



Fall CATALOG 2026



757.648.6050
alc.vbschools.com

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Avoid the disappointment of a canceled Community Education class—register early at alc.vbschools.com. Please see withdrawal and refund policies on page 4. ALC classes are for students 18 years and older.

Adult Learning Center Office Hours

Office Hours

8:00 AM to 4:00 PM, Monday—Friday

6:00 PM to 8:00 PM, Monday—Thursday

Business transactions must be concluded by 3:30 PM.

Location

5100 Cleveland St.

Virginia Beach, VA 23462

Phone

757-648-6050

Limited evening hours and closed Fridays from June 19 through August 7. Please call before visiting.

Information for All Students

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

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: September 4 and 7, November 3, 11, 25 through 27, December 21 through January 1, and January 18.

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

The Adult Learning Center follows Virginia Beach City Public Schools rules and regulations for all schools.

Students are expected to adhere to School Board policies. This facility is a non-smoking, drug-free environment.

schoolboard.vbschools.com.

Registration Information

Page 4 Community Education (CE)

Page 5 for English Language Acquisition (ELA)

Page 6 for GED® Prep Program/Adult Basic Education (ABE)

Eligible Identification Documents

ALL adult students enrolling in the Adult Learning Center for a GED® or ELA class **MUST** provide one form of documentation verifying either citizenship or eligible immigration status.

SEE LIST BELOW FOR ACCEPTED DOCUMENTS.

For U.S. Citizens

- U.S. Passport or Passport Card
- U.S. Birth Certificate
- Certificate of Naturalization or Citizenship
- Consular Report of Birth Abroad
- State-issued Driver's License or ID Card issued in **compliance with Real ID Act** (*Note: Standard driver's licenses without REAL ID marking may be accepted only if accompanied by evidence of Social Security Number verification*)
- Social Security Card (**when combined with state-issued photo ID**)

For Eligible Noncitizens

- Permanent Resident Card (Green Card - Form I-551)
- Arrival-Departure Record (Form I-94 w/number) showing refugee, asylee, parole, or conditional entrant status
- Employment Authorization Document (EAD - Form I-766) with eligible category code
- Other DHS/USCIS documentation demonstrating qualifying status

The School Division is committed to providing educational environments that are free of discrimination, harassment, and bullying. Students, staff, parents/legal guardians who have concerns about discrimination, harassment, or bullying should contact the school administration at their school. Promptly reporting concerns will allow the school to take appropriate actions to investigate and resolve issues. School Board Policy 5-7 addresses non-discrimination and anti-harassment, Policy 5-44 addresses sexual harassment and discrimination based on sex or gender. Policy 5-36 and its supporting regulations address other forms of harassment.

Information for Community Education (CE) Students

Community Education (CE) classes are for everyone, no formal academic prerequisites are necessary. CE classes provide a welcoming way to explore hobbies, advance careers, or connect with others in the community. These are non-credit classes designed for personal enrichment, lifelong learning, and skill-building

Community Education Course Information

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

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

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 2 weeks for processing.

Cancellations & Refunds

Courses will be cancelled due to insufficient enrollment. 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.

Attendance

Classes begin on time. To preserve the learning environment, instructors have full discretion to refuse entry to students who arrive late, as tardiness disrupts instruction and other students. Refunds will not be issued in such cases.

Transfers & Withdrawals

Transfers initiated by the student will be assessed a \$15 processing fee.

Withdrawals initiated by the student will be assessed a \$15 processing fee. Unless otherwise noted, withdrawals must be submitted in writing seven business days before the class start date to be eligible for refund. Please allow two weeks for processing. No refunds are issued once class has started or if you fail to attend class without notification. Withdrawal requests may be emailed to ALCINFO@vbschools.com.

Financial Aid

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

1-on-1 Courses

1-on1 courses 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 courses in the catalog.

Register for Community Ed classes—4 easy ways!

1. Online with a credit card at alc.vbschools.com
2. Visit the ALC office during the office hours listed above with cash, check, Discover, MasterCard or Visa. Please call 757-648-6050 before visiting.
3. Mail registration and check or credit card information with 3-digit security code to ALC, Attention: Registrar, 5100 Cleveland St, Virginia Beach, VA 23462
4. Fax registration and credit card information with 3-digit security code to the ALC at 757-648-6078.

English Language Acquisition (E.L.A.) classes are available for adult non-native speakers of English

Applicants must be 18 or older, provide valid ID, must show documentation establishing U.S. Citizenship or presence in the United States as a qualified alien, and complete placement testing in reading, listening, and/or speaking.

The English Language Acquisition (ELA) program supports adult learners with college and career workplace readiness skills in developing English proficiency in listening, speaking, reading, and writing, with a focus on grammar, vocabulary, and communication. It also integrates digital literacy to prepare students for future ready academic success and career advancement.

Under the Personal Responsibility and Work Opportunity Reconciliation Act (PRWORA), only U.S. citizens and eligible noncitizens are allowed to receive benefits from programs funded by the Adult Education and Family Literacy Act (AEFLA). Applicants must show original or certified documents to verify citizenship or immigration status, which may be confirmed through the DHS SAVE Program or other methods. See the VBCPS website at alc.vbschools.com for the ELA list of accepted documentation.

The Adult Learning Center does not provide childcare or transportation.

Eligible Identification Documents

For U.S. Citizens:

- U.S. Passport or Passport Card
- U.S. Birth Certificate
- Certificate of Naturalization or Citizenship
- Consular Report of Birth Abroad
- State-issued Driver’s License or ID Card issued in compliance with Real ID Act (*Note: Standard driver’s licenses without REAL ID marking may be accepted only if accompanied by evidence of Social Security Number verification*)
- Social Security Card (when combined with state-issued photo ID)

For Eligible Noncitizens:

- Permanent Resident Card (Green Card - Form I-551)
- Arrival-Departure Record (Form I-94 w/number) showing refugee, asylee, parole, or conditional entrant status
- Employment Authorization Document (EAD - Form I-766) with eligible category code
- Other DHS/USCIS documentation demonstrating qualifying status

2026 - 2027 E.L.A. PROGRAM TESTING/INTERVIEW INFORMATION

Beginning the last week of August and the first week of September, **please call 757-648-6050** to inquire about upcoming program testing and start dates . Eligible and interested participants will receive on-site support from staff to complete the Region 20 portal registration. Enrollment is offered on a first-come, first-served basis and is dependent on class availability.

