

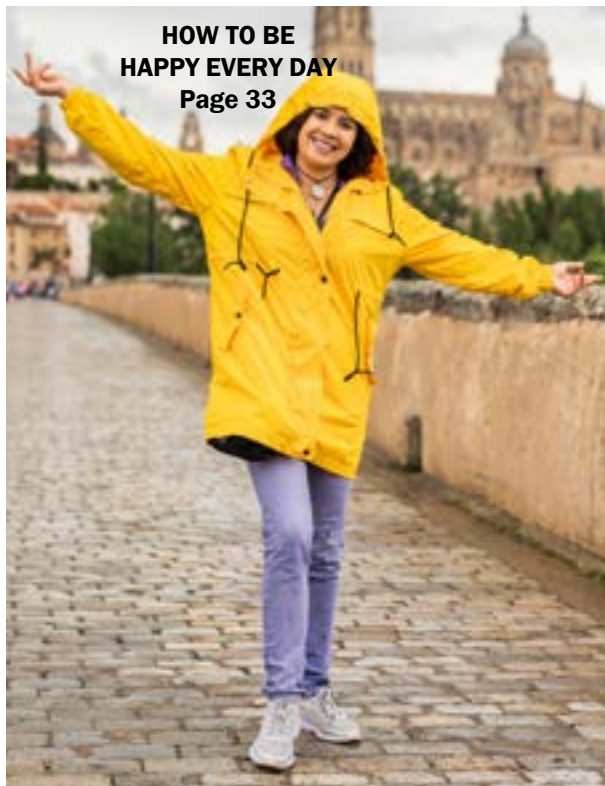
# Spring 2025



**ALC**  
ADULT LEARNING CENTER

Adult Learning Center | 757-648-6050 | [alc.vbschools.com](http://alc.vbschools.com)

**HOW TO BE  
HAPPY EVERY DAY**  
Page 33



**p. 4 Office Hours & School Information**

**p. 5 Medical Career Training**

- p. 5 Licensed Practical Nursing
- p. 6 Online Medical Career Training Classes through Health Ed Today
- p. 7 Medical Career Training Prerequisites; Pharmacy Tech; Sterile Processing Tech
- p. 8 Medical Billing & Coding; Medical Administrative Assistant; EKG Technician; Clinical Medical Assistant
- p. 9 CPR; First Aid; Bloodborne Pathogens; Phlebotomy Tech; Certified Nurse Aide

**p. 10 Career Training**

- p. 10 Personal Trainer Certification Hybrid
- p. 11 Medical Fitness Specialist
- p. 12 Online Fitness Certifications through WITS: Group Fitness Certification Hybrid; Senior Fitness Specialist Hybrid; Fitness Management Certification

**p. 13 Foundations Transition Program**

**p. 14 Business**

- p. 14 Social Media Influencer; Blogging For Beginners; 1-on-1 Social Media; Beginner Content Creation; Social Media For Small Business
- p. 15 Publish Your Book; Marketing Your Book; Etsy; Stock Markets 101; W2 vs 1099; Income Tax Basics; 1-on-1 Résumé
- p. 16 Classroom Driver Improvement; Online Driver Improvement; Online 8-Hour Driver's Manual;
- p. 17 Animated GIF; Canva Graphics; Zoom; iPhone; iPad
- p. 18 Computer Basics; File Management; MS Office Overview; Files, Folders & Libraries; Windows 11; MS OneNote; MS Outlook
- p. 19 MS Publisher; MS PowerPoint; MS Access; MS Word
- p. 20 MS Excel Simplified & Level 2; 1-on-1 Computer Classes including Basics; MS Office Overview; MS Excel
- p. 21 1-on-1 Computer Classes including MS Word; MS Access; MS Publisher; MS PowerPoint

**p. 22 Cooking**

- p. 22 Cookie Decorating—Unbe-LEAF-able Plants; Spring Bee; Easter Creations
- p. 23 Cookie Decorating—Berry Sweet; Sea You At The Beach
- p. 24 Baklava; Homemade Doggie Delights
- p. 25 Cake Pops—Hop Into Spring—Easter; Blooming Bouquet Flower Pot; Beach Bum—Sun, Sand, & Surf
- p. 26 Foodies—Bruschetta Chicken Cutlet; Flank Steak Fiesta
- p. 27 Foodies—Mastering Meats: Filet/Ribeye/Flank; Chimichurri Grilled Salmon; Lemon Seared Chicken Cutlet

**IMPORTANT!**

**Avoid the disappointment of a canceled class—register early at [alc.vbschools.com](http://alc.vbschools.com). Please see refund and withdrawal policies on page 4.**

**p. 28 DIY, Hobbies & Crafts**

- p. 28** Beginning SLR Photography 1 & 2;  
Exploring Photography in Coastal Virginia
- p. 29** Photos & Old Media? Start Here; Create  
Custom Photobooks; Photo Organization;  
Create Photo Gifts
- p. 30** Cricut for Beginners;  
Genealogy—Beginning & Intermediate
- p. 31** Candle Making Fun; Soap Making;  
Crochet Beach Bag—Beginner;  
1-on-1 Sewing Classes—Beginners & Projects

**p. 32 Self-Care/Health, Wellness & Safety**

- p. 32** Decluttering Your Life; Dog Whisperer;  
Optimal Health—Purpose, Wellness & Vitality;  
Meditation Over Medication
- p. 33** Beginner Eye Makeup; Be Happy Every Day;  
Reiki Energy 101; Sound for Relaxation

**p. 34 Free Seminars**

- p. 34** 13 Strategies for a Successful Retirement;  
Dietary & Lifestyle Habits for Longevity;  
Legacy Planning for the Future;  
Homebuying 101—VHDA

**p. 35 Join Our Team! Teach At The ALC!****p. 36 Languages**

- p. 36** American Sign 1 & 2
- p. 37** Italian 1 & 2; Intro to Japanese 1 & 2;  
1-on-1 Japanese
- p. 38** 1-on-1 Spanish; Spanish 1 & 2

**p. 39 Music & the Arts**

- p. 39** Beginning Guitar 2; Intermediate Guitar 1;  
Instant Piano; Voice-overs
- p. 40** Dance—Rumba Vibes; Swing Into Rhythm

**p. 41 ed2go Online—Short Courses;  
Industry; Cybersecurity****p. 42 English Language Acquisition Program****p. 43 G E D® Credential/Adult Basic Education****p. 44 Index****p. 47 Community Education Registration Form**

**DIY, HOBBIES  
& CRAFTS  
Page 28**

## Adult Learning Center Office Hours & School Information

**Office Hours:** 8:00 AM to 4:00 PM, Monday—Friday and 6:00 PM to 8:00 PM, Monday—Thursday.

Business transactions must be concluded by 3:30 PM. Limited evening hours and closed on Fridays end of June through mid-August. Please call before visiting.

**Location:** 5100 Cleveland St, Virginia Beach, VA 23462

**Phone:** 757-648-6050

**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 20, February 17, April 14-18, May 26, 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](http://vbschools.com) or you can call 757-263-1000.

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

**Please see pages 42 and 43 for registration information for the English Language Acquisition and G E D® Credential/Adult Basic Education programs.**



## Community Education Registration

**Four easy ways to register for Community Education courses**

1. Online with a credit card at [alc.vbschools.com](http://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.

**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 discounts** 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 valid 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.

**1-on-1 classes are available throughout the semester.**

Register online 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.

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

### Compare us to others!

The Virginia Beach School of Practical Nursing program was selected #1 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!



Follow us on X:  
@ALC\_VB



Follow us on Facebook:  
@ALCVBSchools



Follow us on Instagram:  
@alc\_vbcps

## Learn About Our Exciting Healthcare Programs!

Affordable Classes

Externships

Day/Evening Sessions

Online Programs

### Medical Career Information Session at ALC

Thursday, February 6, 2025, 6:00 PM to 7:00 PM, 5100 Cleveland Street, Virginia Beach

Register 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<sup>®</sup> 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), Mar 10 to May 8, 9:00 AM-12:30 PM,

Monday, Tuesday & Thursday

3505 (02), Mar 10 to May 8, 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), Feb 25 to May 22, 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), Mar 10 to May 8, 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), Mar 3 to Apr 28, 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), Apr 1 to May 27, 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), Feb 24 to Jun 3, 6:00 PM-9:30 PM,  
Monday, Tuesday & Thursday  
3536 (02), Mar 3 to May 16, 9:00 AM-12:30 PM,  
Monday, Tuesday, Thursday & Friday

---



**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), Mar 14, 12:30 PM-4:30 PM, Friday

3537 (02), Apr 25, 12:30 PM-4:30 PM, Friday

**FIRST AID \$104**

This 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), Mar 14, 9:00 AM-11:30 AM, Friday

3538 (02), Apr 25, 9:00 AM-11:30 AM, Friday

**BLOODBORNE PATHOGENS CERTIFICATION \$55**

This 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), Mar 14, 8:00 AM-9:00 AM, Friday

3539 (02), Apr 25, 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), Feb 25 to Apr 8, 5:00 PM-10:00 PM, Tuesday &

Thursday—Must be available from 2:30 PM-11:00 PM for Clinical Internship.

