursday

FILES, FOLDERS & LIBRARIES: UP & BEYOND BASICS

\$64 Senior Price \$51

This course is for students who need more in-depth file management skills or need a refresher from a previous class. Learn to create and use libraries and set the default programs to open files. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2660 (01), Oct 9 to Oct 10, 8:30 AM-11:30 AM,
Wednesday & Thursday

2660 (02), Dec 4 to Dec 5, 8:30 AM-11:30 AM,
Wednesday & Thursday

WINDOWS 11: TIPS & TRICKS

\$42 Senior Price \$34

If you have a computer with Windows 11, learn tips and tricks that can save you time and effort. Learn the Windows 11 shortcut keys, how to adjust text size to make reading easier, and other hidden tricks and features. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge. **PLEASE NOTE:** You are welcome to bring your own computer. ALC isn't responsible for any damage, loss or replacement of your personal devices.

Schmidt

1 class @ 3 hours at Adult Learning Center

2667 (01), Jan 11, 10:00 AM-1:00 PM, Saturday

2667 (02), Jan 30, 2:00 PM-5:00 PM, Thursday

MS OneNote, Outlook, Publisher & PowerPoint

MS ONENOTE 365/2019 BASICS

\$64 Senior Price \$51

This course will cover the basics of OneNote. Learn how to create notebooks with sections and pages. Create text containers, tables, drawings, and insert pictures, clips, and hyperlinks. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2634 (01), Nov 6 to Nov 7, 8:30 AM-11:30 AM,
Wednesday & Thursday

MS OUTLOOK 365/2019 BASICS

\$92 Senior Price \$72

This course will provide a basic overview of Outlook. Learn how to create, read, and reply to email. Learn how to add attachments, and contacts and appointments, including reminders. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

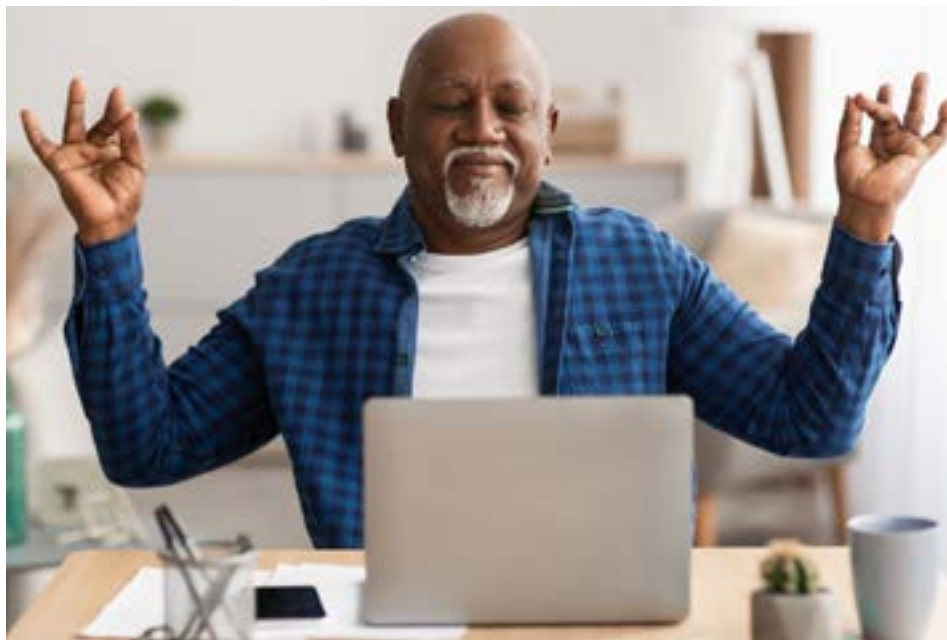
Schmidt

3 classes @ 3 hours each at Adult Learning Center

2636 (01), Sep 3 to Sep 5, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2636 (02), Oct 1 to Oct 03, 2:00 PM-5:00 AM,
Tuesday, Wednesday & Thursday

2636 (03), Oct 29 to Oct 31, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday



MS Access, Word, & Excel

MS PUBLISHER 365/2019 BASICS

\$92 Senior Price \$72

This course will cover the basics of Publisher. Learn how to create and format text frames and add graphics, lists, and tables. Use templates to create cards and calendars. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 3 hours each at Adult Learning Center

2638 (01), Oct 8 to Oct 10, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2638 (02), Nov 12 to Nov 14, 2:00 PM-5:00 PM,
Tuesday, Wednesday & Thursday

2638 (03), Jan 28 to Jan 30, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

MS POWERPOINT 365/2019 BASICS

\$92 Senior Price \$72

Learn the basics of MS PowerPoint 365/2019 by creating presentations using textboxes, images, shapes, charts and tables. Also learn how to modify themes, add animations, add transitions, change background, add sound, make a presentation from a set of pictures automatically, and add automatic timing for showing a presentation.

Schmidt

3 classes @ 3 hours each at Adult Learning Center

2640 (01), Sep 10 to Sep 12, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2640 (02), Oct 1 to Oct 3, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2640 (03), Nov 19 to Nov 21, 2:00 PM-5:00 PM,
Tuesday, Wednesday & Thursday

2640 (04), Jan 21 to Jan 23, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

MS ACCESS 365/2019 SIMPLIFIED

\$170 Senior Price \$131

Access isn't rocket science—it's a database. This is the most simplified Access 365/2019 course you can find. You will learn to design and create a basic database using tables, queries, forms, and reports.

PREREQUISITE: 2601 Computer Basics 101 or equal knowledge.

Schmidt

6 classes @ 3 hours each at Adult Learning Center

2656 (01), Nov 12 to Nov 21, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

2656 (02), Jan 16 to Jan 29, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

MS WORD 365/2019 SIMPLIFIED

\$170 Senior Price \$131

Learn essential word processing fundamentals, shortcuts, tips, ribbons, tool bars, formatting, paragraph and page tools, templates and merging.

Schmidt

6 classes @ 3 hours each at Adult Learning Center

2644 (01), Sep 17 to Sep 26, 2:00 PM-5:00 PM
Tuesday, Wednesday & Thursday

2644 (02), Oct 15 to Oct 24, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

2644 (03), Dec 3 to Dec 12, 6:00 PM-9:00 PM,
Tuesday, Wednesday & Thursday

2644 (04), Jan 7 to Jan 16, 8:30 AM-11:30 AM,
Tuesday, Wednesday & Thursday

MS EXCEL 365/2019 SIMPLIFIED

\$143 Senior Price \$110

This outstanding course will help you quickly learn essential spreadsheet design and development skills. Major topics covered are: basic structure, formatting and custom formatting, absolute/relative addressing, basic formulas, sorting/searching, ranges, charts, graphics, pivot tables, filters, and more! Plenty of shortcuts and practical applications are included.

PREREQUISITE: 2601 Computer Basics 101 or some experience with Microsoft Office applications.

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2650 (01), Sep 3 to Sep 11, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2650 (02), Sep 26 to Oct 8, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2650 (03), Dec 3 to Dec 11, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2650 (04), Jan 7 to Jan 15, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

MS EXCEL 365/2019 LEVEL 2

\$143 Senior Price \$110

Do you know the basics of Excel and would like to go to the next level? Do not let the names of the topics to be covered intimidate you. They are not difficult. Topics covered will be more advanced functions such as the If, VLookup, and other functions and the creation of Named Ranges and how to use them. Learn how to create your own ribbons, and how to connect to other programs, such as using Excel as the data for a mail merge. You will get an introduction to Macros (no programming knowledge necessary). Everything will be taught in a simple easy way. **PREREQUISITE:** 2650, MS Excel 365/2019 Simplified or equivalent experience.

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2652 (01), Oct 15 to Oct 23, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2652 (02), Dec 12 to Dec 19, 2:00 PM-5:00 PM,

Monday, Tuesday, Wednesday & Thursday

IMPORTANT!

Avoid the disappointment of a canceled class—register early at alc.vbschools.com. Please see refund and withdrawal policies on page 4.