DAY CLASS SCHEDULES

- Monday through Thursday, September 21, 2026 to May 4, 2027 from 8:30 AM - 11:00 AM
- Monday through Thursday, September 21, 2026 to May 4, 2027 from 11:30 AM - 2:00 PM

EVENING CLASS SCHEDULES

- Monday & Wednesday, September 21, 2026 to May 3, 2027 from 6:30 PM - 9:00 PM
- Tuesday & Thursday, September 22, 2026 to May 4, 2027 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.



GED® PREP PROGRAM/ADULT BASIC EDUCATION (ABE)

SEPTEMBER 21, 2026-MAY 13, 2027)

- * The GED® Test provides an opportunity for adults who did not complete high school to earn a high school equivalency certificate, which is recognized by many employers and colleges.
- * Eligible students must be 18 years or older and not currently enrolled in high school.
- * The Adult Learning Center offers **DAY** and **EVENING** classes to help you prepare for GED® tests in Reading, Math, Science, and Social Studies.

2026-2027 CLASS SCHEDULES, TIMES, AND COST

ALL FEES ARE NOT REFUNDABLE

All classes are held at the Adult Learning Center located at 5100 Cleveland Street, Virginia Beach, 23462. Students are eligible for classes based on their placement scores.

Day Classes	September 21 to May 13 Monday through Thursday 8:30 AM to 11:00 AM OR 12:00 PM to 2:30 PM	Virginia Beach Residents \$30 Registration Fee (Due by Start of First Class)	Non-Residents of Virginia Beach \$40 per month (Due by Start of First Class)
Evening Classes	September 21 to May 12 Monday AND Wednesday 6:30 PM to 9:00 PM	Virginia Beach Residents \$30 Registration Fee (Due by Start of First Class)	Non-Residents of Virginia Beach \$30 per month (Due by Start of First Class)

CALL 757-648-6050 for more information on GED® Prep Classes/ABE

2026-2027 GED®/ABE Eligibility and Placement Testing Dates

Participants **MUST** attend an Eligibility Session **PRIOR** to taking the Placement Test. **NO EXCEPTIONS.** Both an Eligibility Session and a Placement Test must be completed **BEFORE** starting GED®/ABE classes.

<u>Placement Session Month</u>	<u>Mandatory Eligibility Session Date</u> *Bring the required Identification documents to your eligibility session *See PAGE 3 of the catalog for the list of approved eligibility identification documents.	<u>Mandatory Placement Testing Date</u> *The placement test is the Test of Adult Basic Education (TABE) in Reading and Math. Select only a DAY OR EVENING testing option.		<u>GED®/ABE Class Start Date</u>
		DAYTIME TESTING OPTIONS * Both English and Math TABE tests will be taken on the same day. * Plan for 4-5 hours.	EVENING TESTING OPTIONS * Night 1: Reading TABE test * Night 2: Math TABE test * Plan for 2.5 hours each night MUST ATTEND BOTH NIGHTS	
AUGUST PLACEMENT	Monday, Aug. 17, 2026 OR Wednesday, Aug. 19, 2026 9 AM, 12 PM, or 6 PM	9:00 AM Monday, Aug. 24 OR 9:00 AM Wednesday, Aug. 26	6:00 PM Monday, Aug. 24 AND 6:00 PM Wednesday, Aug. 26	September 21, 2026
OCTOBER PLACEMENT	Wednesday, Oct. 7, 2026 9 AM, 12 PM, or 6 PM	9:00 AM Monday, Oct. 12	6:00 PM Monday, Oct. 12 AND 6:00 PM Wednesday, Oct. 14	October 26, 2026
NOVEMBER PLACEMENT	Wednesday, Nov. 18, 2026 9 AM, 12 PM, or 6 PM	9:00 AM Monday, Nov. 30	6:00 PM Monday, Nov. 30 AND 6:00 PM Wednesday, Dec. 2	January 4, 2027
FEBRUARY PLACEMENT	Wednesday, Feb. 17, 2027 9 AM, 12 PM, or 6 PM	9:00 AM Monday, Feb. 22, 2027	6:00 PM Monday, Feb. 22 AND 6:00 PM Wednesday, Feb. 24	March 1, 2027

*Dates are subject to change.

Have questions about the GED® Test? Call GED® at 1-800-392-6433 or visit www.GED.com

For GED® testing, Pearson VUE also requires test-takers to present a valid, government-issued photo ID.





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.

Based on healthcare training qualifications, participants must have a high school diploma or a GED® certificate and meet additional eligibility requirements as outlined below.

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

Clinical Medical Assistant
(**\$2599**)

Medical Administrative Assistant
(**\$1199**)

Patient Care Technician
(**\$3165**)

Monitor Surveillance
(**\$3175**) Prices are subject to change.



If you meet any of the following criteria, the Foundations Transition Program wants to help you!

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

Participants must:

- take the TABE Reading and Math tests
- complete background and drug tests
- apply for a work experience opportunity if applicable
- provide proof of U.S. residency or right to work



For more information, please contact Marci Thomas at 757-648-6066 or mnthomas@vbschools.com.

The Foundations Transition Program is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities. VA Relay: 7 1 1.

The Foundations Transition Program is funded 100% (\$128,000) through WIOA Title I funds via an award made to Virginia Beach City Public Schools via Hampton Roads Workforce Council via pass through entity Virginia Department of Workforce Development and Advancement.

VIRGINIA BEACH SCHOOL OF PRACTICAL NURSING (VBSPN)

Adult Estimated Cost: \$7,400

VBSPN has achieved a 100% NCLEX-PN pass rate for 12 consecutive years (2013–2025). Our program offers affordable tuition, supportive faculty, hands-on training in state-of-the-art labs, and real-world clinical experiences. Graduates earn a Certificate in Practical Nursing and are eligible to apply to the Virginia Board of Nursing to take the NCLEX-PN® licensing examination.

This 18-month day program is for Virginia adults and high school seniors seeking first-time nursing licensure. Classes are held at the Virginia Beach Career & Technical Education Center, 2925 North Landing Rd, Virginia Beach, VA 23456.