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), Mar 7 to Apr 25, 7:00 AM-3:00 PM, Monday through Friday

3548 (02), Mar 7 to Apr 25, 5:00 PM-10:00 PM, Monday through Friday—Must be available from 2:30 PM-11:00 PM for Clinical Internship.

ALL classes are held at Tidewater Medical Training,  
1300 Diamond Springs Rd, Suite 102, Virginia Beach VA, 23455.

## Learn About Being A Nationally Certified Personal Trainer & Health Coach!

Monday, January 6, 2025, 6:30 PM - 7:15 PM EST

Register online at: <https://attendee.gotowebinar.com/register/6332195657777368410>

After registering, you will receive a confirmation email containing information about joining the webinar.

### Personal Trainer Certification Hybrid (Virtual Lectures + In-person Practical Skills Labs)

\$850 30 hours + 30-hour optional internship

#### Unlock Your Fitness Career with Expert Training.

Are you passionate about fitness and ready to turn your enthusiasm into a rewarding profession? Enroll in our Personal Trainer Certification Course today and set yourself on the path to success.

#### Why Choose Our Program?

**Hybrid Learning Experience:** Enjoy the flexibility of virtual LIVE lectures combined with the only in-person practical skill labs in the industry.

**Comprehensive Curriculum:** Dive deep into 15 hours of essential topics, including anatomy, exercise physiology, kinesiology, biomechanics, and nutrition.

**Hands-On Training:** Master assessing clients, stretching, warm-ups/cool-downs, exercise analysis, and program design through practical skill labs.

**NCCA Accredited:** This certification is recognized for 3 college credits towards a degree, ensuring your education is valuable and respected.

**National Test Vouchers Included:** Save \$450 with included national test vouchers and gain extra access to our online video-enhanced CPT course at no additional cost.

**Career Support:** Benefit from our 30-hour optional employer internship, helping you step into jobs that highly value our unique certification.

**The Certified Personal Trainer qualified with 2 other certifications to acquire the MASTER TRAINER Certificate!**

#### Ready to Take the Next Step?

Turn your fitness passion into a professional career. Our expert-led program equips you with the knowledge and hands-on experience needed to thrive in the field. Do not miss this opportunity to excel.

#### Enroll Now!

Secure your spot and begin your journey toward becoming a Certified Personal Trainer. For more information and to enroll, contact us at 757-428-4796.

**Required textbook** (sold separately): *Fitness Professional's Handbook 8th Edition With HKPropel Access*, ISBN: 9781718217829. List price: \$109

#### Please use the following links to purchase the textbook:

Paperback: <https://us.humankinetics.com/products/fitness-professionals-handbook-8th-edition-with-hkpropel-access/?rfsn=5664876.daaee25>

E-book: <https://us.humankinetics.com/products/fitness-professionals-handbook-8th-edition-ebook-with-hkpropel-access/?rfsn=5664876.daaee25> Textbook is not available for purchase at the ALC, student must purchase book on their own.

14 classes @ 3 hours each, WITS Staff

2330 (01), Feb 4 to Mar 25, 6:30 PM - 9:30 PM, Tuesday, Virtual

Feb 8 to Mar 29, 12:00 PM - 3:00 PM, Saturday, location to be determined.

(March 18 & 22 are study at home days, class will not meet.)

For more details contact us at [www.witseducation.com](http://www.witseducation.com)

**W.I.T.S. | The Trusted Authority in Fitness Education & Certification**

\*\*Ask about our Master Trainer Credential\*\*



### BONUS TOWARDS MASTER TRAINER CERTIFICATE

The first 10 NEW registering students will receive the online Health Coach Certification at no cost (\$599 value.) Call 757-428-4796 if you have questions. PLEASE NOTE: Students must have 3 of our 6 certifications to receive the Master Trainer Certificate.



*“Do something today that your future self will thank you for.” Sean Patrick Flanery*

## 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 at the ALC. **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](http://www.witseducation.com)

WITS Staff

2335 (01), Mar 18 to Apr 22, 6:00 PM to 9:00 PM EST, Tuesday, Virtual

Mar 22 to Apr 26, 1:00 PM to 4:00 PM EST, Saturday—Practical skill labs, location to be determined.

(Apr 29 & May 3 are study at home days, class will not meet.)

National Exam Date, May 6 & 10, 2025

## 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 Armbruster, 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](http://www.witseducation.com)

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

[alc.vbschools.com](http://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:

- pregnancy or parenthood.
- homeless.
- disability, foster care recipient.
- low income (SNAP, TANF, SSI, or federal poverty guidelines).
- 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](mailto:Roberta.Farrington@vbschools.com).**





**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), May 3 and May 17, 9:00 AM-12:00 PM, Saturday

**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), Apr 26, 9:00 AM-12:00 PM, Saturday

**1-ON-1 SOCIAL MEDIA**

\$90

A personalized one-on-one social media class designed to meet your unique needs, whether you're a beginner or looking to market your small business. Learn the ins and outs of social media platforms with tailored lessons focused on building your skills, growing your online presence, and driving business success. **PREREQUISITE:** Please bring a fully charged smartphone or tablet, with preferred social media apps downloaded and accounts created before class. The instructor will not assist with account setup. The ALC is not responsible for any damage or loss of equipment.

Lord

1 class @ 2 hours  
2202 The instructor will contact you to arrange a meeting time.

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

**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), Apr 5, 9:00 AM to 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. Revolutionize your small business' online presence. Learn to unlock the power of hashtags to boost their visibility and engagement, understand the significance of SEO and why it's a necessity for growth and success, craft an optimal posting schedule that will maximize your online impact, and find 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), Mar 8 and Mar 22, 9:00 AM-12:00 PM, Saturday

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

**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), Mar 5 to Mar 19, 6:00 PM-8:00 PM, Wednesday****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), Apr 2 to Apr 23, 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. Get ready to increase your sales. Now is the time!

**Hazley****2 classes @ 3 hours each at Adult Learning Center****2245 (01), Apr 7 to Apr 8, 6:00 PM-9:00 PM, Monday & Tuesday****NEW! STOCK MARKETS 101**

\$37 Senior Price \$29

The stock market is often confusing and a mystery to many. This course will demystify and educate you on the basics of the stock market. You will learn how powerful the stock market is in bringing wealth to the masses.

**Moorjani****1 class @ 2 hours at Adult Learning Center****2235 (01), May 5, 6:00 PM-8:00 PM, Monday****2235 (02), Jun 2, 6:00 PM-8:00 PM, Monday****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), Feb 24, 6:00 PM-8:00 PM, Monday****2234 (02), Mar 24, 6:00 PM-8:00 PM, Monday****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), Mar 3 to Mar 4, 6:00 PM-8:00 PM, Monday & Tuesday****2233 (02), Mar 31 to Apr 1, 6:00 PM-8:00 PM, Monday & Tuesday****1-ON-1 RÉSUMÉ & JOB SEARCH VIRTUAL**

\$157

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.***

# Driver's Education Through Joyners Driver Improvement School

Recognized by the Division of Motor Vehicles.

**PLEASE NOTE:** Online classes contain the registration link at the bottom of the description. Register for the in-person class using the ALC's website: <https://adultlearning.vbschools.com/students/registration>

## **NEW! CLASSROOM DRIVER IMPROVEMENT IN-PERSON**

\$120

The In-person Driver Improvement Course is a comprehensive, interactive program offered by Joyners Driver Improvement School and designed to enhance safe driving skills and knowledge. Participants will utilize a user-friendly platform that includes engaging multimedia content, quizzes, and practical scenarios. The curriculum covers essential topics such as defensive driving techniques, understanding traffic laws, hazard recognition, and the impact of distractions and alcohol on driving performance. Each module is designed to promote critical thinking and reflection on personal driving habits. Overall, this course aims to promote safer driving behaviors and reduce the risk of accidents, fostering a culture of responsible and informed road use. Upon completion, participants receive a certificate that may qualify for insurance discounts or fulfill court requirements.

Valid photo identification is required for class. Students should register with ALC before start of class to make payment.