ALC classes are only for students 18 years and older.

1-on-1 Classes Just For You!

1-on-1 classes are available throughout the semester. Register by mail or in person at the Adult Learning Center. The instructor will contact you to arrange a meeting time. Once you have scheduled course times with the instructor, the ALC requires 24 hours' notice to cancel a course meeting time. If notice is not given, you will forfeit that meeting time and it will not be rescheduled. All classes must be completed within one month of scheduled first class and/or before the semester ends. Written documentation is required for an extension to be granted due to unforeseen circumstances. **PLEASE NOTE: Save and bring your course confirmation letter to the first class to receive instructions on purchasing discounted software.**

NEW! 1-ON-1 MS OFFICE 365/2019 OVERVIEW

\$256

A 1-on-1 class that offers learning of Word, Excel, PowerPoint, Publisher, OneNote, and Outlook customized to your needs. Choose which Microsoft product you wish to learn. All levels are welcome. No previous knowledge is needed, although knowing how to use the mouse is helpful.

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2693 The instructor will contact you to arrange a meeting time.

*Please see 1-on-1 class policy on page 45.***1-ON-1 COMPUTER BASICS**

\$256

Need tutoring or help with a subject not covered in our catalog? Have specific questions that are not appropriate for a classroom setting? Maybe a 1-on-1 class is best for you.

Schmidt

3 classes @ 2 hours each at Adult Learning Center

2687 The instructor will contact you to arrange a meeting time.

*Please see 1-on-1 class policy on page 45.***1-ON-1 MS EXCEL 365/2019**

\$256

A 1-on-1 class is a great way to learn how to design and develop an Excel spreadsheet. Major topics covered are: basic structure, formatting, absolute/relative addressing, basic formulas, sorting/searching, ranges, charts, graphics, pivot tables, filters and more. **PREREQUISITE:** Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 2 hours each at Adult Learning Center

2688 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

PLEASE NOTE: Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.

1-ON-1 MS ACCESS 365/2019

\$256

A 1-on-1 Access class customized to your needs! Learn how to plan a database from scratch. Design the structure, query the database, and create forms and reports. Perfect class for those running a small business or who are required to make simple business decisions. **PREREQUISITE:** Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 2 hours each at Adult Learning Center
2689 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

1-ON-1 MS WORD 365/2019

\$256

In today's business environment, it is critically important that employees are knowledgeable in creating business-related documents and sharing them with others. Learn the essentials of creating a business letter, formatting a document, addressing an envelope, establishing properties in a document, tracking changes, authorship, and emailing a document. **PREREQUISITE:** Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 2 hours each at Adult Learning Center
2690 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

1-ON-1 MS PUBLISHER 365/2019

\$256

What could be more fun than learning how to make cards and calendars using your computer? Learn the basics of Publisher - how to create and format text frames, and add graphics, lists, and tables. Use templates to create cards and calendars. **PREREQUISITE:** Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 2 hours each at Adult Learning Center
2691 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

1-ON-1 MS POWERPOINT 365/2019

\$256

Learn how to train, persuade, and inform your audience via PowerPoint, the gold standard in presentation packages. Specifically, learn how to create a presentation with themes, graphics, tables, and photos included. Learn how to add media and special effects. **PREREQUISITE:** Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 2 hours each at Adult Learning Center
2692 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.



Cookie Decorating

Do you love sugar cookies and want to learn how to decorate with royal icing? Come and unleash your inner Picasso, and join Sarah Schaefer, owner of Sarah Bakes Custom Cookies, to learn how to step up your cookie decorating skills.

PLEASE NOTE: Cookie decorating classes are on pages 22 and 23.



NEW! PUMPKIN SPICE IS EVERYTHING NICE!

\$45

Get ready for the season with these FALL-Themed cookies! Learn to decorate a pumpkin, pie, spiced latte, and cozy pillow. These unique decorating techniques will have you ready to recreate these fall festive cookies at home. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2730 (01), Oct 1, 6:00 PM-8:00 PM, Tuesday

TRICK OR TREAT! HALLOWEEN COOKIES

\$45

Trick and treat with us. Come and learn the tricks of cookie decorating and enjoy the sweet treat of your finished mummy, bear, and jack-o-lantern cookies. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2745 (01), Oct 17, 6:00 PM-8:00 PM, Thursday



NEW! DINNER TIME PLACE CARDS

\$45

Presentation is everything! Your dinner guests will feel special with these edible personalized place cards. These place cards make a yummy addition to your festive holiday place setting, or they can be gifted as a hostess gift. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2743 (01), Nov 2, 10:00 AM-12:00 PM, Saturday

NEW! WINTER HOLIDAY FAVORITES

\$45

Christmas is the biggest cookie holiday of the year! Level up your next cookie exchange and crumble the competition by learning decorating techniques that will make your cookies stand out this holiday season. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2746 (01), Dec 14,
10:00 AM-12:00 PM,
Saturday



**NEW! HANUKKAH CELEBRATION**

\$45

Kick up your holiday festivities with these Hanukkah inspired cookies. You will learn to decorate for all eight nights of Hanukkah and impress your friends and family! **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2748 (01), Dec 18, 6:00 PM-8:00 PM, Wednesday

**NEW! TOUCHDOWN: TEAM COOKIES**

\$45

Are you Super Bowl ready? Score big by representing your team with these fan favorites. These team cookies will add the perfect edible décor to your next game night or Super Bowl party. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2763 (01), Jan 11, 10:00 AM-12:00 PM, Saturday

NEW! BRRR, IT'S COLD OUTSIDE

\$45

It may not snow often in Virginia Beach, but these bundled up winter animals sure are cute and fun to make on a cold winter day! This class will teach you how to decorate cookies using a range of techniques that can be recreated at home.

PLEASE NOTE: Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2770 (01), Jan 23, 6:00 PM-8:00 PM, Thursday



**NEW! HOT COCOA BOMBS**

\$40

Snuggle up with a cup of hot chocolate with these delightful hot cocoa bombs! In this class, you'll learn the art of making these decadent treats that burst with flavor. From creating the perfect chocolate shell to filling it with marshmallows and cocoa mix, you'll master the techniques to impress your friends and family. Join us for a cozy and delicious experience! **PLEASE NOTE:** Class includes all supplies.

Thieman

1 class @ 2.5 hours at Adult Learning Center, 2785 (01), Nov 2, 10:00 AM-12:30 PM, Saturday

Registration for 2785 (01) closes 10/19/24. Student-initiated refunds will not be permitted after this date.

BAKLAVA MADE EASY

\$65

Baklava is a delicious dessert served in many Middle Eastern countries during special occasions and holidays. This delicate dessert traditionally requires a lot of labor to develop those crisp layers that add character to this dish. Learn to make this dish in a few easy steps, eliminating hours of prep work. Students will prepare a small dish to take home. Supplies provided.

Shtrepi

1 class @ 2.5 hours at Adult Learning Center
2749 (01), Dec 4, 6:00 PM-8:30 PM, Wednesday

**Join our team! Teach at the ALC!**

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Share your passion and expertise. We are in search of talented instructors to design new **ART, DRAWING, BUSINESS, and POTTERY** courses that are timely, beneficial, and fun. **Please call 757-648-6063 for more information.**

NEW! A TASTE OF FALL: APPLE & PUMPKIN CAKE POPS

\$45

Get ready to welcome the FALL by embracing the flavors of the season with delicious apple and pumpkin cake pops. This hands-on class will guide you through shaping, decorating, and presenting these delightful FALL-Themed goodies for your next gathering. **PLEASE NOTE:** Class includes all supplies.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2782 (01), Sep 21, 10:00 AM-12:30 PM, Saturday

Registration for 2782 (01) closes 9/7/24. Student-initiated refunds will not be permitted after this date.