ADULT APPLICATION PROCESS

Step 1: Apply beginning December 1, 2026

Pick up a nursing program catalog and application from the Virginia Beach School of Practical Nursing, the Adult Learning Center, or online at: <https://techcenter.vbschools.com/school/programs-of-study/licensed-practical-nursing>

Step 2: Submit Your Application - Deadline: March 1 by 3:00 PM

Submit completed applications and required documentation (official H S transcript/G E D® record verifying completion of a standard diploma or equivalent) to: **Virginia Beach School of Practical Nursing, 2925 North Landing Road, Virginia Beach, VA 23456**

Step 3: Create an ATI account at www.atitesting.com. In the Institution field, select **VA Beach SOPN** so official ATI TEAS scores are sent directly to our program. **Complete the ATI TEAS Exam (Version 7) at least four business days before the March 1 deadline to ensure scores are received on time (per ATI).** It is the applicant's responsibility to confirm that we have received ATI scores. The exam may be taken remotely or at a PSI testing center. Testing fees are the responsibility of the applicant.

(High School Students: visit our website below and apply through your homeschool HS Guidance.)

VBSPN is approved by the Virginia Board of Nursing through 2031. www.dhp.virginia.gov/Boards/Nursing/

VBSPN is certified to operate by the State Council of Higher Education for Virginia (SCHEV) through April 2031.

www.schev.edu

VBSPN is accredited by the Accreditation Commission for Education in Nursing (ACEN) through Fall 2029.

www.acenursing.org

Eligible students may use Pell Grants, VA Benefits, and MyCAA. VBSPN does not offer student education loans. Program costs, fees, admissions requirements, policies, and regulations are subject to change.

QUESTIONS? Visit our website: <https://techcenter.vbschools.com/school/programs-of-study/licensed-practical-nursing> or call (757) 648-5889.

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 \$1,299

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>

Learn About Our Exciting Healthcare Programs!

Affordable Classes

Externships

Day/Evening Sessions

Online Programs

Medical Career Information Session at ALC

Thursday, September 10, 2026, 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 GED® 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.

CLINICAL MEDICAL ASSISTANT

\$2599 140 classroom hours + 160 hour externship

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

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

Staff

40 classes @ 3.5 hours each at Adult Learning Center

3536 (01), Sep 28 to Jan 25, 6:00 PM-9:30 PM,
Monday, Tuesday & Thursday. Class will not meet
Nov 3, Nov 26, Dec 14 through Jan 1 and Jan 18.

3536 (02), Sep 28 to Jan 25, 9:00 AM-12:30 PM,
Monday, Tuesday & Thursday. Class will not meet
Nov 3, Nov 26, Dec 14 through Jan 1 and Jan 18.

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 <https://www.theworkforcecouncil.org/>



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

EKG TECHNICIAN

\$1199 50 classroom hours + 40-hour externship

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), Sep 16 to Jan 27, 6:00 PM-9:30 PM, Wednesday
Class will not meet Nov 11, Nov 25, and Dec 16
through Jan 1.

STERILE PROCESSING TECHNICIAN

\$1995 84 classroom hours + 40-hour externship

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

Staff

24 classes @ 3.5 hours each at Adult Learning Center

3523 (01), Sep 22 to Jan 7, 6:00 PM-9:30 PM,

Tuesday & Thursday - Class will not meet Nov 3,
Nov 26, and Dec 14 through Jan 1.

MEDICAL BILLING & CODING

\$1899 84 classroom hours + 40-hour externship

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

Staff

24 classes @ 3.5 hours each at Adult Learning Center

3525 (01), Sep 28 to Nov 23, 6:00 PM-9:30 PM,

Monday, Tuesday & Thursday - Class will not meet
Nov 3.

Need more Medical Career Training info?

Call 757-648-6050 extension 64608

ALC classes are only for students 18 years and older.

PHARMACY TECHNICIAN

\$1399 84 classroom hours + 80-hour externship

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

Staff

24 classes @ 3.5 hours each at Adult Learning Center

3505 (01), Sep 28 to Nov 23, 9:00 AM-12:30 PM,

Monday, Tuesday & Thursday - Class will not meet
Nov 3.

3505 (02), Oct 12 to Dec 8, 6:00 PM-9:30 PM,

Monday, Tuesday & Thursday - Class will not meet
Nov 3 and 26.

MEDICAL ADMINISTRATIVE ASSISTANT

\$1199 50 classroom hours + 80 hour externship

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

Staff

15 classes @ 3.5 hours each at Adult Learning Center

3520 (01), Oct 26 to Jan 7, 6:00 PM-9:30 PM,

Monday & Thursday - Class will not meet Nov 26 and
Dec 14 through Jan 1.

CPR (HEALTHCARE PROVIDER)**\$114**

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

Staff**1 class @ 4 hours at Adult Learning Center****3537 (01), Oct 16, 12:30 PM-4:30 PM, Friday****3537 (02), Nov 20, 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), Oct 16, 9:00 AM-11:30 AM, Friday****3538 (02), Nov 20, 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), Oct 16, 8:00 AM-9:00 AM, Friday****3539 (02), Nov 20, 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.
3. 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**

This nursing fundamentals course prepares the student to assess and provide for the basic physical and emotional needs of clients in all areas of healthcare and prepares the student for the State Certification Examination to become a Certified Nursing Assistant. The clinical portion of the program is an opportunity for students to competently and safely transfer classroom theory into practice with instructor guidance and supervision. This course is required by the Virginia State Board of Nursing for Certified Nursing Assistants.

PREREQUISITE: Please refer to mandatory preregistration requirements above. **PLEASE NOTE:** Students must wear a white uniform, white shoes, and a watch with a second hand. 40-hour clinical externship starts when classroom hours end.

Staff**21 classes @ 4.5 hours each****3548 (01), Oct 16 to Dec 11, 7:00 AM-3:00 PM,
Monday through Friday****3548 (02), Oct 16 to Dec 11, 5:00 PM-10:00 PM,
Monday through Friday****Must be available from 2:30 PM-11:00 PM for Clinical Externship.****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, infectional control and the legal aspects for the phlebotomy practice. **PREREQUISITE:** Please refer to mandatory preregistration requirements above. **PLEASE NOTE:** Students must wear a white uniform, white shoes, and a watch with a second hand.