1 class @ 6 hours at Adult Learning Center

Class dates may be rescheduled

2297 (01) Feb 8, 9:00 AM-3:00 PM, Saturday	2297 (07) May 3, 9:00 AM-3:00 PM, Saturday
2297 (02) Feb 22, 9:00 AM-3:00 PM, Saturday	2297 (08) May 17, 9:00 AM-3:00 PM, Saturday
2297 (03) Mar 8, 9:00 AM-3:00 PM, Saturday	2297 (09) Jun 7, 9:00 AM-3:00 PM, Saturday
2297 (04) Mar 22, 9:00 AM-3:00 PM, Saturday	2297 (10) Jun 21, 9:00 AM-3:00 PM, Saturday
2297 (05) Apr 5, 9:00 AM-3:00 PM, Saturday	
2297 (06) Apr 26, 9:00 AM-3:00 PM, Saturday	

## **NEW! ONLINE DRIVER IMPROVEMENT VIRTUAL**

\$120

This Online Driver Improvement Course is a comprehensive, interactive program designed to enhance safe driving skills and knowledge. Participants can access the course from the convenience of their own home, utilizing a user-friendly platform that includes engaging multimedia content, quizzes, and practical scenarios. The curriculum covers essential topics such as defensive driving techniques, understanding traffic laws, hazard recognition, and the impact of distractions and alcohol on driving performance. Each module is designed to promote critical thinking and reflection on personal driving habits. The course also offers flexible scheduling, allowing participants to progress at their own pace, with support available from certified instructors whenever needed. Upon completion, participants receive a certificate that may qualify for insurance discounts or fulfill court requirements. Overall, this course aims to promote safer driving behaviors and reduce the risk of accidents, fostering a culture of responsible and informed road use. **PREREQUISITE:** Student must be 18 years of age, able to work independently, and be comfortable using a computer. Valid photo identification is required for testing. Upon completion, participants receive an electronic certificate.

To register for this virtual course, visit the link below for the Adult Learning Center's Online Driver Improvement Course:

<https://www.va-drivercourses.com/clickin.php?schoolID=558>

## **NEW! ONLINE 8-HOUR DRIVER'S MANUAL VIRTUAL**

\$169

The DMV Virginia manual online course is designed to provide individuals with a comprehensive overview of the rules and regulations related to driving in Virginia. This course covers essential topics such as:

1. Road Signs
2. Traffic Laws: Detailed explanation of state traffic laws, speeding regulations, and right-of way rules.
3. Safe Driving Practices: Techniques for maintaining safety on the road, including defensive driving strategies.
4. Alcohol and Drugs: Information on the effects of substances on driving and the legal implications.
5. Accident Procedures: Steps to take in the event of an accident, including reporting requirements.
6. Driving Conditions: Guidance on how to handle different driving conditions, such as bad weather or night driving.
7. Vehicle Maintenance: Basics of maintaining a vehicle to ensure it operates safely.

The course is typically interactive, often featuring quizzes and instructional videos to reinforce learning, and can be taken at the user's own pace. Upon completion, participants receive an electronic certificate.

To register for this virtual course, visit the link below for the Adult Learning Center's Online 8-Hour Driver's Manual Course:

<https://www.va-drivercourses.com/clickin.php?schoolID=558>



## 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), May 8, 2:00 PM-5:00 PM, Thursday

---

### NEW! CANVA GRAPHICS! DESIGN FOR BEGINNERS!

\$76

Learn the basics of graphic design 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), Mar 3 to Mar 4, 6:00 PM-9:00 PM,

Monday & Tuesday

---

### 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), May 13, 2:00 PM-5:00 PM, Tuesday

---

### 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), Feb 25, 6:30 PM-8:30 PM, Tuesday

2676 (02), May 12, 6:30 PM-8:30 PM, Monday

---

### 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), Mar 10, 6:30 PM-8:30 PM, Monday

2678 (02), Apr 8, 6:30 PM-8:30 PM, Tuesday

---



## 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), Feb 4 to Feb 13, 8:30 AM-12:00 PM,  
Tuesday, Wednesday & Thursday

2601 (02), Feb 25 to Mar 6, 5:30 PM-9:00 PM,  
Tuesday, Wednesday & Thursday

2601 (03), Mar 13 to Mar 26, 2:00 PM-5:30 PM,  
Tuesday, Wednesday & Thursday

2601 (04), Apr 22 to May 1, 5:30 PM-9:00 PM,  
Tuesday, Wednesday & Thursday

2601 (05), May 6 to May 15, 8:30 AM-12:00 PM,  
Tuesday, Wednesday & Thursday

2601 (06), Jun 4 to Jun 17, 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), Apr 9, 2:00 PM-5:00 PM, Wednesday

2602 (02), May 29, 6:00 PM-9:00 PM, Thursday

### 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), Feb 18 to Feb 26, 8:30 AM-11:30 AM,  
Tuesday, Wednesday & Thursday

2621 (02), Mar 11 to Mar 19, 6:00 PM-9:00 PM,  
Tuesday, Wednesday & Thursday

2621 (03), Mar 27 to Apr 8, 2:00 PM-5:00 PM,  
Tuesday, Wednesday & Thursday

2621 (04), May 20 to May 28, 8:30 AM-11:30 AM,  
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), Apr 9 to Apr 10, 6:00 PM-9:00 PM,  
Wednesday & Thursday

2660 (02), Jun 3 to Jun 4, 8:30 AM-11:30 AM,  
Tuesday & Wednesday

### 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), Apr 10, 2:00 PM-5:00 PM, Thursday

2667 (02), May 14, 2:00 PM-5:00 PM, Wednesday

## 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), Apr 9 to Apr 10, 8:30 AM-11:30 AM,  
Wednesday & Thursday

2634 (02), May 15 to May 20, 6:00 PM-9:00 PM,  
Thursday & Tuesday

### 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.

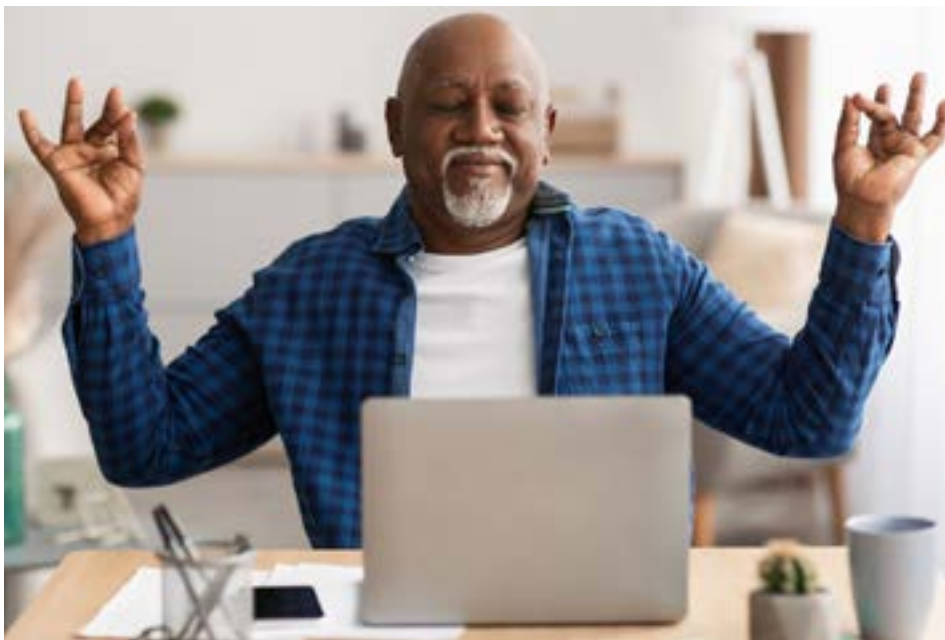
Schmidt

3 classes @ 3 hours each at Adult Learning Center

2636 (01), Feb 4 to Feb 6, 6:00 PM-9:00 PM,  
Tuesday, Wednesday & Thursday

2636 (02), Apr 2 to Apr 8, 8:30 AM-11:30 AM,  
Tuesday, Wednesday & Thursday

2636 (03), May 28 to Jun 3, 2:00 PM-5:00 PM,  
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), Feb 18 to Feb 20, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2638 (02), Apr 2 to Apr 8, 2:00 PM-5:00 PM,

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), Feb 11 to Feb 13, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2640 (02), Mar 26 to Apr 1, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2640 (03), May 1 to May 7, 2:00 PM-5:00 PM,

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), Feb 27 to Mar 12, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2656 (02), Apr 22 to May 1, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2656 (03), Jun 4 to Jun 17, 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), Feb 13 to Feb 26, 2:00 PM-5:00 PM

Tuesday, Wednesday & Thursday

2644 (02), Mar 12 to Mar 25, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2644 (03), May 21 to Jun 3, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