NEW! HAUNTINGLY DELICIOUS CAKE POPS

\$40

Step into the enchanting world of Halloween cake pops! Join us for a frightfully fun class where you'll learn to create delicious spooky treats. From eerie flavors to haunting decorations, let your imagination run wild and make your own ghoulishly delightful cake pops! **PLEASE NOTE:** Class includes all supplies.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2784 (01), Oct 19, 10:00 AM-12:30 PM, Saturday

Registration for 2784 (01) closes 10/5/24. Student-initiated refunds will not be permitted after this date.

NEW! HOLIDAY CAKE POP EXTRAVAGANZA

\$40

Join us for a delightful journey into the world of Christmas cake pops! Learn to create festive and charming cake pops shaped like Christmas trees, ornaments, reindeer, and snowmen. Impress your holiday guests with these memorable handmade cake pop creations! **PLEASE NOTE:** Class includes all supplies.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2786 (01), Dec 14, 10:00 AM-12:30 PM, Saturday

Registration for 2786 (01) closes 11/23/24.

Student-initiated refunds will not be permitted after this date.

NEW! SWEET HEARTS: VALENTINE'S CAKE POPS

\$40

Join us for a sweet and fun-filled class where you'll learn how to create adorable Valentine's Day themed cake pops! These delightful treats are perfect for sharing with loved ones or as gifts. **PLEASE NOTE:** Class includes all supplies.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2787 (01), Jan 25, 10:00 AM-12:30 PM, Saturday

Registration for 2787 (01) closes 1/11/25. Student-initiated refunds will not be permitted after this date.





**NEW! COSTA RICAN ARROZ CON LECHE:
RICE PUDDING**

\$40

Dive into the rich and creamy world of Arroz con Leche, a traditional Costa Rican dessert. In this class, you will learn how to prepare this sweet and comforting rice pudding infused with cinnamon, raisins, and a touch of vanilla. Perfect for beginners or anyone looking to expand their dessert repertoire and have a taste of Costa Rica! **PLEASE NOTE:** Class includes all supplies. Thieman

1 class @ 2.5 hours at Adult Learning Center

2783 (01), Oct 5, 10:00 AM-12:30 PM, Saturday

Registration for 2783 (01) closes 9/28/24. Student-initiated refunds will not be permitted after this date.

NEW! COSTA RICA'S NATIONAL DISH: GALLO PINTO

\$40

This course will teach students how to prepare Gallo Pinto, a traditional Costa Rican dish made with rice and black beans. Students will learn about the cultural significance of Gallo Pinto and the basic cooking techniques needed to create this flavorful dish. **PLEASE NOTE:** Class includes all supplies. Thieman

Thieman

1 class @ 2.5 hours at Adult Learning Center

2781 (01), Aug 24, 10:00 AM-12:30 PM, Saturday

Registration for 2781 (01) closes 8/17/24. Student-initiated refunds will not be permitted after this date.



Foodies, The Local's Market

Join us for an evening of cooking, learning, and laughs. Foodies is a locally owned and operated market focusing on artisan foods. These hands-on cooking classes are led by Chef Patrick, who will teach you how to prepare amazing gourmet meals. Students will enjoy their completed meal in the cozy tasting room and a chef's prepared dessert. All supplies are included. Bon appétit!

The address for classes held at Foodies, The Local's Market is 1060 Lynnhaven Parkway, #106, Virginia Beach 23452.

NEW! CRAB CAKE CUISINE

\$75

Who said you must travel to Maryland to enjoy crab cakes? Learn to prepare delectable meaty crab cakes along with accompanying side dishes. Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2790 (01), Sep 25, 6:00 PM-9:00 PM, Wednesday

Registration for 2790 (01) closes 9/11/24. Student-initiated refunds will not be permitted after this date.

NEW! PERFECTLY SEARED SALMON

\$75

The "L" is silent, but the flavor certainly isn't. Join us and learn to make a seared salmon that is screaming with flavor and delicious accompaniments of cauliflower puree, shaved brussels, and grilled asparagus. Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2791 (01), Oct 9, 6:00 PM-9:00 PM, Wednesday

Registration for 2791 (01) closes 9/25/24. Student-initiated refunds will not be permitted after this date.

NEW! GIVING THANKS! TURKEY TIME

\$75

Are you hosting Thanksgiving dinner? Well, now you can do so with confidence. This class will teach you how to prepare herb-roasted turkey, potatoes au gratin, roasted brussels sprouts, cranberry sauce, traditional stuffing, and gravy. Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2792 (01), Oct 23, 6:00 PM-9:00 PM, Wednesday

Registration for 2792 (01) closes 10/9/24. Student-initiated refunds will not be permitted after this date.

**NEW! THE ROYAL BEEF WELLINGTON**

\$75

This royal dish is fit for kings and queens. Learn to prepare beef wellington and impress your royal family and friends when you invite them to a VIP dinner.

Includes a chef's prepared dessert. **PLEASE NOTE:**

Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2793 (01), Nov 6, 6:00 PM-9:00 PM, Wednesday

Registration for 2793 (01) closes 10/23/24. Student-initiated refunds will not be permitted after this date.

**NEW! WRAPPED IN LOVE: HOLIDAY DINNER**

\$75

What better way to share the holiday spirit than a home-cooked meal wrapped in love or in this case pastry? Learn to prepare salmon encased in pastry with creamed spinach, roasted butternut squash, and wild rice. Wow your guests with this amazing dish and leave them wanting more. Includes a chef's prepared dessert.

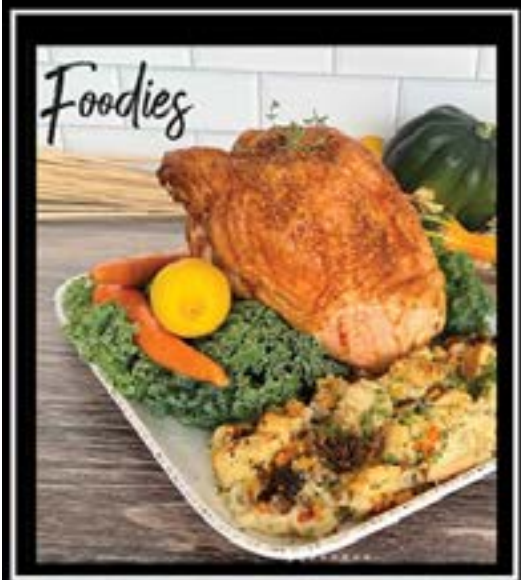
PLEASE NOTE: Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2794 (01), Dec 4, 6:00 PM-9:00 PM, Wednesday

Registration for 2794 (01) closes 11/20/24. Student-initiated refunds will not be permitted after this date.

**NEW! HEALTHY NEW YEAR! MEAL PREP**

\$75

New Year, New Goals. Does your busy lifestyle make it difficult to prepare healthy meals? Join us and learn the ease of meal prepping using different proteins and common refrigerator items. Create a meal plan and stay on track to healthy eating. Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

1 class @ 3 hours @ Foodies, The Local's Market

2795 (01), Jan 8, 6:00 PM-9:00 PM, Wednesday

Registration for 2795 (01) closes 12/18/24. Student-initiated refunds will not be permitted after this date.

Register online today!

alcvbschools.com

Avoid the disappointment of a canceled class—register early.

Please see refund and withdrawal policies on page 4.

ALC classes are only for students 18 years and older.



Beginning Photography

BEGINNING SLR PHOTOGRAPHY PART 1: HOW TO USE YOUR CAMERA

\$104 Senior Price \$81

Do you ever wonder why some pictures are blurry? Some are too light, while others are too dark? Why all the knobs and dials confuse you? This could be the class for you. You will learn not only how to hold your camera, but how to create amazing images you will be proud to hang on your walls and give as gifts. **PLEASE NOTE:** Bring camera, operation manual, pen and paper to class. ALC is not responsible for any damage, loss or replacement of your personal property. **REQUIRED TEXTBOOK:** *The Beginner's Photography Guide: The Ultimate Step-by-Step Manual for Getting the Most From Your Digital Camera*, May 28, 2024 ed. ISBN-13: 9780744099508. Textbook is not available for purchase at ALC.