Staff**15 classes @ 5 hours each****3550 (01), Oct 27 to Dec 15, 5:00 PM-10:00 PM,
Tuesday & Thursday****Must be available from 2:30-11:00 PM for Clinical Externship.**

Learn All About The Ways You Can Get Nationally Certified As Personal Trainer & More!**Sep 15, 2026, 6:30 PM EDT****Please register for LEARN YOUR WAY! at: <https://attendee.gotowebinar.com/register/2272104949952110679>****After registering, you will receive a confirmation email containing information about joining the webinar.**

PERSONAL TRAINER CERTIFICATION

Virtual “LIVE” Format

\$850 30 hours + 30-hour optional internship

LIVE virtual lectures + in-person or virtual practical skills labs. The Certified Personal Trainer qualifies with 2 other certifications to acquire the MASTER TRAINER Certificate!

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. Dive deep into 15 hours of essential topics, including anatomy, exercise physiology, kinesiology, biomechanics, and nutrition. Hands-on training will cover assessing clients, stretching, warm-ups/cool-downs, exercise analysis, and program design. Includes national test vouchers (\$450 value) plus access to our online video-enhanced CPT course at no additional cost. NCCA Accredited certification is recognized for 3 college credits towards a degree. Our optional internship could help you step into jobs that highly value our unique certification. 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, \$109. Textbook is not available for purchase at the ALC.

Please use the following links to purchase the textbook.

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

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

2330 (01), Tuesday, Oct 6 to Nov 17, 6:30 PM - 9:30 PM, Virtual
AND Saturday, Oct 10 to Nov 21, 12:00 PM - 3:00 PM, In-person
OR Virtual. Class will not meet on Oct 27 and Oct 31.

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

Try an online CEC workshop. Courses are available after registration. Register for courses through this link:

<https://www.witseducation.com/fit/store-shop/vbalc-course-registration/>

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

GROUP FITNESS CERTIFICATION COURSE HYBRID

Virtual lectures + in-person or virtual skill labs

\$650 Written and practical test vouchers included

Two Certification Levels for 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 with a top teacher in the field break down the key information to understand exercising and body reactions. Lectures 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. Practical labs expand your 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 caps off your training. 15 hours each of lecture and practical skill labs. Written exam and practical skill exam.

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

BONUS TOWARDS MASTER TRAINER CERTIFICATE

The first 10 NEW registering students will receive the online Medical Fitness 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.

For more details contact us at
757-428-4796 or

www.witseducation.com

SENIOR FITNESS SPECIALIST HYBRID**Virtual lectures + in-person or virtual skill labs****\$499** Includes online exam for national certification

Two Certification Levels: Level 1. Written Exam & practical skills exam. Level 2. Be a Level 1 CPT & Complete 20 Hour Internship

This 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. Course includes 9 hours of virtual lectures and 9 hours of in-person or virtual practical skill training. 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.

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

Project Management

NEW! PMI-ACP® EXAM PREP COURSE VIRTUAL
\$1050

This course is designed to equip you with the knowledge and skills needed to pass the Project Management Institute Agile Certified Practitioner (PMI-ACP®) exam and excel in today's agile environments. This comprehensive course covers a wide range of agile methodologies, tools, and techniques, including Scrum, Kanban, Lean, and more. Learn from experienced agile practitioners and gain the practical insights you need to lead agile projects effectively. Prepare to pass the exam and transform your approach to project management!

PREREQUISITES: Please visit pmi.org for prerequisites and eligibility requirements. **PLEASE NOTE:** Tuition includes instructional material but does not include exam fee.

Authorized PMI Instructor

10 classes @ 3 hours each—VIRTUAL

2337 (01), Sep 8 to Oct 8, 6:00 PM-9:00 PM, Tuesday & Thursday

NEW! CAPM® EXAM PREP COURSE VIRTUAL
\$950

The Certified Associate in Project Management (CAPM)® course provides a solid foundation in project management, including predictive methods, agile practices, and business analysis. It covers core topics such as the project lifecycle, the project environment, and the role of the project manager. Learners also explore requirements gathering, stakeholder communication, and key business analysis responsibilities. The course uses interactive tools, games, and exercises to support true understanding rather than memorization. It offers a structured, fully supported learning platform that fits any schedule and allows complete flexibility.

PREREQUISITES: Please visit pmi.org for prerequisites and eligibility requirements. **PLEASE NOTE:** Tuition includes instructional material but does not include exam fee.

Authorized PMI Instructor

8 classes @ 3 hours each—VIRTUAL

2335 (01), Oct 12 to Nov 4, 6:00 PM-9:00 PM,

Monday & Wednesday

NEW! PMP® EXAM PREP COURSE VIRTUAL
\$1350

Our Project Management Professional (PMP®) Exam Preparation course gives you the knowledge, skills, and strategies to prepare you to pass the PMP exam. The course covers all five process groups and ten knowledge areas in the PMBOK Guide and provides a structured, engaging learning experience. You will learn from expert instructors, take realistic practice exams, and follow a proven study approach. Invest in your career and earn your PMP certification by enrolling today. **PREREQUISITES:** Please visit pmi.org for prerequisites and eligibility requirements. **PLEASE NOTE:** Tuition includes instructional materials but does not include exam fee.

Authorized PMI Instructor

12 classes @ 3 hours each—VIRTUAL

2333 (01), Oct 27 to Dec 8, 6:00 PM-9:00 PM,

Tuesday & Thursday - Class will not meet Nov 26.



Business

NEW! PLAN, BUILD & LAUNCH YOUR FIRST BUSINESS WEBSITE VIRTUAL \$60

This beginner-friendly course helps small business owners and aspiring entrepreneurs plan, build, and launch a simple website without needing coding or technical experience. Over three sessions, students will learn how to create a clear, effective homepage, how domains work and tools like Google Business Profile and basic SEO help people find their business online. The course is designed to reduce frustration and give students practical steps they can actually use, whether starting from scratch or improving an existing site. **PREREQUISITE:** Students should be comfortable with basic computer use, such as typing, using a web browser, opening websites, and managing simple login information. Coding, design, or previous website experience is not required.