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

**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), Feb 4 to Feb 12, 2:00 PM-5:00 PM,

Tuesday, Wednesday &amp; Thursday

2650 (02), Feb 27 to Mar 11, 8:30 AM-11:30 AM,

Tuesday, Wednesday &amp; Thursday

2650 (03), Mar 20 to Apr 1, 4:00 PM-7:00 PM,

Tuesday, Wednesday &amp; Thursday

2650 (04), Apr 22 to Apr 30, 2:00 PM-5:00 PM,

Tuesday, Wednesday &amp; Thursday

2650 (05), May 6 to May 14, 6:00 PM-9:00 PM,

Tuesday, Wednesday &amp; 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), May 15 to May 27, 6:00 PM-9:00 PM,

Tuesday, Wednesday &amp; Thursday

**IMPORTANT!**

**Avoid the disappointment of a canceled class—register early at [alc.vbschools.com](http://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.**

**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 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 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.*

**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 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 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: All classes on these two pages (22 and 23) are cookie decorating classes.**



### **NEW! UNBE-LEAF-ABLE: COOKIE DECORATING**

\$50

Do you love plants but lack a green thumb? Well, be-LEAF in yourself and BRANCH out to cookie decorating instead. Sarah provides step-by-step instructions on how to achieve the perfect decorated plant cookies. Gift the plant lover or gardener in your life with these leafy treats. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2710 (01), Mar 8, 10:00 AM-12:00 PM, Saturday

### **WHAT'S THE BUZZ? SPRING BEE: COOKIE DECORATING**

\$50

Have you heard the BUZZ? This cookie decorating class is back by popular demand. Learn the techniques used to decorate these bumble bee-themed spring cookies. This class sold out last spring, so register early. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2712 (01), Mar 19, 6:00 PM-8:00 PM, Wednesday



### **NEW! EGG-CELLENT EASTER CREATIONS: COOKIE DECORATING**

\$50

Hop into spring with these Easter cuties. Sarah teaches unique decorating techniques to prepare you to recreate these spring-themed cookies at home. Wow, your coworkers and friends with Easter baskets full of these treats. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2716 (01), Apr 8, 6:00 PM-8:00 PM, Tuesday

**NEW! BERRY SWEET: COOKIE DECORATING**

\$50

What's better than picking fresh berries? Creating berry-inspired treats that will add an extra flair to your spring and summer festivities. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies. Schaefer

1 class @ 2 hours at Adult Learning Center

2718 (01), Apr 24, 6:00 PM-8:00 PM, Thursday

2718 (02), May 3, 10:00 AM-12:00 PM, Saturday



*"You can be miserable before you have a cookie and you can be miserable after you have a cookie, but you can never be miserable while you are eating a cookie." Ina Garten*

**NEW! SEA YOU AT THE BEACH: COOKIE DECORATING**

\$50

They say life is better at the BEACH. Catch the last wave of our cookie decorating series and come out to this fun-filled beach-themed class. Impress your family and friends and bring the beach to those who can't make it there themselves. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies. Schaefer

1 class @ 2 hours at Adult Learning Center

2720 (01), Jun 4, 6:00 PM-8:00 PM, Wednesday



### 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. **PLEASE NOTE:** Supplies are included.

Shtrepi

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

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



Follow us on X:  
@ALC\_VB



Follow us on Facebook:  
@ALCVBSchools



Follow us on Instagram:  
@alc\_vbcps

### NEW! TREAT YOUR PUP: HOMEMADE DOGGIE DELIGHTS

\$40

Join us for a paws-itively fun class where you'll learn to make healthy, homemade dog treats! You'll create safe, tasty snacks your four-legged friend will love using wholesome ingredients like sweet potatoes, whole wheat flour, and peanut butter. Treat your dog to something special while learning how to whip up these tail-wagging goodies! **PLEASE NOTE:** Supplies are included for this make and take class.

Cummings

1 class @ 2 hours at Adult Learning Center  
2701 (01), Mar 22, 10:00 AM-12:00 PM, Saturday  
2701 (02), Jun 7, 10:00 AM-12:00 PM, Saturday





**NEW! HOP INTO SPRING WITH EASTER CAKE POPS!**

\$45

Celebrate Easter with a fun, hands-on cake pop class! You'll learn to shape, dip, and decorate cake pops with adorable Easter designs. With the instructor's step-by-step guidance, you'll leave with six festive, handmade treats—perfect for enjoying, sharing, or adding a sweet touch to any Easter basket! **PLEASE NOTE:** Supplies included.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2775 (01), Mar 22, 10:00 AM-12:30 PM, Saturday

Registration for 2775 (01) closes 3/19/25.

**NEW! BLOOMING BOUQUETS: FLOWERPOT CAKE POPS!**

\$55

You'll discover how to create and arrange cake pops into a stunning flowerpot bouquet, perfect for gifting or decorating. Gain the skills to craft edible bouquets that are as beautiful as they are delicious! Join us to add a sweet twist to your bouquet making skills. These make adorable Mother's Day, birthday and hostess gifts. **PLEASE NOTE:** Supplies included.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2776 (01), Apr 26, 10:00 AM-12:30 PM, Saturday

Registration for 2776 (01) closes 4/23/25.

**NEW! BEACH BUM: SUN, SAND, & SURF CAKE POPS**

\$45

Join us for a fun and creative class where you'll learn to shape and decorate cake pops inspired by the sun, sand, and surf! This hands-on class is a sweet way to celebrate the season and impress your friends and family with these edible summer creations! **PLEASE NOTE:** Supplies included.

Thieman

1 class @ 2.5 hours at Adult Learning Center

2777 (01), May 17, 10:00 AM-12:30 PM, Saturday

Registration for 2777 (01) closes 5/14/25.

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

## 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 with 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! BRUSCHETTA CHICKEN CUTLET: A FLAVORFUL TWIST ON TRADITION**

\$75

Savor this Bruschetta Chicken Cutlet: crispy parmesan and panko-breaded chicken drizzled with fresh tomato-basil bruschetta and a sprinkle of Parmesan. Paired with a vibrant grilled Panzanella salad and tender grilled asparagus, this dish is a perfect balance of flavors and textures that will leave your taste buds dancing! Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2796 (01), Mar 12, 6:00 PM-9:00 PM, Wednesday

Registration for 2796 (01) closes 3/5/25. Student-initiated refunds will not be permitted after this date.

### **NEW! FLANK STEAK FIESTA: GRILL LIKE A PRO!**

\$75

Join us for a flavor fiesta cooking class where you'll master the art of Grilled Flank Steak! Juicy and perfectly cooked, it's topped with vibrant roasted tomato, red onion, zucchini, and cilantro salsa that packs a punch. Served alongside a refreshing corn salad, creamy refried beans, and warm tortillas. Bring your appetite and get ready to impress at your next dinner party! Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2797 (01), Apr 9, 6:00 PM-9:00 PM, Wednesday

Registration for 2797 (01) closes

4/2/25. Student-initiated refunds will not be permitted after this date.





**NEW! MASTERING MEATS WITH CHEF PATRICK: FILET, RIBEYE, & FLANK**

\$75

Get ready to grill like a pro with Chef Patrick! In this hands-on class, you'll master the art of cooking filet, ribeye, and flank steak to perfection, plus create bold mouthwatering sauces like chimichurri and horseradish cream. As a fun twist, you'll also work with a mystery basket filled with fresh vegetables and starches to create perfect sides to complement your meats. Whether you're a meat lover or a kitchen newbie, this class will have you cooking like a top chef in no time! Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2789 (01), Jun 4, 6:00 PM-9:00 PM, Wednesday

Registration for 2789 (01) closes 5/28/25. Student-initiated refunds will not be permitted after this date.

**NEW! CATCH THE FLAVOR: CHIMICHURRI GRILLED SALMON**

\$75

Get ready to reel in the flavor with this Chimichurri Grilled Salmon! It's swimming alongside roasted eggplant, zesty peppers, and charming shaved zucchini. Toss in a lively couscous salad with feta, olives, and cucumbers, topped off with a refreshing lemon cucumber tzatziki. This dish is a catch you won't want to release! Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2798 (01), May 7, 6:00 PM-9:00 PM, Wednesday

Registration for 2798 (01) closes 4/30/25. Student-initiated refunds will not be permitted after this date.

**NEW! ZESTY LEMON BLISS: SEARED CHICKEN CUTLET**

\$75

Learn to prepare this delicious *Floured and Seared Lemon Chicken Cutlet*. It will be the zesty superstar of your plate! Paired with luscious lemon tagliatelle pasta, tossed in a dreamy mix of white wine, butter, and shaved zucchini, it's a flavor party you won't want to miss. And don't forget the grilled sourdough—perfect for soaking up all that deliciousness! Includes a chef's prepared dessert. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2799 (01), Jun 18, 6:00 PM-9:00 PM, Wednesday

Registration for 2799 (01) closes 6/11/25. Student-initiated refunds will not be permitted after this date.