Darracott

5 classes @ 2 hours each at Adult Learning Center

3210 (01), Sep 17 to Oct 15, 6:00 PM-8:00 PM, Tuesday

BEGINNING SLR PHOTOGRAPHY PART 2: HOW TO USE YOUR CAMERA

\$104 Senior Price \$81

Now that you have the basics down, let's move to the next step. Learn how to better use your camera by understanding how to control light and how light contributes to image creation. See the image in your mind and create it with your camera. **PLEASE NOTE:** Bring camera, operation manual, pen and paper to class. ALC is not responsible for any damage, loss or replacement of your personal property. **REQUIRED TEXTBOOK:** *The Beginner's Photography Guide: The Ultimate Step-by-Step Manual for Getting the Most From Your Digital Camera*, May 28, 2024 ed. ISBN-13: 9780744099508. Textbook is not available for purchase at ALC.

Darracott

5 classes @ 2 hours each at Adult Learning Center

3211 (01), Oct 24 to Nov 21, 6:00 PM-8:00 PM, Thursday

Creatively Use Your Photos

PRESERVE, ORGANIZE & SAVE YOUR OLD PHOTOS & MEDIA!

\$37 Senior Price \$29

Imagine all your photos organized and all in one place, stored permanently and safely, where you're able to find any photo in seconds. If you think of all of your photos and memories and think "where do I even begin?" then this is the perfect course for you. Learn to organize/preserve slides, home movies, other memorabilia and outdated media (videotapes, slides, film reels, etc.). This class will provide an overview of photo scanning, digitalization options, digital photo

hub organization, and how to choose the right cloud storage solutions for your needs. We will briefly explore different ways to celebrate and share memories with photo gifts, framing, photo books and slide shows.

Williams

1 class @ 2 hours at Adult Learning Center

3213 (01), Aug 24, 9:30 AM-11:30 AM, Saturday

3213 (02), Sep 7, 9:30 AM-11:30 AM, Saturday

3213 (03), Oct 9, 6:30 PM-8:30 PM, Wednesday

PHOTO ORGANIZATION 101: IT'S TIME TO SAVE YOUR PHOTOS

\$42 Senior Price \$34

Are your photos here, there and everywhere? This photo organization course is a great follow up to the *Preserve, Organize & Save Your Old Photos & Media* class (a suggested, but not required prerequisite). Learn how to convert to the latest digital formats and how to save, curate, organize and share your photo and video memories. Explore ways to celebrate your loved ones with custom gifts. In this class, you will get a free photo storage account where you will upload, organize, tag and share photos with friends and family. You will quickly see how easily you can go from overwhelmed to overjoyed with your photos in less time than you think, in pockets of 5-15 minutes at a time. **PLEASE NOTE:** Bring your laptop, tablet and/or smart phone to class with you. ALC is not responsible for any damage, loss or replacement of your personal property. If you do not have a laptop, a limited number of laptops will be available during class.

Williams

2 classes @ 2 hours each at Adult Learning Center

3214 (01), Oct 16 to Oct 23, 6:30 PM-8:30 PM, Wednesday

3214 (02), Nov 2 to Nov 16, 9:30 AM-11:30 AM, Saturday

3214 (03), Jan 15 to Jan 22, 6:30 PM-8:30 PM, Wednesday



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More DIYs To Love

WICK-IT: CUSTOM CANDLE MAKING

\$50

Register with a friend for this hands-on candle making class. Hosted by the owner of Sugared Mango, learn how to choose proper containers, wicks, scents, waxes, and how to properly burn candles. These handcrafted personalized candles make the perfect gift for family, friends, and coworkers. These candles are made with wicks and can be lit. Students will leave with their own custom created candles. **PLEASE NOTE:** Supplies included in cost of tuition.

Sterling

1 class @ 2.5 hours at Sugared Mango

3217 (01), Oct 2, 6:00 PM-8:30 PM, Wednesday

3217 (02), Nov 2, 10:00 AM-12:30 PM, Saturday

Class is held at Sugared Mango at 4425 Shore Dr, Suite 101, in Shoreline Shops, Virginia Beach, 23455.



LATHER UP: SOAP MAKING FOR BEGINNERS

\$50

Ready for some good clean fun? Come and learn how to make handmade soaps using skin safe ingredients. With all of the extra hand washing going on, learn to use ingredients that won't leave your hands feeling harsh and dry. You will take home soap bars you've prepared in class, along with the skills to create gifts for family and friends. **PLEASE NOTE:** Supplies included in cost of tuition.

Sterling

1 class @ 2 hours at Sugared Mango

3260 (01), Sep 25, 6:00 PM-8:00 PM, Wednesday

3260 (02), Dec 7, 10:00 AM-12:00 PM, Saturday

Class is held at Sugared Mango at 4425 Shore Drive, Suite 101, in Shoreline Shops, Virginia Beach, 23455.

Genealogy

BEGINNING GENEALOGY

\$56 Senior Price \$43

Course will provide an overview of basic genealogy techniques for tracing family history using home records, census records and vital records (birth, marriage, death).

Moore

5 classes @ 1 hour each at Adult Learning Center

3205 (01), Oct 1 to Oct 29, 6:30 PM-7:30 PM, Tuesday



INTERMEDIATE GENEALOGY

\$45 Senior Price \$36

This class will discuss the use of deed, probate, and non-census population records in genealogical research and demonstrate basic problem-solving techniques to resolve conflicting information. **PREREQUISITE:** 3205 Beginning Genealogy or basic genealogy knowledge.

Moore

4 classes @ 1 hour each at Adult Learning Center

3206 (01), Nov 12 to Dec 3, 6:30 PM-7:30 PM, Tuesday

**CUT IT OUT: CRICUT FOR BEGINNERS**

\$42

Do you have big plans for your Cricut machine and can't seem to get started? This class will not only teach you how to install and operate your machine, but will also cover how to use Cricut's Design Space software. This class is packed with a lot of information that includes external design websites, software cutting methods and tools, types of vinyl material, and step-by-step walk-throughs of different projects. You'll be ready to create perfect holiday gifts for family and friends. **REQUIREMENT:** Bring a Cricut machine and mat, practice vinyl, and weeding accessories to class. This class is not suitable for Cricut Joy. ALC isn't responsible for damage, loss, or replacement of your personal equipment.

Hazley

1 class @ 3 hours at Adult Learning Center

3216 (01), Sep 21, 10:00 AM-1:00 PM, Saturday

3216 (02), Nov 18, 6:00 PM-9:00 PM, Monday



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BEGINNER CROCHET: HOOK IT UP!

\$94 Senior Price \$73

Join us for our beginner's class and learn the basics of crocheting. This class will introduce you to the history of crocheting, necessary materials, and how to crochet a scarf. You'll be on your way to hooking up your family and friends with fabulous scarves. These make great gifts, and who doesn't like a handmade gift? Crocheting is a great relaxing pastime that can be done while watching TV or waiting for appointments. Use those moments to create your works-of-art. **PLEASE NOTE:** Supply list available online at alc.vbschools.com. Please bring supplies to each class.

Shtrepi

4 classes @ 2 hours each at Adult Learning Center

3236 (01), Oct 30 to Nov 20, 6:00 PM-8:00 PM, Wednesday





1-ON-1 SEWING FOR BEGINNERS

\$247

The course will teach you the basics of sewing in a one-on-one setting. Learn sewing terminology, how to read patterns, determine tools and notions needed to construct a garment, how to use a sewing machine, and how to sew fabric pieces and complete a garment.

PLEASE NOTE: Bring supplies for your project to the first class. Students need to provide all necessary materials including a sewing machine. ALC isn't responsible for any damage, loss or replacement of your personal sewing machine. Instructor is available on Wednesday morning only.

Tyler

2 classes @ 3 hours each at Adult Learning Center

3230 The instructor will contact you to arrange a meeting time.

Please see 1-on1 class policy on page 45.