Dulce Media

3 classes @ 2 hours each—VIRTUAL

2246 (01), Sep 11 to Sep 25, 12:00 PM-2:00 PM, Friday

NEW! SOCIAL MEDIA FOR BUSINESS & LEADERS: FROM VISIBILITY TO REVENUE

\$131 Senior Price \$100

Social media isn't just about posting—it's about positioning. This course teaches business owners and community leaders how to strategically use social media to build authority, attract opportunities, and drive measurable growth. Students will learn how to align their brand, content, and audience using proven frameworks, AI-assisted tools, and real-world strategy. Each participant will leave with a personalized social media system, content calendar, and growth plan designed to turn visibility into impact and income. **PLEASE NOTE:** *From Posts to Progress: The Social Media Playbook for Business & Leaders* - Digital eBook will be available for purchase (\$15), inquire with the instructor. Students should come with laptop, if they have one, as well as any business materials they would like to build on in class.

PREREQUISITE: Basic Digital Literacy, comfortable using a smartphone, tablet, or laptop, ability to navigate the internet and common apps and familiarity with at least one social media platform (Instagram, Facebook, LinkedIn, TikTok, or YouTube).

Gordon

6 classes @ 2 hours each at Adult Learning Center

2258 (01), Sep 16 to Oct 21, 6:00 PM-8:00 PM, Wednesday

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

AN INTRODUCTION TO ARTIFICIAL INTELLIGENCE AS A CO-PILOT: BRANDS, BUSINESSES & EVENTS

\$97 Senior Price \$74

Artificial Intelligence isn't here to replace creativity—it's here to co-create it. This class introduces AI as a trusted co-pilot for brands, business owners, and event professionals. Students will explore ways to ethically and effectively integrate AI tools into marketing, PR, content creation, and business operations. Through guided demos and hands-on activities, participants will learn to save time, improve storytelling, enhance customer engagement, and make data-driven decisions. Each participant will leave with a personalized AI strategy blueprint tailored to their professional goals and brand identity. **PREREQUISITES:** Basic computer and internet skills recommended. Familiarity with social media platforms and productivity tools (Google Workspace, Canva, ChatGPT, etc.) preferred. **PLEASE NOTE:** Students should bring a laptop or tablet for in-class activities. All templates, prompt sheets, and digital resources will be provided by the instructor. An optional digital workbook, *AI as Your Co-Pilot: Starter Kit for Founders & Creatives*, will be available for purchase (\$15), inquire with instructor. ALC not responsible for any damage, loss, or replacement of your personal devices.

Gordon

4 classes @ 2 hours each at Adult Learning Center

2254 (01), Oct 5 to Oct 26, 6:00 PM-8:00 PM, Monday

NEW! MONETIZING YOUR SKILLS: TURN YOUR HOBBY INTO INCOME

\$145

Learn how to turn your hobbies, talents, and everyday skills into potential income opportunities. This practical workshop introduces participants to side hustles, freelance services, digital products, and other income-generating ideas that align with their interests and experience. Students will explore ways to identify marketable skills, attract customers, price their offerings, and develop a simple action plan to begin building additional income streams. **PREREQUISITE:** Prior business experience not required. Basic computer, internet, and digital communication skills are recommended.

Russell

3 classes @ 2 hours each at Adult Learning Center

2253 (01), Oct 5 to Oct 19, 6:00 PM-8:00 PM, Monday

NEW! STARTING A BUSINESS IN THE 2000'S \$45

This course is designed to equip aspiring entrepreneurs and business professionals with the essential practices, techniques, and skills to attract customers, close deals, and scale their businesses. Participants will learn proven sales techniques, business development strategies, and client relationship management practices, gaining hands-on experience through interactive sessions. Whether you're starting a new business or improving skills, this course will provide the tools and confidence needed to succeed.

Dulce Media Agency, LLC

3 classes @ 2 hours each at Adult Learning Center

2249 (01), Oct 7 to Oct 21, 7:00 PM-9:00 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), Oct 27 to Oct 29, 6:00 PM-9:00 PM,****Tuesday & Thursday****2245 (02), Jan 9 to Jan 23, 10:00 AM-1:00 PM, Saturday****NEW! CRAFTY CORNER: START YOUR CRAFT BUSINESS**

\$97

Ready to turn your craft into a thriving business? Learn how to grow, build, and elevate your craft business. Whether you're just starting out, feeling unsure of your next step, or stuck and ready for a breakthrough, this class is for you. This three-day experience will guide you from ideas to action.

Hazley**3 classes @ 3 hours each at Adult Learning Center****2247 (01), Jan 7 to Jan 21, 6:00 PM-9:00 PM, Thursday****NEW! PUBLIC RELATIONS 101 VIRTUAL**

\$97 Senior Price \$74

Public Relations (PR) is more than press—it's presence. In this instructor-led, creative class, participants will learn how to craft and communicate their personal or business brand with purpose and authenticity. Through interactive lessons, case studies, and live exercises, students will explore media relations, storytelling, social media strategy, community engagement, and digital visibility tools that amplify their message. Whether you're a small business owner, nonprofit leader, creative professional, or aspiring PR strategist, you'll leave with a personalized PR plan and the confidence to pitch, post, and position your story for impact. **PREREQUISITES:** Basic computer and social media skills recommended. Familiarity with LinkedIn, Instagram, or Canva platforms.

PLEASE NOTE: Students should bring a laptop or tablet for interactive exercises and digital PR activities. All essential handouts, including templates for press releases, media kits, social media planners, and PR strategy checklists will be provided by the instructor. An optional 20-page digital resource guide, *PR Made Personal: A QuickStart Workbook for Brand Visibility*, will be available for purchase (\$15), inquire with instructor. ALC is not responsible for any damage, loss, or replacement of your personal devices.

Gordon**4 classes @ 2 hours each—VIRTUAL****2256 (01), Nov 17 to Dec 8, 6:00 PM-8:00 PM, Tuesday****CONFIDENTLY SPEAKING: THE ART OF PUBLIC SPEAKING**

\$97 Senior Price \$74

Conquer your fear of public speaking and step into the spotlight with confidence! Whether you're addressing a crowd or leading a meeting, this dynamic course will help you overcome nerves, sharpen your delivery, and engage any audience. Learn practical techniques to craft compelling speeches, use storytelling and acting skills to connect authentically, and keep your listeners hooked from start to finish. You'll walk away not just prepared—but excited—for your next speaking opportunity.