## 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, and others are too dark? Do 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), Feb 4 to Mar 4, 6:00 PM-8:00 PM, Tuesday  
3210 (02), Apr 22 to May 20, 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), Mar 13 to Apr 10, 6:00 PM-8:00 PM, Thursday  
3211 (02), May 15 to Jun 12, 6:00 PM-8:00 PM, Thursday

### NEW! THROUGH THE LENS: EXPLORING PHOTOGRAPHY IN COASTAL VIRGINIA

\$125

Get ready to embark on an unforgettable photographic journey with *Through the Lens: Exploring Photography in Coastal Virginia!* This dynamic 6-week hands-on course is perfect for beginner to intermediate photographers looking to elevate their skills in breathtaking real-world settings. Each week, you'll dive into a new, stunning location in Virginia Beach and Norfolk, honing your craft through a variety of exciting photography techniques—from composition and portraiture to street photography, macro, and architectural shots. With the expert guidance of an experienced instructor, you'll unlock the secrets of your camera, unleash your creative storytelling, and capture awe-inspiring images. Join us and discover the captivating beauty and diversity of Coastal Virginia while building your photography prowess! Perfect for those with a DSLR or mirrorless camera—let's make magic happen! **PREREQUISITE:** Students should be familiar with their camera's basic functions (turning it on, navigating menus, etc.). A brief introduction to manual mode is helpful but not required. Eagerness to learn and a willingness to experiment and participate in hands-on activities is essential. **EQUIPMENT NEEDED:** A DSLR or mirrorless camera with manual settings, a tripod (optional but recommended, especially for certain sessions), and basic lenses (kit lens is fine; a prime lens or macro lens is optional for certain weeks like portrait and macro photography).

Soule

6 classes @ 2 hours each at Adult Learning Center  
3209 (01), Mar 6 to Apr 10, 10:00 AM-12:00 PM, Thursday  
**This class is held off-site at various locations within 15 miles of the ALC.**

## Creatively Use Your Photos

### NEW! LOTS OF PHOTOS & OLD MEDIA? START HERE!

\$37 Senior \$29

Imagine all your photos organized and all in one place, stored permanently and securely, where you're able to find any photo in seconds. This introductory course will discuss ways to preserve, save, organize, and share all those photos and old media. This includes slides, home movies and other memorabilia too. This class will provide an overview of photo scanning, digitization options, digital photo hub organization, and how to choose the right cloud storage solution for your needs. Learn how to preserve outdated media (videotapes, slides, film reels, etc.). We will also briefly explore different ways to celebrate and share memories with photo gifts, framing, photo books and slide shows. There are no prerequisites for this class. If you hear "photo organization" and think, "Where do I even begin?", then this is the perfect course for you. This class is filled with great ideas and practical suggestions that will inspire you to get started. You'll be excited to start enjoying and sharing your photos.

Williams

1 class @ 2 hours at Adult Learning Center

3213 (01), Feb 10, 6:30 PM-8:30 PM, Monday

3213 (02), Mar 10, 6:30 PM-8:30 PM, Monday

---

### NEW! PICTURE PERFECT: CREATE YOUR OWN CUSTOM PHOTOBOOKS

\$42 Senior \$34

Make a keepsake photobook using free online software. Following step-by-step instructions, you will learn how to use the software and upload your photos to create your book. The free software will be available for your continued use after class is complete. This class is a great follow-on to the course *Lots of Photos & Old Media? Start Here!* **PLEASE NOTE:** Bring your digital photos on your smartphone, tablet, laptop, or thumb/flash drive. You will complete and order your book during the second class. While the software is free, the completed photo album will need to be purchased if you would like a printed copy. Prices start at \$19.99.

**PREREQUISITE:** It is recommended that students complete *Lots of Photos & Old Media? Start Here!*, Course 3213.

Williams

2 classes @ 2 hours each at Adult Learning Center

3215 (01), Apr 21 to Apr 28, 6:30 PM-8:30 PM, Monday

---

### PHOTO ORGANIZATION: IT'S TIME TO SAVE YOUR OLD PHOTOS!

\$42 Senior Price \$34

Are your photos here, there and everywhere? This photo organization class is a great follow-on to the course *Lots of Photos & Old Media? Start Here!* (recommended prerequisite). Learn how to convert old media to the latest digital formats and see how to save, curate, organize, and share your photo and video memories. Briefly explore ways to celebrate your loved ones with custom photo gifts. In this class, you will receive a free photo storage account where you will learn to upload, organize, tag, and share photos with friends and family. Spending just 5 to 15 minutes at a time, you will quickly see how easily you can go from overwhelmed to overjoyed with your photos in less time than you think.

**PLEASE NOTE:** Bring your laptop, tablet and/or smart phone to class. ALC is not responsible for any damage, loss or replacement to your personal property. If you do not have a laptop, a limited number will be available during class.

Williams

2 classes @ 2 hours each at Adult Learning Center

3214 (01), Feb 24 to Mar 3, 6:30 PM-8:30 PM, Monday

3214 (02), Mar 24 to Mar 31, 6:30 PM-8:30 PM, Monday

---

### NEW! CREATING PHOTO GIFTS: CLICK, DESIGN, & DONE!

\$42 Senior \$34

Celebrate a graduation, a birthday, or a family tradition by creating a special gift or keepsake such as photo books, cards and stationery, drinkware, wall décor, calendars, blankets, puzzles, ornaments, and more. Following step-by-step instructions, you will learn how to use the design software and upload your photos to create your unique project. This class is a great follow-on to the course *Lots of Photos & Old Media? Start Here!*

**PLEASE NOTE:** Bring your digital photos on your smartphone, tablet, laptop, or thumb/flash drive. You will complete and order your project during the second class. While the software is free, the completed project will need to be purchased. The free software will be available for your continued use after class is complete.

Williams

2 classes @ 2 hours at Adult Learning Center

3212 (01), May 12 to May 19, 6:30 PM-8:30 PM, Monday

---

*"What I like about photographs is that they capture a moment that's gone forever, impossible to reproduce." Karl Lagerfeld*



## 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), Mar 4 to Apr 1, 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), Apr 22 to May 13, 6:30 PM-7:30 PM, Tuesday

### CUT IT OUT: CRICUT FOR BEGINNERS

\$42

Do you have big plans for your Cricut machine but 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), Feb 8, 10:00 AM-1:00 PM, Saturday

3216 (02), May 5, 6:00 PM-9:00 PM, Monday



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



Follow us on X:  
@ALC\_VB



Follow us on Facebook:  
@ALCVBSchools



Follow us on Instagram:  
@alc\_vbcps

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



## More DIYs To Love

### NEW! TOTE-ALLY BEACH READY: CROCHET BEACH BAG

\$94 Senior Price \$73

Unleash your creativity and get ready for summer with this Crochet Beach Tote class! In this hands-on workshop, you'll learn to craft a chic and functional tote perfect for beach days, picnics, or shopping trips. Whether you're a beginner or looking to refine your skills, our experienced instructor will guide you through every stitch. Let's get hooked and make summer stylish!

**PLEASE NOTE:** Supply list is available online at [alc.vbschools.com](http://alc.vbschools.com). Please bring supplies to each class.

Shtrepi

4 classes @ 2 hours each at Adult Learning Center

3235 (01), Apr 23 to May 14, 6:00 PM-8:00 PM, Wednesday

### NEW! CREATE YOUR GLOW: CANDLE MAKING FUN

\$50

Join the owner of *Sugared Mango* for a hands-on candle making workshop! Learn the basics of choosing containers, wicks, waxes, and fragrances to create your own personalized candles. At the end of the class, you'll leave with custom-made candles that are as unique as your style. Perfect for beginners and candle enthusiasts alike! These make the perfect gift for family, friends, and coworkers. **PLEASE NOTE:** Supplies included in cost of tuition.

Sterling

1 class @ 2.5 hours at Sugared Mango

3217 (01), Mar 26, 6:00 PM-8:30 PM, Wednesday

3217 (02), May 17, 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.

### NEW! MELT & POUR SOAP MAKING

\$50

Get creative in this *Melt & Pour Loaf Soap* class, where you'll learn to craft safe, custom soap bars with vibrant colors, lovely scents, and nourishing additives. Master the art of layering, adding fun shapes, and designing a beautiful loaf that you can slice into unique, personalized bars. Whether you're a beginner or experienced, you'll leave with your own handmade soap and the skills to create more at home!

**PLEASE NOTE:** Supplies included in cost of tuition.

Sterling

1 class @ 2 hours at Sugared Mango

3261 (01), Apr 23, 6:00 PM-8:00 PM, Wednesday

3261 (02), Jun 7, 10:00 AM-12:00 PM, Saturday

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

### 1-ON-1 SEWING FOR BEGINNERS

\$247

This 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-on-1 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-on-1 class policy on page 45.*

Register online today! [alc.vbschools.com](http://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.