1-ON-1 SEWING PROJECTS

\$127

This course is for students who want assistance with a specific sewing project in a one-on-one setting. **PLEASE NOTE:** Students must know the basics of sewing and use of a sewing machine. Students need to provide all necessary materials including a sewing machine. ALC isn't responsible for any damage, loss or replacement of your personal sewing machine. Instructor is available on Wednesday morning only.

Tyler

1 class @ 3 hours at Adult Learning Center

3232 The instructor will contact you to arrange a meeting time

Please see 1-on1 class policy on page 45.

NEW! REVIVE & REVAMP: A PLAYFUL CLOTHING UPCYCLING WORKSHOP

\$59 Senior Price \$46

Join this dynamic 2-day workshop, 'Revive & Revamp,' where creativity meets sustainability! Explore the art of clothing upcycling and breathing new life into old garments with a professional touch and a quirky twist. From basic alterations to innovative design techniques, you will learn how to transform everyday clothing items into unique fashion statements. Come unleash your inner designer and contribute to an eco-friendly wardrobe revolution!

Wansley

2 classes @ 2 hours each at Adult Learning Center

3233 (01), Oct 22 to Oct 29, 6:00 PM-8:00 PM, Tuesday

RAG WREATH MAKING

\$42 Senior Price \$34

Do you have unused fabric items sitting around the house that are not being used, but you just can't seem to part with? Learn to create a memory wreath by repurposing family memorabilia such as curtains, tablecloths, clothing, etc. These wreaths are a great way to pass down family heirlooms. Whether it is for a baby shower, wedding, for a sports enthusiast or a special holiday, these are meaningful gifts to be cherished. **PLEASE NOTE:** Supply list available online at alc.vbschools.com.

Lovitt

2 classes @ 2 hours each at Adult Learning Center

3250 (01), Oct 16 to Oct 23, 6:30 PM-8:30 PM, Wednesday

Fun Funky Mixed Media Art

Experience a different type of art! Fun Funky Mixed Media Art uses a variety of media to make each piece one of a kind. Have fun discovering a unique style of art!



NEW! FUN FUNKY ART—CHRISTMAS AT THE BEACH \$60

If you love “Christmas at the Beach”, you will enjoy this mixed media class to create your own vision and feeling of the beach at Christmas time. Make it personal so when you look at it you will feel being at the beach! (9x12 canvas). **PLEASE NOTE:** All supplies included.

Clemons

1 class @ 3 hours at at the Adult Learning Center
3222 (01), Dec 12, 6:00 PM-9:00 PM, Thursday

NEW! FUN FUNKY ART—SEAHORSE

\$50

Discover the true beauty of your personal seahorse. Using paper scraps and your own color scheme make your seahorse the prettiest in the ocean. (5x11 canvas on wood). **PLEASE NOTE:** All supplies included.

Clemons

1 class @ 3 hours at the Adult Learning Center
3228 (01), Sep 26, 6:00 PM-9:00 PM, Thursday
3228 (02), Jan 23, 6:00 PM-9:00 PM, Thursday

NEW! FUN FUNKY ART—HARVEST PUMPKIN

\$60

What is fall without pumpkins? Create your own harvest pumpkin with your choice of fall colors and embellishments to enjoy year round or bring out every fall. (9x12 canvas). **PLEASE NOTE:** All patterns and supplies included.

Clemons

1 class @ 3 hours at at the Adult Learning Center
3234 (01), Nov 21 6:00 PM-9:00 PM, Thursday



NEW! FUN FUNKY ART—FAIRY GARDEN HOUSE

\$45

Make a house for your garden fairies to live in. Make it fancy or simple. Your garden fairies will love it!!! (6" clay pot). **PLEASE NOTE:** All supplies included.

Clemons

1 class @ 3 hours at at the Adult Learning Center
3229 (01), Oct 24, 6:00 PM-9:00 PM, Thursday



ALL EYES ON YOU: BEGINNER EYE/EYEBROW MAKEUP APPLICATION

\$59 Senior Price \$46

Do you want to learn how to fill-in or shape your eyebrows like a pro? Or how to apply and blend eyeshadows to create cut creases, smoky or gradient eyes? K. Mosley, professional makeup artist, will help you create stunning eyes that become your main focal point. This class will cover sanitation practices that help preserve makeup, eyebrow, eye makeup and eye lash application. By the end of this course, students will know color compliments and the eyebrow shape that is best for your facial structure. False lash strip application will also be covered during the class for those students who want to create a more elevated eye look. **PLEASE NOTE:** Supply list available online at alc.vbschools.com. Bring supplies to all classes.

Mosley

2 classes @ 3 hours each at Adult Learning Center
3133 (01), Nov 5 to Nov 7, 6:00 PM-9:00 PM,
Tuesday & Thursday

HOW TO BE HAPPY EVERY DAY

\$40 Senior Price \$35

Who doesn't want to be happier? Learn specific, time-tested ways to make your life happier and more meaningful. These are concrete, proven step-by-step ways that will give your life a new outlook, starting TODAY! All of this taught by the guy who was selected "The Happiest Man in America" by USA Today. It's fun, interactive and moves so quickly the time will fly. Come fly with us! **PLEASE NOTE:** Instructor recommends students purchase the following textbook: *How To Be Happy Every Day* by J.P. Gus Godsey, ISBN: 9780976090151. Textbook is available for purchase from the instructor or through Amazon and Barnes and Noble.

Godsey

1 class @ 2.5 hours at Adult Learning Center
3126 (01), Oct 15, 6:30 PM-9:00 PM, Tuesday
3126 (02), Nov 19, 6:30 PM-9:00 PM, Tuesday

NEW! REIKI ENERGY 101: WHAT IS IT & HOW IT CAN HELP

\$50

Are you curious about Reiki energy? In this introductory workshop, you will learn 3 different methods to harness the power of your body's energy system to create health, relaxation, and well-being. These methods are safe, based on scientific evidence, and work extremely well either alone or used in concert with traditional medicine.

Ramsdell

1 class @ 2 hours at Adult Learning Center
3115 (01), Sep 24, 6:30 PM-8:30 PM, Tuesday

NEW! BIOFIELD TUNING: USING SOUND FOR RELAXATION

\$50

Edgar Cayce said, "Sound will be the medicine of the future." Biofield Tuning is a revolutionary modality using targeted sound frequencies to release stuck energy in the body (caused by stress, trauma, suppressed emotions, ancestral patterns, and destructive belief systems) by shifting the body's magnetic field. Using sound from an acoustic frequency generator—a tuning fork! The class will leave you in a renewed state of calm, clarity, and lightness! **PLEASE NOTE:** Wear comfortable clothes.

Ramsdell

1 class @ 2 hours at Adult Learning Center
3118 (01), Sep 27, 10:00 AM-12:00 PM, Friday

NEW! DOG WHISPERER: UNDERSTANDING YOUR PUP & WHAT THEY NEED MOST FROM YOU!

\$50

We all love our dogs and want them to be happy and fulfilled. Sadly, many people have no idea what their dog really needs, and consequently dog behavior issues abound. If you're unhappy with your dog, it's certain that your dog is unhappy with you. Our shelters are overrun with misunderstood dogs who did their best to be the perfect pet. What is the problem? COMMUNICATION. For any relationship to be healthy, communication is KEY. Dogs speak a completely different language than humans. Since dogs are unable to learn the human language, it is up to us to learn their language. This course is for you if you'd like to improve your relationship with your favorite furry friend and understand exactly what they most need from you. Hint: It's NOT another new toy or a softer dog bed!

Ramsdell

1 class @ 2 hours at Adult Learning Center
3190 (01), Oct 22, 6:00 PM-8:00 PM, Tuesday



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@ALC_VB

**NEW! SUMMER SURVIVAL**

\$40

Adapting to the heat and protecting the skin are essential, especially during the hot and dry summer days. Learn to make herbal electrolyte drinks and summer coolers to help with hydration as well as harvest herbs that can be used to make herbal insect repellent and salves for skin care.