Rosini**4 classes @ 2 hours each at Adult Learning Center****2229 (01), Sep 8 to Sep 29, 6:00 PM-8:00 PM, Tuesday****NEW! BECOME THE CEO OF YOUR LIFE**

\$115

Ready to make a change in your life? Become the CEO of Your Life is a personal and professional development workshop designed to help participants build greater self-awareness, confidence, leadership, and intentional direction. Through guided reflection and practical strategies, students will explore goal setting, decision-making, personal accountability, mindset, communication, and personal branding. Participants will leave with tools to better manage their personal and professional growth with clarity and purpose.

PREREQUISITE: None required. Open to adults interested in personal growth, leadership development, and professional advancement.

Russell**2 classes @ 2 hours each at Adult Learning Center****2252 (01), Sep 14 & Sep 28, 6:00 PM-8:00 PM, Monday - Class will not meet on Sep 21.****NEW! BACK TO B.A.S.I.C.S.: FUEL YOUR MIND, BODY & LEADERSHIP VIRTUAL**

\$97 Senior Price \$74

This 4-week series is designed for community leaders who are ready to fuel their impact from the inside out. Drawing on the Fuel x Food for Thought framework developed by Krista Gordon and Brandy Cochrane, participants will explore three pillars: Body Food (nutrition for cognitive performance), Mind Food (mindset practices for productivity), and Leader Food (reimagined B.A.S.I.C.S. system tailored for community leadership.) Each session blends practical nutrition insights with mindset strategies and leadership tools to help participants show up as their best selves, personally and professionally. *Fuel x Food for Thought* - Digital eBook will be available for purchase (\$25) from the instructor.

PREREQUISITE: None required. This course is designed for adults who are active leaders in their communities (civic, faith-based, nonprofit, business or neighborhood.)

Gordon**4 classes @ 2 hours each—VIRTUAL****2260 (01), Oct 29 to Nov 19, 6:00 PM-8:00 PM, Thursday****ALC classes are only for students 18 years and older.**

CIVIC ENGAGEMENT & ADVOCACY: A GUIDE TO ACTIVE CITIZENSHIP

\$40

This course empowers residents to become engaged citizens by providing practical knowledge of how state government functions and the best way to connect effectively with their elected representatives. Participants will learn how to research legislative issues, formulate clear advocacy strategies, and communicate persuasively with policymakers. Step-by-step guidance is offered on navigating the legislative process and organizing impactful actions. Upon completion, participants will feel confident, equipped and empowered to take specific actions to engage state representatives and advocate for their community.

Greenhalgh

4 classes @ 2 hours each at Adult Learning Center

2251 (01), Oct 7 to Oct 28, 6:00 PM-8:00 PM, Wednesday

NEW! US CITIZENSHIP READINESS: INTERVIEW, CIVICS & NATURALIZATION PREPARATION

\$90

This citizenship preparation course is designed for students who want a deep understanding of U.S. government, civics, and history while preparing for the naturalization interview process. Students will strengthen their ability to discuss and explain topics related to U.S. citizenship while building confidence for the interview and test.

15 classes @ 2 hours each at Adult Learning Center

2255 (01), Cardenas, Sep 25 to Jan 22, 12:30 PM-2:30 PM,
Friday - Class will not meet Nov 27, Dec 25 and Jan 1.2255 (02), Balfanz, Oct 6 to Nov 24, 6:00 PM-8:00 PM,
Tuesday & Thursday, - Class will be VIRTUAL on Nov 3.**NEW! JOB SEARCH TIPS, TRICKS & Q & A VIRTUAL**

\$150

This interactive course is designed to help job seekers navigate today's competitive hiring landscape with confidence and strategy. Whether you're entering the workforce, changing careers, or re-entering after a break, you'll gain practical tools to strengthen every stage of your job search. Participants will learn how to craft compelling résumés and cover letters, optimize their online presence, and effectively leverage networking opportunities. The course also covers modern job search techniques as well as preparing for interviews. A key feature of this class is the open Q&A component, where attendees can ask personalized questions and get feedback from a Professional Career Coach.

PREREQUISITE: A virtual video session requires students to have access to Zoom.

Harrison

2 classes @ 2 hours each—VIRTUAL

2250 (01), Sep 14, 6:00 PM-8:00 PM, Monday—Résumé
Sep 15, 6:00 PM-8:00 PM, Tuesday—Job Search2250 (02), Oct 12, 1:00 PM-3:00 PM, Monday—Résumé
Oct 13, 1:00 PM-3:00 PM, Tuesday—Job Search2250 (03), Nov 9, 6:00 PM-8:00 PM, Monday—Résumé
Nov 10, 6:00 PM-8:00 PM, Tuesday—Job Search**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 4.***TAXES DON'T HAVE TO BE SCARY: PLAN AHEAD IN DECEMBER**

\$61 Senior Price \$47

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

3 classes @ 2 hours each at Adult Learning Center

2233 (01), Dec 1 to Dec 3, 6:00 PM-8:00 PM,
Tuesday, Wednesday & Thursday**INCOME TAX BASICS**

\$61 Senior Price \$47

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

3 classes @ 2 hours each at Adult Learning Center

2233 (02), Jan 26 to Jan 28, 6:00 PM-8:00 PM,
Tuesday, Wednesday & Thursday**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 @ 4.5 hours at Adult Learning Center - includes 30 minute break

2235 (01), Sep 26, 10:00 AM-2:30 PM, Saturday
2235 (04), Jan 23, 10:00 AM-2:30 PM, Saturday2 classes @ 2 hours each at Adult Learning Center
2235 (02), Oct 20 to Oct 21, 6:00 PM-8:00 PM,
Tuesday & Wednesday2235 (03), Nov 17 to Nov 18, 6:00 PM-8:00 PM,
Tuesday & Wednesday

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

GOOD TO KNOW!

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

NEW! MS TEAMS INTRODUCTION

\$51 Senior Price \$42

MS Teams is the Microsoft hub for easily connecting with people and providing a workspace for teams to communicate and collaborate. Do you have any idea of how to even start Teams? This beginner's class will give an introduction/overview of Teams. You will learn how to join Team meetings, set up meetings, and much more.