**NEW! DECLUTTERING YOUR LIFE INSIDE & OUT**

\$65 Senior Price \$50

If your life is stressed and out of balance, your home will be too. In this class, you will learn how to get and stay organized, use a variety of strategies for eliminating clutter, and identify blockages to progress. In addition to eliminating physical clutter, you will also learn to remove the emotional clutter, stress and negativity that keep us from fully enjoying our lives.

McAbee

4 classes @ 1.5 hours each at Adult Learning Center  
3170 (01), Mar 6 to Mar 27, 6:30 PM-8:00 PM, Thursday

**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), Feb 27, 6:00 PM-8:00 PM, Thursday

**NEW! YOUR JOURNEY TO OPTIMAL HEALTH: BLENDING PURPOSE, WELLNESS, & VITALITY**

\$55

This immersive, interactive 3-day workshop is designed to promote optimal health through an approach that includes breathing, posture, sleep, stress management, joyful movement, and food choices. Each class will offer a unique experience demonstrating high-quality health products and guided visualization. Don't miss this opportunity to embark on a holistic, transformative journey that will enhance your health. "A healthy person has a thousand wishes but a sick person has only one."

Marshall

3 classes @ 2 hours each at Adult Learning Center  
3136 (01), Mar 4 to Mar 18, 6:00 PM-8:00 PM, Tuesday

**NEW! MEDITATION OVER MEDICATION CANCELLED**

\$60

Are you ready to take control of your mental and physical well-being without relying solely on medication? In a world filled with stress, anxiety, and constant demands, meditation offers a proven pathway to healing, balance, and deep inner peace. In this eight-session course, you'll explore how meditation can become a powerful alternative or complement to medication for managing stress, anxiety, depression, and physical ailments. Whether you're a beginner or looking to deepen your practice, this course provides the tools, techniques, and practical exercises you need to integrate meditation into your life for lasting results. **PLEASE NOTE:** Class will meet two Saturdays a month on 2/8, 2/22, 3/8, 3/22, 4/5, 4/26, 5/3, and 5/17.

Graves

8 classes @ 2 hours each at Adult Learning Center  
3137 (01), Feb 8 to May 17, 12:00 PM-2:00 PM, Saturday



*"Dogs do speak, but only to those who know how to listen." Orhan Pamuk*



### 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](http://alc.vbschools.com). Bring supplies to class. The class will break for a brief lunch. You are welcome to bring a bag lunch or a snack.

Mosley  
1 class @ 6 hours at Adult Learning Center  
3133 (01), Mar 22, 9:30 AM-3:30 PM, Saturday



### 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 hours at Adult Learning Center  
3126 (01), Mar 25, 6:30 PM-8:30 PM, Tuesday  
3126 (02), May 20, 6:30 PM-8:30 PM, Tuesday

### REIKI ENERGY 101: WHAT IT IS & 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), Feb 21, 10:00 AM-12:00 PM, Friday

### 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), Feb 25, 6:00 PM-8:00 PM, Tuesday



## Free Seminars

Take advantage of a free seminar. Learn how to plan for your future, your health or your retirement. **Register online at [alc.vbschools.com](http://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 hours each at Adult Learning Center,  
2244 (01), Apr 23 to Apr 30, 6:00 PM-8:00 PM, Wednesday

### NEW! DIETARY & LIFESTYLE HABITS FOR LONGEVITY

We are what eat but why are some foods best avoided and other foods essential for improving our quality of life? What other lifestyle habits are essential for a longer, healthier life that put our health in our hands? Dietary and lifestyle habits can contribute to an improved quality of life and longevity. To take charge of our health as we grow older, the choices we make to live our life can make us a health hero instead of a health victim.

Tompanis

1 seminar at 2.5-hours at Adult Learning Center,  
3110 (01) May 3, 11:00 AM to 1:30 PM, Saturday

### NEW! LEGACY PLANNING: PROTECT YOUR PROPERTY FOR THE FUTURE

This seminar is designed to simplify the complexities of estate planning and real estate. Whether you're looking to secure property for future generations or navigating a recent inheritance, this session will give you the foundational insights you need to get started. We'll cover key topics like real estate assets, probate, real estate gifting vs. inheriting, and managing inherited property. Walk away with practical next steps and the knowledge to make informed decisions about preserving and protecting your property for your family's future.

Westfall & Lake

1 seminar @ 2 hours at Adult Learning Center  
2243 (01), Mar 19, 6:00PM-8:00PM, Wednesday

### NEW! HOMEBUYING 101: VHDA HOMEBUYER EDUCATION

This comprehensive VHDA Homebuyer Education course offers a detailed overview of the entire home buying process, from start to finish. Designed to equip future homeowners with the knowledge and tools they need for responsible and sustainable homeownership, the course covers essential topics such as money management, credit, working with lenders, navigating the mortgage process, and understanding loan options. Industry professionals will guide you through the ins and outs of selecting a real estate agent, conducting home inspections, and completing the settlement process.

By the end of the course, participants will have a solid foundation for making informed, confident decisions in their homebuying journey. Additionally, upon completion, attendees will receive a Certificate of Completion, which may be required to qualify for various homebuyer assistance programs. Whether you're a first-time homebuyer or looking to brush up on the process, this course is a valuable resource for ensuring your path to homeownership is smooth, financially sound, and successful. **PLEASE NOTE:** The class will break for lunch. You are welcome to bring a bag lunch.

Walker

1 class @ 6.5 hours at Adult Learning Center  
2237 (01), Mar 22, 9:00 AM-3:30 PM, Saturday  
2237 (02), Apr 26, 9:00 AM-3:30 PM, Saturday



## Join our team. Teach at the ALC!

Offering quality education to Hampton Roads for over 50 years.



Join Our Team!

Do you have expertise in a certain subject or field that you would like to share with the community at large? The ALC is looking for talented instructors to create new Community Education courses that are timely, beneficial, and fun.

Your experience and background in ART, DRAWING, BUSINESS, POTTERY and more are what could make you a good fit for the ALC, and you wouldn't even need a teaching license!

If you would like to submit a course for consideration, please complete the course proposal form found on our website at <https://adultlearning.vbschools.com/school/employment> and submit it to our Community Education Department. One of our program planners will contact you. Email your completed course proposal form to [alcinfo@vbschools.com](mailto:alcinfo@vbschools.com).

**Share your passion and expertise.**

## 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-Anderson

8 classes @ 2 hours each at Adult Learning Center  
3730 (01), Mar 10 to Apr 2, 6:30 PM-8:30 PM,  
Monday & Wednesday

---

### SIGN LANGUAGE 2

\$177 Senior Price \$140

Expand your 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:** Sign Language 1, Course 3730 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-Anderson

8 classes @ 2 hours each at Adult Learning Center  
3731 (01), Apr 28 to May 21, 6:30 PM-8:30 PM,  
Monday & Wednesday

---



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



## Italian

### ITALIAN 1

\$176 Senior Price \$139

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

Reyes

8 classes @ 2 hours each at Adult Learning Center  
3741 (01), Feb 11 to Apr 1, 5:30 PM-7:30 PM, Tuesday

### 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), Feb 6 to Mar 27, 1:00 PM-3:00 PM, Thursday

### 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), Feb 7 to Mar 28, 6:00 PM-8:00 PM, Friday

## Japanese CANCELLED

### NOW YOU'RE TALKING: AN INTRODUCTION TO JAPANESE CANCELLED

\$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), Feb 19 to Apr 9, 6:00 PM-8:00 PM, Wednesday

### NOW YOU'RE TALKING: AN INTRODUCTION TO JAPANESE 2 CANCELLED

\$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), Apr 23 to Jun 11, 6:00 PM-8:00 PM, Wednesday

### 1-ON-1 JAPANESE CANCELLED

\$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-on1 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), Feb 5 to Mar 26, 6:00 PM-8:00 PM, Wednesday

### 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), Feb 4 to Mar 25, 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. You will 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), Apr 1 to May 27, 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. You will 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), Apr 4 to May 30, 6:00 PM-8:00 PM, Friday

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



Follow us on Instagram:

@alc\_vbcps



Follow us on X:

@ALC\_VB



Follow us on Facebook:

@ALCVBSchools

## Music

### NEW! BEGINNING GUITAR 2: THE NEXT STEP

\$89 Senior Price \$68

This course continues where *Beginning Guitar 1* left off. A continuing and deeper analysis of chords, notes, strumming, picking, and basic theory is administered.

**PLEASE NOTE:** Students must possess a guitar to play and practice. ALC isn't responsible for damage, loss, or replacement of your personal instrument.