Shufer

1 class @ 2 hours at Wild Woods Farm

3160 (01), Aug 25, 1:00 PM to 3:00 PM, Sunday

HERBAL SEASONINGS & SPICES

\$40

Seasonings and spices add nutrition, flavor, and zest to the foods we eat. Many of these herbs grow wild around us and can be used to season and spice up your food. These herbs come from the leaves, seeds, roots, bark, stems, flowers, or fruits of wild and cultivated herbs. This class will cover plants that grow wild and can be used as seasonings. A prepared dish, using wild herbs, will be available for tasting.

Shufer

1 class @ 2 hours at Wild Woods Farm

3141 (01), Sep 8, 1:00 PM to 3:00 PM, Sunday

NEW! ALLERGIES: FALL CLEANSING

\$40

What is often referred to as hay fever may be an allergic reaction to environmental factors that may be treated with simple remedies using herbs. Prepare for the fall allergy season by learning about herbs that can be used to prevent and treat those seasonal allergies.

Shufer

1 class @ 2 hours at Wild Woods Farm

3161 (01), Sep 22, 1:00 PM to 3:00 PM, Sunday



Exploring The Land

Exploring the Land: Herbal Wellness Vickie Shufer is an herbalist and forager with a Master's degree in Therapeutic Herbalism. She teaches classes on how to use edible and medicinal plants for medicine making and wild food cooking. Herbal medicine is vast and complex. These classes are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or possible contraindications with medications. VBCPS accepts no liability relating to participation in these classes.

The address for classes held at Wild Woods Farm is 4132 Blackwater Road, Virginia Beach, 23457. Please wear weather appropriate shoes and clothing.

WILD FRUITS OF FIELD & FORESTS

\$40

Fruits are the seed-bearing parts of plants and include berries, legumes and nuts. Many of these fruits are not only edible, but provide great health and medicinal benefits. Learn which berries grow wild in our area and how to cook and preserve fruit for future use. Sumac, pawpaws, muscadine grapes and persimmons are a few fruits that begin ripening in September and will be ready to harvest. Sumac-ade will be made for sampling, as well as bean bread or bean salad made from wild beans.

Shufer

1 class @ 2 hours at Wild Woods Farm

3140 (01), Oct 6, 1:00 PM to 3:00 PM, Sunday

ROOTS & SHOOTS

\$40

While many plants are sleeping above the ground, beneath the surface useful and nutritional roots are growing. Evening primrose, dandelions, groundnuts and more will be identified and harvested. The class will gather the shoots of wild greens that are also emerging. Samples will be available for tasting.

Shufer

1 class @ 2 hours at Wild Woods Farm

3142 (01), Oct 20, 1:00 PM to 3:00 PM, Sunday

LOTIONS & POTIONS

\$40

Join us for an afternoon of self-care. Ms. Shufer will demonstrate how to make lotions and salves for the skin. Learn the soothing and moisturizing benefits of herbs, as well as the physical and mental effects of potions. An herbal walk through the garden will assist you in identifying and harvesting herbs that can be used to make skin remedies and relaxing teas. Students will participate in making a salve and will leave with a sample.

Shufer

1 class @ 2 hours at Wild Woods Farm

3151 (01), Nov 3, 1:00 PM to 3:00 PM, Sunday

IMPORTANT!

Avoid the disappointment of a canceled class—register early at alc.vbschools.com. Please see refund and withdrawal policies on page 4.

NEW! NUT PICKIN'

\$40

As the autumn leaves change color and drop to the ground, so do the nuts, including acorns. Join us as we go in search of acorns and other nuts that are ready for harvesting. Find out their health benefits and how to prepare and use them in tasty dishes.

Shufer

1 class @ 2 hours at Wild Woods Farm

3162 (01), Nov 17, 1:00 PM to 3:00 PM, Sunday

**SYRUPS, ELIXIRS & FIXERS: RESPIRATORY HEALTH**

\$40

Prepare for cold and flu season by learning which herbs may boost your immune system and which are best for treating and preventing common colds and flus. Students will learn how to prepare wild ginger syrup and how to blend and prepare herbal infused teas that may be soothing to the respiratory system. Students will learn to make syrups and elixirs for cough and cold remedies. Includes samples to taste and take home. This class will be held at Wild Woods Farm in a shelter setting. Please wear weather appropriate shoes and clothing.

Shufer

1 class @ 2 hours at Wild Woods Farm

3144 (01), Dec 22, 1:00 PM to 3:00 PM, Sunday

NEW! WINTER FORAGING

\$40

If you have ever wondered what is available to forage in the winter, come join us on the farm as we identify and gather winter greens, roots, and seeds. Learn how to process and prepare them for food and taste samples of prepared dishes.

Shufer

1 class @ 2 hours at Wild Woods Farm

3164 (01), Jan 5, 1:00 PM to 3:00 PM, Sunday

NEW! TEA TIME: WINTER TEA BLENDING

\$40

Winter is the perfect time to rest and heal with a cup of warm relaxing tea. Become familiar with the different herbal flavors, properties, and qualities. You'll learn to create your own tea blend based on your personal needs and preferences.

Shufer

1 class @ 2 hours at Wild Woods Farm

3163 (01), Dec 8, 1:00 PM to 3:00 PM, Sunday

NEW! TREE TALK WALK: BUDS, TWIGS & BARK

\$40

Trees are naked in the winter but can still be identified by their twigs, buds, leaf scars, and bark. We will identify trees growing along the edges of the field and swamp and find out how they can be used for food and/or medicine.

Shufer

1 class @ 2 hours at Wild Woods Farm

3165 (01), Jan 19 1:00 PM to 3:00 PM, Sunday



Advanced English

NEW! NEXT LEVEL ENGLISH CONVERSATION

\$140

Take your English to the next level! Through interactive activities, students will improve their spoken English through real-world scenarios and authentic communication. In this student-centered course, you will gain more confidence and competence in your daily life speaking in English from informal, day-to-day conversations to more formal situations such as interviews. This is NOT an ESL or ELA class. **PREREQUISITE:** Students must speak at least an intermediate level of English. **PLEASE NOTE:** This hybrid course meets in-person and virtually on alternating Saturdays.

Judge

8 classes @ 2 hours each at Adult Learning Center & Virtual
3747 (01), Aug 24 to Oct 12, 10:00AM-12:00PM, Saturday

American Sign Language

SIGN LANGUAGE 1

\$204 Senior Price \$167

This course is designed for students who have no knowledge of American Sign Language. The topics will cover basic signing vocabulary, finger-spelling, American Sign Language linguistic features, simple phrases, and cultural protocols. Basic American Sign Language conversations will include answering questions, introductions and exchanging personal information, and discussing family, friends, and surroundings.

PREREQUISITE: Student should be fluent in reading and writing the English language.

Freeman

8 classes @ 2 hours each at Adult Learning Center
3730 (01), Sep 16 to Oct 09, 6:30 PM-8:30 PM,
Monday & Wednesday

SIGN LANGUAGE 2

\$177 Senior Price \$140

Expand vocabulary skills and learn to chain signs together. Simple grammatical concepts will be addressed, and we will review all the signing skills in a fun classroom setting. Adapting signs as a means of alternative communication will be incorporated as needed. You will continue to focus on finger-spelling, numbers, structure, syntax and grammar. Learn how to develop the conversational/cultural behaviors necessary to hold a beginning level conversation. **PREREQUISITES:** 3730 Sign Language 1 and/or previous Sign Language experience and knowledge of topics described in Sign Language 1. Textbook from Sign Language 1, Barron's *American Sign Language: A Comprehensive Guide to ASL 1 and 2 with Online Video Practice* ISBN: 9781506263823. Textbook is not available for purchase at the ALC.

Freeman

8 classes @ 2 hours each at Adult Learning Center
3731 (01), Oct 28 to Nov 25, 6:30 PM-8:30 PM,
Monday & Wednesday



Italian

ITALIAN 1

\$176 Senior Price \$137

Learn Italian! This course, designed for absolute beginners, covers greetings and basic communications for daily life situations while exploring the culture. Develop elementary skills in grammar, reading, and writing.