PREREQUISITE: Basic computer skills.

Schmidt

1 class @ 3 hours at Adult Learning Center

2658 (01), Sep 10, 6:00 PM-9:00 PM, Thursday

2658 (02), Oct 15, 8:30 AM-11:30 AM, Thursday

2658 (03), Jan 14, 6:00 PM-9:00 PM, Thursday

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), Sep 23 to Sep 30, 6:00 PM-9:00 PM, Wednesday

2671 (02), Nov 10 to Nov 17, 6:00 PM-9:00 PM, Tuesday

NEW! CANVA GRAPHICS 2: ADVANCED DESIGN

\$76

Boost your design skills with advanced Canva tools that enhance your creative workflow. Learn custom font creation, Canva apps, project resizing, layers, element styling, and shadow techniques. Apply your new skills by completing a polished seasonal project. **PREREQUISITE:** Class # 2671 or basic Canva experience.

Hazley

2 classes @ 3 hours each at Adult Learning Center

2673 (01), Oct 6 to Oct 13, 6:00 PM-9:00 PM, Tuesday

2673 (02), Jan 12 to Jan 19, 6:00 PM-9:00 PM, Tuesday

GETTING TO KNOW YOUR IPAD

\$37 Senior Price \$29

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

Burrus

1 class @ 2.5 hours at Adult Learning Center

2678 (01), Sep 21, 6:00 PM-8:30 PM, Monday

2678 (02), Nov 10, 6:00 PM-8:30 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 is not responsible for any damage, loss, or replacement of your personal device.

Burrus

1 class @ 2.5 hours at Adult Learning Center

2676 (01), Oct 12, 6:00 PM-8:30 PM, Monday

2676 (02), Dec 8, 6:00 PM-8:30 PM, Tuesday

NEW! ADVANCED IPHONE FEATURES

\$44 Senior Price \$35

This course is designed for users who are already comfortable with basic iPhone functionality and want to unlock the full potential of their device. Participants will explore advanced features that enhance productivity and customization. By the end of the course, students will be able to confidently use advanced tools and settings to personalize their iPhone experience, streamline daily tasks, and improve overall efficiency. **PLEASE NOTE:** Bring your iPhone. The ALC is not responsible for any damage, loss, or replacement of your personal device.

PREREQUISITE: 2676, *iPhone for Beginners* or basic knowledge of your IPHONE.

Burrus

1 class @ 2.5 hours at Adult Learning Center

2677 (01), Jan 19, 6:00 PM-8:30 PM, Tuesday

ANIMATED GIF CREATIVE FUN

\$42 Senior Price \$34

Ever wondered how those cute little animated cliparts are made? Join us for a basic class on how to create them.

Animated gifs can be used in presentations, emails, Facebook, and on web pages. We will use several free online programs and PowerPoint to create the gifs. Class is designed to be light and fun, not intense. Come have fun! **PREREQUISITE:** Basic computer skills.

Schmidt

1 class @ 3 hours at Adult Learning Center

2670 (01), Sep 24, 8:30 AM-11:30 AM, Thursday

2670 (02), Oct 8, 8:30 AM-11:30 AM, Thursday

2670 (03), Nov 18, 6:00 PM-9:00 PM, Wednesday

EBAY BASICS

\$59 Senior Price \$46

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

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2664 (01), Dec 10 to Dec 15, 8:30 AM-11:30 AM,

Thursday & Tuesday

Basics

COMPUTER BASICS

\$193 Senior Price \$147

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

Schmidt

6 classes @ 3.5 hours each at Adult Learning Center

2601 (01), Sep 1 to Sep 10, 8:30 AM-12:00 PM,

Tuesday, Wednesday & Thursday

2601 (02), Sep 15 to Sep 24, 2:00 PM-5:30 PM,

Tuesday, Wednesday & Thursday

2601 (03), Oct 6 to Oct 15, 5:30 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2601 (04), Oct 29 to Nov 17, 5:30 PM-9:00 PM,

Tuesday, Wednesday & Thursday - Class will not meet on Nov 3 and Nov 11.

2601 (05), Jan 5 to Jan 14, 2:00 PM-5:30 PM,

Tuesday, Wednesday & Thursday

MS OFFICE 365/2019 OVERVIEW

\$143 Senior Price \$110

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

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2621 (01), Sep 15 to Sep 23, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2621 (02), Sep 29 to Oct 7, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2621 (03), Oct 20 to Oct 28, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2621 (04), Dec 1 to Dec 9, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2621 (05), Jan 19 to Jan 27, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

FILES, FOLDERS & LIBRARIES: UP & BEYOND BASICS

\$64 Senior Price \$51

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

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2660 (01), Oct 13 to Oct 14, 8:30 AM-11:30 AM,

Tuesday & Wednesday

2660 (02), Oct 21 to Oct 22, 2:00 PM-5:00 PM,

Wednesday & Thursday

WINDOWS 11: TIPS & TRICKS

\$42 Senior Price \$34

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

Schmidt

1 class @ 3 hours at Adult Learning Center

2667 (01), Nov 4, 8:30 AM-11:30 AM, Wednesday

2667 (02), Nov 19, 6:00 PM-9:00 PM, Thursday

2667 (03), Dec 10, 6:00 PM-9:00 PM, Thursday

2667 (04), Jan 28, 2:00 PM-5:00 PM, Thursday

MS Access, Word, & Excel

MS ACCESS 365/2019 SIMPLIFIED

\$170 Senior Price \$131

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

PREREQUISITE: 2601 Computer Basics 101 or equal knowledge.

Schmidt

6 classes @ 3 hours each at Adult Learning Center

2656 (01), Nov 5 to Nov 19, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday - Class will not meet on Nov 11

2656 (02), Jan 19 to Jan 28, 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. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

Schmidt

6 classes @ 3 hours each at Adult Learning Center

2644 (01), Sep 15 to Sep 24, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2644 (02), Oct 20 to Oct 29, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2644 (03), Dec 1 to Dec 10, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2644 (04), Jan 5 to Jan 14, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

NEW! PRACTICAL TIPS FOR MICROSOFT EXCEL

\$102 Senior Price \$79

This class will feature Excel basics using practical tips. Students will learn to use data filters, create pivot tables, charts, and more. **PREREQUISITE:** 2601 Computer Basics or some experience with Microsoft Office Applications.