**PREREQUISITE:** 2124-01, *Beginning Guitar 1* or equivalent knowledge (chord-melody and solo playing).

Allred

8 classes @ 1 hour each at Adult Learning Center

2126 (01), Feb 6 to Mar 27, 6:30 PM-7:30 PM, Thursday

---

### NEW! INTERMEDIATE GUITAR 1

\$89 Senior Price \$68

Utilizing techniques learned in *Beginning Guitar 2: The Next Step*, such as strumming and picking or from other sources, this course focuses less on music reading and theory and more on ear training and improvisation.

An introduction to "The Blues" 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.

**PREREQUISITE:** 2126-01, *Beginning Guitar 2: The Next Step* or equivalent knowledge (chord-melody and solo playing).

Allred

8 classes @ 1 hour each at Adult Learning Center

2128 (01), Apr 10 to Jun 5, 6:30 PM-7:30 PM, Thursday

---

### NEW! INSTANT PIANO FOR BUSY PEOPLE VIRTUAL

\$65

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. **PLEASE 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), Feb 24, 6:30 PM-9:30 PM, Monday

2119 (02), Apr 21, 6:30 PM-9:30 PM, Monday

---



## Performing Arts

### 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), Feb 11, 6:30 PM-8:30 PM, Tuesday

2305 (02), Apr 26, 10:00 AM-12:00 PM, Saturday

---

*Music is the universal language of mankind. – Henry Wadsworth Longfellow*



## 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, strengthen your body’s core muscles, and most important to have fun.

### **NEW!** RUMBA VIBES: FEEL THE RHYTHM, DANCE THE PASSION

\$39

The rumba is known as the “Dance of Love” with a style that differs from other Latin dances. Step into this rhythmic easygoing beginner class and learn the elegant footwork and sultry movements of this Latin dance. No experience needed—just bring your energy and let the rhythm move you! **PLEASE NOTE:** Please wear comfortable shoes.

4 classes @ 45 minutes each at Rants Ballroom

2171 (01), Feb 6 to Feb 27, 7:30 PM-8:15 PM, Thursday

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

### **NEW!** SWING INTO RHYTHM

\$39

Catch the swing fever! In this high-energy class, you’ll dive into the lively world of jitterbugs, spins, and smooth moves! Whether you’re twirling solo or dancing with a partner, you’ll be tapping into the fun and excitement of swing in no time. No experience needed—just bring your feet and let’s get moving! **PLEASE NOTE:** Please wear comfortable shoes.

4 classes @ 45 minutes each at Rants Ballroom

2174 (01), Mar 6 to Mar 27, 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.**



Learn online  
anywhere, anytime!



The solution for  
today's busy adult!

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.**

Courses are led by expert instructors with topics ranging from A-Z Grant Writing, Photography, to Web Design, and more. Courses are project-oriented and include lessons, quizzes, hands-on assignments, 24-hour access, and supplementary links. Participate in lively discussions with your fellow students and get plenty of practical information that you can put to immediate use. New course sessions begin monthly.

Accounting & Finance  
Design & Composition  
Personal Development

Business  
Law & Legal  
Teaching & Education

Computers & Technology  
Language & Arts  
Writing & Publishing

Visit our website to view start dates and enroll today at [www.ed2go.com/vbalc](http://www.ed2go.com/vbalc)

### Prepare for Industry Certification Online with ed2go's Career Training!

Programs run from 6 to 18 months and cost from \$600 to \$5500. To enroll or learn more, visit [careertraining.ed2go.com/vbalc/](http://careertraining.ed2go.com/vbalc/)

#### Online Industry Certifications

Administrative Professional with Microsoft Office 2016 Master  
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

#### Online Cybersecurity Programs

CompTIA Certification Training  
Certified Information Systems Security Professional (CISSP)  
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



English Language Acquisition (E.L.A.) classes are available for adult non-native speakers of English. Six levels of classes are offered including: reading, writing, speaking, and listening. No appointment needed to test. Students will enter the program based on class availability, pending a valid test score on program assessments. If classes are full, students will be placed on a waiting list and contacted when openings are available. **A valid, current government-issued picture ID and proof of residency are required.**

**All interested program participants are required to be 18 or older.**

**The Adult Learning Center does not provide childcare or transportation.**

## 2024–2025 E.L.A. PROGRAM TESTING/INTERVIEW INFORMATION

Testing/interviews are offered on a first come first served basis based on the testing seat capacity/limit to test.

Spring testing dates are: January 22 (5:00 PM), January 23 (9:00 AM and 5:00 PM), and February 19 (5:00 PM) and February 20 (9:00 AM and 5:00 PM). **PLEASE NOTE:** January and February testing dates are only available for students who are interested in our day program pending space availability. Please call 757-648-6050 if you have any questions.



### DAY CLASS SCHEDULES

Monday through Thursday, September 16, 2024 to May 15, 2025 from 8:30 AM - 11:00 AM

Monday through Thursday, September 16, 2024 to May 15, 2025 from 11:30 AM - 2:00 PM

### EVENING CLASS SCHEDULES

Monday & Wednesday, September 16, 2024 to May 14, 2025 from 6:30 PM - 9:00 PM

Tuesday & Thursday, September 17, 2024 to May 15, 2025 from 6:30 PM - 9:00 PM

Classes are held at the Adult Learning Center located at 5100 Cleveland St., Virginia Beach, VA 23462

### CLASS FEES:

**VIRGINIA BEACH RESIDENTS \$50** registration fee

**NON-RESIDENTS** (living in other cities) **\$100** registration/non-resident fee

Class fees are not refundable. Class fees include course textbooks, classroom sets only. You may purchase your own textbooks.

**Call 757-648-6057 for more E.L.A. program information.**

## 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 ALC'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 & 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 must 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. 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 or email her at [elizabeth.herlong@vbschools.com](mailto:elizabeth.herlong@vbschools.com)

**DAY CLASS SCHEDULE:** Monday through Thursday, September 16, 2024 to May 15, 2025

**EVENING CLASS SCHEDULE:** Monday & Wednesday, September 16, 2024 to May 14, 2025

**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.

Summer 2025 placement testing will occur in late August 2025.



**To take the G E D® Test:** Create an account and register online at [www.GED.com](http://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](http://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](mailto:help@ged.com)

**ADULT LEARNING CENTER INFORMATION**

COMMUNITY EDUCATION REGISTRATION FORM .....	47
JOIN OUR TEAM, WORK AT THE ALC! .....	35
OFFICE HOURS & SCHOOL INFORMATION .....	4

**BUSINESS**

BEGINNER CONTENT CREATION: FROM SHOOTING TO EDITING AND BEYOND! .....	14
BLOGGING FOR BEGINNERS .....	14
DRIVER IMPROVEMENT, CLASSROOM .....	16
DRIVER IMPROVEMENT, ONLINE .....	16
DRIVER'S MANUAL, ONLINE 8-HOUR .....	16
ETSY 101: BUILDING A SUCCESSFUL ETSY SHOP .....	15
INCOME TAX BASICS .....	15
MARKETING YOUR BOOK .....	15
PUBLISH YOUR BOOK .....	15
RÉSUMÉ & JOB SEARCH, 1-ON-1 .....	15
SOCIAL MEDIA INFLUENCER & UGC TIPS & TRICKS .....	14
SOCIAL MEDIA, 1-ON-1 .....	14
STOCK MARKETS 101 .....	15
STRATEGIC SOCIAL MEDIA FOR SMALL BUSINESS SUCCESS ..	14
W2 VS 1099 .....	15

**CAREER TRAINING**

INDUSTRY CERTIFICATIONS ONLINE THROUGH ed2go .....	41
MEDICAL FITNESS SPECIALIST HYBRID .....	11
ONLINE FITNESS CEC WORKSHOPS THROUGH WITS .....	12
PERSONAL TRAINER CERTIFICATION HYBRID .....	10

**COMPUTERS**

ANIMATED GIF CREATIVE FUN .....	17
COMPUTER BASICS 101 .....	18
COMPUTER BASICS, 1-ON-1 .....	20
CYBERSECURITY COURSES ONLINE THROUGH ed2go .....	41
FILE MANAGEMENT BASICS .....	18
FILES, FOLDERS & LIBRARIES: UP & BEYOND BASICS .....	18
CANVA GRAPHICS! DESIGN FOR BEGINNERS .....	17
IPAD, GETTING TO KNOW YOUR .....	17
IPHONE FOR BEGINNERS .....	17
MS ACCESS 365/2019 SIMPLIFIED .....	19
MS ACCESS 365/2019, 1-ON-1 .....	21
MS EXCEL 365/2019 LEVEL 2 .....	20
MS EXCEL 365/2019 SIMPLIFIED .....	20
MS EXCEL 365/2019, 1-ON-1 .....	20
MS OFFICE 365/2019 OVERVIEW .....	18
MS OFFICE 365/2019 OVERVIEW, 1-ON-1 .....	20
MS ONENOTE 365/2019 BASICS .....	18
MS OUTLOOK 365/2019 BASICS .....	18
MS POWERPOINT 365/2019 BASICS .....	19
MS POWERPOINT 365/2019, 1-ON-1 .....	21
MS PUBLISHER 365/2019 BASICS .....	19
MS PUBLISHER 365/2019, 1-ON-1 .....	21
MS WORD 365/2019 SIMPLIFIED .....	19
MS WORD 365/2019, 1-ON-1 .....	21
WINDOWS 11: TIPS & TRICKS .....	18
ZOOM FOR BEGINNERS .....	17