Reyes

8 classes @ 2 hours each at Adult Learning Center

3741 (01), Sep 4 to Oct 23, 1:00 PM-3:00 PM, Wednesday

NEW! ITALIAN 2 IN-PERSON

\$153 Senior Price \$116

If you took "Italian 1" or have some experience with the language, here is a chance to practice your listening, speaking, reading, and writing skills. In this course, you will learn functional grammar, vocabulary, and cultural concepts that apply to practical real-life situations.

PREREQUISITES: 3741 (01) Italian 1 and textbook *Complete Italian Step-by-Step, 1st Edition*, ISBN: 9781260463231. Textbook is not available for purchase at the ALC.

Reyes

8 classes @ 2 hours each at Adult Learning Center

3742 (01), Nov 7 to Jan 23, 1:00 PM-3:00 PM, Thursday

NEW! ITALIAN 2 VIRTUAL

\$153 Senior Price \$116

If you took "Italian 1" or have some experience with the language, here is a chance to practice your listening, speaking, reading, and writing skills. In this virtual course, you will learn functional grammar, vocabulary, and cultural concepts that apply to practical real-life situations. **PREREQUISITES:** 3741 Italian 1 and textbook *Complete Italian Step-by-Step 1st Edition*, ISBN: 9781260463231. Textbook is not available for purchase at the ALC.

Reyes

8 classes @ 2 hours each- VIRTUAL

3742 (02), Nov 7 to Jan 23, 6:00 PM-8:00 PM, Thursday

Don't miss out on new classes and ALC news. Follow us and stay connected!



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Japanese

NOW YOU'RE TALKING: AN INTRODUCTION TO JAPANESE

\$153 Senior Price \$116

This course for beginners introduces you to Japanese culture and language within the realms of everyday life. Basic Japanese sentence structures are explained with an expectation that you will be able to expand your language skills. **PREREQUISITE:** Proficiency in English. Murakoshi

8 classes @ 2 hours each at Adult Learning Center

3750 (01), Sep 10 to Oct 29, 6:00 PM-8:00 PM, Tuesday

NOW YOU'RE TALKING: AN INTRODUCTION TO JAPANESE 2

\$153 Senior Price \$116

This course is a continuation of *Now You're Talking: An Introduction to Japanese* and expands the introduction to Japanese culture and language skills. **PREREQUISITE:** 3750 (01), *Now You're Talking: An Introduction to Japanese* or equivalent knowledge. Murakoshi

8 classes @ 2 hours each at Adult Learning Center

3751 (01), Nov 12 to Jan 21, 6:00 PM-8:00 PM, Tuesday

1-ON-1 JAPANESE

\$250

Learn Japanese in this 1-on-1 class! Designed for absolute beginners or more experienced individuals. The course will cover basic communications for daily life situations.

Murakoshi

3 classes @ 2 hours each at Adult Learning Center

3752 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

Spanish

1-ON-1 SPANISH VIRTUAL

\$250

Learn Spanish in this virtual 1-on-1 class! Designed for absolute beginners or more experienced individuals. The course will cover basic communications for daily life situations. **PLEASE NOTE:** Student may need to purchase textbook *Spanish Grammar for Beginners Textbook + Workbook Included: Supercharge Your Spanish With Essential Lessons and Exercises*, ISBN: 9781684892815 Textbook is not available for purchase at the ALC.

Reyes

3 classes @ 2 hours each—VIRTUAL

3760, The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 45.

SPANISH 1 CONVERSATION, GRAMMAR, & CULTURE VIRTUAL

\$173 Senior Price \$136

Learn Spanish! Designed for absolute beginners, this course covers greetings and basic communications for daily life situations while exploring the culture. Develop elementary skills in grammar, reading, and writing.

Reyes

8 classes @ 2 hours each—VIRTUAL

3761 (01), Sep 6 to Oct 25, 6:00 PM-8:00 PM, Friday

SPANISH 1 CONVERSATION, GRAMMAR, & CULTURE IN-PERSON

\$173 Senior Price \$136

Learn Spanish! Designed for absolute beginners, this course covers greetings and basic communications for daily life situations while exploring the culture. Develop elementary skills in grammar, reading, and writing.

Reyes

8 classes @ 2 hours each at Adult Learning Center

3761 (02), Sep 3 to Oct 22, 1:00 PM-3:00 PM, Tuesday

SPANISH 2 CONVERSATION, GRAMMAR, & CULTURE IN-PERSON

\$153 Senior Price \$116

If you took Spanish 1 or have some experience with the language, here is a chance to practice your conversation skills. Elevate your proficiency and increase vocabulary while learning new verbs and the future tense. Speaking will be emphasized. **PREREQUISITES:** 3761 Spanish 1 and textbook *Complete Spanish Step-by-Step, Premium, 2nd Edition*, ISBN: 9781260463132. Textbook is not available for purchase at the ALC.

Reyes

8 classes @ 2 hours each at Adult Learning Center

3762 (01), Nov 5 to Jan 14, 1:00 PM-3:00 PM, Tuesday

SPANISH 2 CONVERSATION, GRAMMAR, & CULTURE VIRTUAL

\$153 Senior Price \$116

If you took Spanish 1 or have some experience with the language, here is a chance to practice your conversation skills. Elevate your proficiency and increase vocabulary while learning new verbs and the future tense. Speaking will be emphasized. **PREREQUISITES:** 3761 Spanish 1 and textbook *Complete Spanish Step-by-Step, Premium, 2nd Edition*, ISBN: 9781260463132. Textbook is not available for purchase at the ALC.

Reyes

8 classes @ 2 hours each—VIRTUAL

3762 (02), Nov 8 to Jan 24, 6:00 PM-8:00 PM, Friday

NEW! INTERMEDIATE SPANISH CONVERSATION: SPEAKING IN FUNCTIONAL SITUATIONS

\$153

This intermediate Spanish course is designed to enhance students' speaking proficiency in real-life, functional situations. Through a dynamic blend of interactive activities, role-plays, and scenario-based exercises, students will actively engage in conversational Spanish, focusing on practical language skills applicable to various everyday contexts. **PREREQUISITE:** Spanish 1 and Spanish 2 or have a basic understanding of Spanish fundamentals, especially the use of past, present, and future verbs. **PLEASE NOTE:** This hybrid course meets in-person and virtually on alternating Saturdays.

Judge

8 classes @ 2 hours each at Adult Learning Center & Virtual

3765 (01), Oct 19 to Dec 14, 10:00 AM-12:00 PM, Saturday



Music

NEW! BEGINNING GUITAR 1

\$89 Senior Price \$68

An introduction to the guitar and the basics of playing chords, notes, strumming, and picking techniques are covered. An introduction to music theory is also included in the course. **PLEASE NOTE:** Students must possess a guitar to play and practice. ALC isn't responsible for damage, loss, or replacement of your personal instrument.

Allred

8 classes @ 1 hour each at Adult Learning Center

2124 (01), Sep 5 to Oct 24, 6:30 PM-7:30 PM, Thursday

NEW! INSTANT PIANO FOR BUSY PEOPLE VIRTUAL

\$65 Senior Price \$60

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Note: Fee includes the online book, online follow up lessons, a recording of the class and an optional periodic question and answer session. Class consists of partly hands on instruction and lecture demonstration. **PREREQUISITE:** This is an introductory class. Prior piano training is not required; however, students must have a piano or keyboard to practice lesson.

Coffman

1 class @ 3 hours—VIRTUAL

2119 (01), Oct 21, 6:30 PM-9:30 PM, Monday

2119 (02), Nov 2, 9:00 AM-12:00 PM, Saturday

Performing Arts

NEW! INTRODUCTION TO THEATRE

\$45

This class is an introduction to the lively art of theatre. Theatre is one of the oldest art forms, but this course is so much more than a typical "history lesson." You will find yourself engaged and immersed in this interactive experience taught by an award winning theatre arts educator.