**COOKING**

BAKLAVA MADE EASY .....	24
CAKE POPS:	
BEACH BUM: SUN, SAND, & SURF POPS .....	25
BLOOMING BOUQUETS: FLOWERPOT CAKE POPS .....	25
HOP INTO SPRING WITH EASTER CAKE POPS .....	25
COOKIE DECORATING:	
BERRY SWEET COOKIES .....	23
EGG-CELLENT EASTER CREATIONS COOKIES .....	22
SEA YOU AT THE BEACH COOKIES .....	23
UNBE-LEAF-ABLE COOKIES .....	22
WHAT'S THE BUZZ? SPRING BEE COOKIES .....	22
FOODIES:	
BRUSCHETTA CHICKEN CUTLET: A FLAVORFUL TWIST ON TRADITION .....	26
CATCH THE FLAVOR: CHIMICHURRI GRILLED SALMON .....	27
FLANK STEAK FIESTA: GRILL LIKE A PRO! .....	26
MASTERING MEATS WITH CHEF PATRICK:	
FILET, RIBEYE & FLANK .....	27
ZESTY LEMON BLISS: SEARED CHICKEN CUTLET .....	27
HOMEMADE DOGGIE DELIGHTS, TREAT YOUR PUP: .....	24

**DIY, HOBBIES & CRAFTS**

CANDLE MAKING FUN, CREATE YOUR GLOW .....	31
CRICUT FOR BEGINNERS, CUT IT OUT .....	30
GENEALOGY, BEGINNING .....	30
GENEALOGY, INTERMEDIATE .....	30
PHOTO ORGANIZATION:	
CREATING PHOTO GIFTS: CLICK, DESIGN, & DONE .....	29
LOTS OF PHOTOS & OLD MEDIA? START HERE .....	29
PHOTO ORGANIZATION: IT'S TIME TO SAVE YOUR OLD PHOTOS .....	29
PICTURE PERFECT: CREATE YOUR OWN CUSTOM PHOTOBOOKS .....	29
PHOTOGRAPHY:	
BEGINNING SLR PHOTOGRAPHY PART 1: HOW TO USE YOUR CAMERA .....	28
BEGINNING SLR PHOTOGRAPHY PART 2: HOW TO USE YOUR CAMERA .....	28
EXPLORING PHOTOGRAPHY IN COASTAL VIRGINIA, THROUGH THE LENS .....	28
SEWING FOR BEGINNERS, 1-ON-1 .....	31
SEWING PROJECTS, 1-ON-1 .....	31
SOAP MAKING, MELT & POUR .....	31
TOTE-ALLY BEACH READY: CROCHET BEACH BAG .....	31

**ENGLISH LANGUAGE ACQUISITION PROGRAM  
(E.L.A.)**

E.L.A. CLASS INFORMATION .....	42
--------------------------------	----

**FOUNDATIONS TRANSITION PROGRAM**

FOUNDATIONS TRANSITION PROGRAM .....	13
--------------------------------------	----

**FREE SEMINARS**

DIETARY & LIFESTYLE HABITS FOR LONGEVITY .....	34
HOMEBUYING 101: VHDA HOMEBUYER EDUCATION .....	34
LEGACY PLANNING: PROTECT YOUR PROPERTY FOR THE FUTURE .....	34
RETIREMENT, 13 STRATEGIES FOR A SUCCESSFUL .....	34

**G E D® PREP PROGRAM**

G E D® CREDENTIAL/ADULT BASIC EDUCATION CLASS INFORMATION .....	43
--	----

**LANGUAGES**

ITALIAN 1 .....	37
ITALIAN 2 .....	37
JAPANESE, 1-ON-1 .....	37
JAPANESE, AN INTRODUCTION .....	37
JAPANESE 2, AN INTRODUCTION .....	37
SIGN LANGUAGE 1 .....	36
SIGN LANGUAGE 2 .....	36
SPANISH, 1-ON-1 .....	38
SPANISH 1, CONVERSATION, GRAMMAR & CULTURE .....	38
SPANISH 2, CONVERSATION, GRAMMAR & CULTURE .....	38

**MEDICAL CAREER TRAINING**

BLOODBORNE PATHOGENS CERTIFICATION .....	9
CERTIFIED NURSE AIDE .....	9
CLINICAL MEDICAL ASSISTANT .....	8
CPR (HEALTHCARE PROVIDER) .....	9
EKG TECHNICIAN .....	8
FIRST AID .....	9
LICENSED PRACTICAL NURSING (LPN) .....	5
MEDICAL ADMINISTRATIVE ASSISTANT .....	8
MEDICAL BILLING & CODING .....	8
MEDICAL CAREER TRAINING PREREQUISITES & CLINICAL EXTERNSHIPS .....	7
ONLINE MEDICAL COURSES THROUGH HEALTH ED TODAY .....	6
PHARMACY TECHNICIAN .....	7
PHLEBOTOMY TECH TRAINING .....	9
STERILE PROCESSING TECHNICIAN .....	7

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

Register online 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.

**MUSIC & THE ARTS**

GUITAR, BEGINNING 2: THE NEXT STEP .....	39
GUITAR, INTERMEDIATE 1 .....	39
INSTANT PIANO FOR BUSY PEOPLE—VIRTUAL .....	39
RUMBA VIBES: FEEL THE RHYTHM, DANCE THE PASSION .....	40
SWING INTO RHYTHM .....	40
VOICE-OVERS...NOW IS YOUR TIME!—VIRTUAL .....	39

**ONLINE COURSES**

CYBERSECURITY COURSES ONLINE THROUGH ed2go .....	41
INDUSTRY CERTIFICATIONS ONLINE THROUGH ed2go .....	41
MEDICAL COURSES ONLINE THROUGH HEALTH ED TODAY .....	6
ONLINE FITNESS CEC WORKSHOPS THROUGH WITS:	
FITNESS MANAGEMENT CERTIFICATION .....	12
GROUP FITNESS CERTIFICATION HYBRID .....	12
SENIOR FITNESS SPECIALIST HYBRID .....	12
ONLINE SHORT COURSES THROUGH ed2go .....	41

**SELF-CARE, HEALTH, WELLNESS & SAFETY**

ALL EYES ON YOU: BEGINNER EYE/EYEBROW MAKEUP APPLICATION .....	33
BIOFIELD TUNING: USING SOUND FOR RELAXATION .....	33
DECLUTTERING YOUR LIFE INSIDE & OUT .....	32
DOG WHISPERER: UNDERSTANDING YOUR PUP & WHAT THEY NEED MOST FROM YOU! .....	32
HOW TO BE HAPPY EVERY DAY .....	33
MEDITATION OVER MEDICATION .....	32
REIKI ENERGY 101: WHAT IT IS AND HOW IT CAN HELP .....	33
YOUR JOURNEY TO OPTIMAL HEALTH: BLENDING PURPOSE, WELLNESS, & VITALITY .....	32



**CAKE POPS,  
COOKIE  
DECORATING,  
STEAK, AND  
MORE!  
Page 22**

# Career Training

200+ classes offered. We have something for everyone!



## Short-Term Career Training



### ONLINE & HYBRID

- Personal Trainer Certification
- Writing & Publishing
- Cybersecurity
- Computers & Technology
- Accounting & Finance
- Much More...

## Healthcare Career Training



- Certified Nursing Assistant
- Clinical Medical Assistant
- EKG Technician
- Licensed Practical Nursing
- Medical Billing & Coding
- Patient Care Technician
- Pharmacy Technician
- Phlebotomy Technician
- Sterile Processing Technician

## Enrichment Classes



- Dance
- Crafts
- Cooking
- Blogging
- Language
- Podcasting
- Guitar/Piano
- Computer Basics
- Content Creation
- Digital Media Marketing
- Much, Much More





**Adult Learning Center  
5100 Cleveland Street  
Virginia Beach, VA 23462**

**Come soar with us. Teach a class at the ALC.**  
[alcinfo@vbschools.com](mailto:alcinfo@vbschools.com)