Castel

4 classes @ 1 hour each at Adult Learning Center

2183 (01), Nov 5 to Nov 26, 6:00 PM-7:00 PM, Tuesday

NEW! CREATIVE WRITING FOR STAGE

\$45

You will explore the elements of playwriting with a published playwright who has had their work featured in the Dramatist Guild. Learn and experience the art of storytelling for theatre and discover your creative self.

Castel

4 classes @ 1 hour each at Adult Learning Center

2190 (01), Oct 8 to Oct 29, 6:00 PM-7:00 PM, Tuesday

NEW! VOICE-OVERS...NOW IS YOUR TIME! VIRTUAL

\$40

In what could be the most enlightening class you've ever taken, our instructor and professional voice coach will show you how you can begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. **PLEASE NOTE:** You will receive a Zoom link 24 hours prior to the class.

Such A Voice

1 class @ 2.5 hours—VIRTUAL

2305 (01), Oct 1, 6:30 PM-9:00 PM, Tuesday

PLEASE NOTE: Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.



Dance

The benefits of dancing can change your life!

Dancing is a wonderful activity that can benefit your mind, body, and soul. How many times have you been at a function and thought, "I would love to command the dance floor and impress others with my skills?" Well, this is your opportunity to develop your dance skills, increase your social skills on the floor, burn calories and strengthen your body's core muscles, and most important to have fun.

NEW! INTERMEDIATE COUNTRY TWO-STEP

\$39

Learn to Texas Two-Step to your favorite country songs! A continuation from Beginner Two-Step, students will learn timing and rhythm, lead, or follow, and how to spin effortlessly across the dance floor. This series is created for those who have danced the Basic Progressive and Simple Underarm Turns. Come by yourself or register with a friend or partner and have some boot scootin' fun. **PLEASE NOTE:** Please wear comfortable shoes.

Rants Ballroom LLC

4 classes @ 45 minutes each

2176 (01), Sep 5 to Sep 26, 7:30 PM-8:15 PM, Thursday

Classes are held at Rants Ballroom Company, 3912 Virginia Beach Boulevard, #102, Virginia Beach 23452



ALC courses and programs are open to adults 18 and older who are not enrolled in public or private high school.

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The ALC teams up with **ed2go** to bring you hundreds of engaging online courses. Our courses are affordable, fun, fast, and convenient. **Short courses run six weeks and range from \$44 to \$520.**

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Administrative Professional with Microsoft Office Specialist 2016
CBCS Administrative Medical Specialist with Medical Billing & Coding
CBCS Medical Billing & Coding
CompTIA Security+ Certification Training: A+, Network+, Security+
CompTIA A+ Certification Training
NASM Certified Personal Trainer & Exam Prep
OMCA Email Marketing Associate
OMCP Search Marketing Professional
Paralegal
Pharmacy Technician

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Certified Information Security Manager (CISM)
Systems Security Certified Practitioner (SSCP)
CompTIA Certification Training: A+, Network+, Security+
CompTIA Linux+
CompTIA Advanced Security Practitioner (CASP)
CompTIA Project+
Information Security Training
CompTIA Network+ Certification Training
Certified Information Systems Auditor (CISA)
Certified Ethical Hacker



2024—2025 A B E / G E D® PROGRAM

Are you interested in improving your reading, language, and math skills while preparing for your G E D® Credential? Please consider enrolling in the Adult Learning Center's Adult Basic Education (A B E) G E D® credentialing program.

The A B E / G E D® program offers day and evening classes at the following times: 8:30-11:00 AM (Monday to Thursday), 12:15-2:45 PM (Monday to Thursday) and 6:30-9:00 PM (Monday and Wednesday). All students (new and returning) who are interested in enrolling in A B E/ G E D® day or evening classes are required to attend a placement evaluation. Students who are eligible for G E D® classes based on their placement test scores will need to attend an orientation session to complete the registration process.

At placement testing, students will take the Test of Adult Basic Education (TABE). TABE scores are used to determine the levels of math and reading classes in which students are placed to help them prepare to take the G E D® exam. The TABE test takes approximately four (4) hours. Students will receive a copy of their TABE scores via email and will be notified by the ALC staff regarding their eligibility to take classes.

Orientation sessions, testing, and classes are held at the ALC located at 5100 Cleveland Street, Virginia Beach, 23462.

A valid, current government-issued picture ID for proof of age and identity is required.

Open to adults age 18 and older who are not enrolled in private or public high school.



**If interested, please contact Elizabeth Herlong,
Adult Academic Coordinator, at 757-648-6050.**

DAY CLASS SCHEDULE: Monday through Thursday, September 16 to May 15

EVENING CLASS SCHEDULE: Monday & Wednesday, September 16 to May 14

DAY CLASS FEES: VIRGINIA BEACH RESIDENTS \$30 registration fee
NON-RESIDENTS (living in other cities) \$40 per month

EVENING CLASS FEES: VIRGINIA BEACH RESIDENTS \$30 registration fee
NON-RESIDENTS (living in other cities) \$30 per month

Class fees are not refundable.



To take the G E D® Test: Create an account and register online at www.GED.com

PLEASE NOTE: Individuals do not need to be enrolled in A B E/ G E D® classes to take the G E D® test. Anyone interested in taking the G E D® test can create a free account at www.GED.com. The website provides free resources and information about how to schedule a G E D® test that can be taken online or in person. The G E D® test is offered in both English and Spanish. A valid, current, government-issued picture ID is required for G E D® testing.

Questions about the G E D® Test? Call 1-877-392-6433 or email help@ged.com



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**1-ON-1 CLASSES ARE AVAILABLE THROUGHOUT
THE SEMESTER**

Register by mail or in person at the Adult Learning Center. Once you have scheduled course times with the instructor, the ALC requires 24 hours' notice to cancel a course meeting time. If notice is not given, you will forfeit that meeting time and it will not be rescheduled. All classes must be completed within one month of scheduled first class and/or before the semester ends. Written documentation is required for an extension to be granted due to unforeseen circumstances. This applies to all 1-on-1 classes in the catalog.



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Avoid the disappointment of a canceled class, register early! Register online today at alc.vbschools.com

Please see school policies on page 4. **ALC classes are only for students 18 years and older.**



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COMMUNITY EDUCATION REGISTRATION FORM

Accurate phone and email information will allow us to contact you about unforeseen date or time changes.

STUDENT NUMBER	LAST NAME	FIRST NAME	MI
STREET ADDRESS		CITY	
STATE	ZIP	EMAIL	

Please check if you are a SENIOR Citizen (60 or older)

BIRTH DATE (To verify ADULT/SENIOR status)

____ - ____ - ____
MM - DD - YYYY

HOME PHONE	WORK PHONE	CELL PHONE			
COURSE NUMBER	COURSE TITLE	START DATE	START TIME	LOCATION	FEE
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Additional \$12 per course for non-Virginia Beach Residents _____

Mail to ALC, 5100 Cleveland St., Virginia Beach, VA 23462

Fax to 757-648-6078

TOTAL _____

PAYMENT METHOD: CASH—Bills over \$50 not accepted MONEY ORDER
 CHECK—Payable to ALC DISCOVER MASTERCARD VISA

PRINT Cardholder's Name (as it appears on card) _____

Card Number _____ - _____ - _____ - _____ Exp. Date ____ / ____

Cardholder's Signature _____ Three Digit Security Code _____
(on back of card)

WITHDRAWAL/TRANSFER POLICY: Student-initiated transfers and withdrawals will be assessed a \$15 processing fee. Withdrawals must be submitted in writing five days before the class start date to be eligible for refund. Allow two weeks for processing. No refunds are issued once class has started or if you fail to attend class.

OFFICE USE ONLY

Office Receipt Number _____ Amount Paid _____ Initials _____ Date _____

Check ____ Credit Card ____ Cash ____ Money Order ____

Bookkeeper Receipt Number _____



Adult Learning Center
5100 Cleveland Street
Virginia Beach, VA 23462

Join our crop and harvest your talents. Teach a class at the ALC.
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