Spruill

4 classes @ 2 hours each at Adult Learning Center

2654 (01), Nov 2 to Nov 16, 6:15 PM-7:45 PM, Monday

NEW! MS EXCEL EN ESPAÑOL

\$84 Senior Price \$65

This class will feature Excel basics using practical tips in the Spanish language. Students will learn to use data filters, create pivot tables, charts, and more.

PREREQUISITE: 2601 *Computer Basics* or some experience with Microsoft Office Applications. Students must have basic knowledge of Spanish.

Spruill

3 classes @ 2 hours each at Adult Learning Center

2655 (01), Nov 30 to Dec 14, 6:15 PM-7:45 PM, Monday

MS EXCEL 365/2019 SIMPLIFIED

\$143 Senior Price \$110

This outstanding course will help you quickly learn essential spreadsheet design and development skills. Major topics covered are: basic structure, formatting and custom formatting, absolute/relative addressing, basic formulas, sorting/searching, ranges, charts, graphics, pivot tables, filters, and more! Plenty of shortcuts and practical applications are included. **PREREQUISITE:** 2601 Computer Basics 101 or some experience with Microsoft Office applications.

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2650 (01), Sep 1 to Sep 9, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2650 (02), Sep 29 to Oct 7, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

2650 (03), Oct 8 to Oct 20, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2650 (04), Nov 10 to Nov 19, 2:00 PM-5:00 PM.,

Tuesday, Wednesday & Thursday- Class will not meet on Nov 11

2650 (05), Dec 1 to Dec 9, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

MS EXCEL 365/2019 LEVEL 2

\$143 Senior Price \$110

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

Schmidt

5 classes @ 3 hours each at Adult Learning Center

2652 (01), Jan 5 to Jan 13, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

MS OneNote, Outlook, & PowerPoint**MS ONENOTE 365/2019 BASICS**

\$64 Senior Price \$51

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

Schmidt

2 classes @ 3 hours each at Adult Learning Center

2634 (01), Nov 4 to Nov 5, 2:00 PM-5:00 PM,

Wednesday & Thursday

2634 (02), Dec 16 to Dec 17, 8:30 AM-11:30 AM

Wednesday & Thursday

MS OUTLOOK 365/2019 BASICS

\$92 Senior Price \$72

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

Schmidt

3 classes @ 3 hours each at Adult Learning Center

2636 (01), Sep 1 to Sep 3, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2636 (02), Oct 27 to Oct 29, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2636 (03), Jan 26 to Jan 28, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

MS POWERPOINT 365/2019 BASICS

\$92 Senior Price \$72

Learn the basics of MS PowerPoint 365/2019 by creating presentations using textboxes, images, shapes, charts and tables. Also learn how to modify themes, add animations, add transitions, change background, add sound, make a presentation from a set of pictures automatically, and add automatic timing for showing a presentation. **PREREQUISITE:** 2601 Computer Basics 101 or equal knowledge.

Schmidt

3 classes @ 3 hours each at Adult Learning Center

2640 (01), Sep 8 to Sep 10, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2640 (02), Sep 29 to Oct 1, 6:00 PM-9:00 PM,

Tuesday, Wednesday & Thursday

2640 (03), Dec 15 to Dec 17, 2:00 PM-5:00 PM,

Tuesday, Wednesday & Thursday

2640 (04), Jan 19 to Jan 21, 8:30 AM-11:30 AM,

Tuesday, Wednesday & Thursday

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



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@alc_vbcps



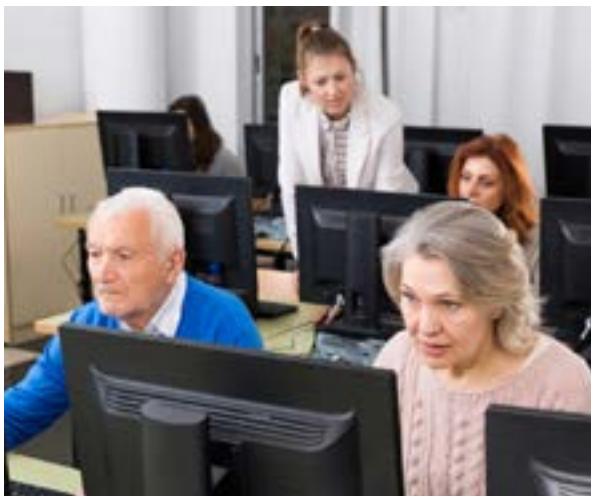
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1-ON-1 COMPUTER

\$256

If you need more help than we offer in our computer classes, consider a 1-on-1 where you choose what you want to learn. **PLEASE NOTE: If you are unsure of what type of class you need, the instructor will be happy to discuss it with you before you register. Please call the ALC at 757-648-6050 to leave your name and phone number for the instructor to call you.**

Whether you need to learn the basics or already have some computer skills, the instructor will tailor a class just for you. Need to learn how to use your computer from the very beginning? We can help with that. Want to take your Microsoft project to the next level? We can help with that, too. This is a great class to learn the in's and out's of using Microsoft to its full advantage.

No previous knowledge is needed, although knowing how to use the mouse is helpful for basic computer skills. For help with projects, you should take Computer Basics (2606) or have equivalent knowledge. Microsoft software includes Word, Excel, Access, PowerPoint, Teams, OneNote, and Outlook.

1-on-1 classes are available throughout the semester. 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. **Save and bring your course confirmation letter to the first class to receive instructions on purchasing discounted software.**

Schmidt

3 classes @ 2 hours each at Adult Learning Center

2687 The instructor will contact you to arrange a meeting time

ALC classes are only for students 18 years and older.

Cooking

NEW! 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 provided.

Shtrepi

1 class @ 2.5 hours at Adult Learning Center

2702 (01), Dec 2, 6:00 PM-8:30 PM, Wednesday

Registration for 2702 (01) closes 11/23/26. Student-initiated refunds will not be permitted after this date.

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:** Classes begin on time. To preserve the learning environment, instructors have full discretion to refuse entry to students who arrive late, as tardiness disrupts instruction and other students. Refunds will not be issued in such cases.

THE ROYAL TOUCH: ROYAL ICING 101

\$70

Love decorating cookies but can't quite crack the code on royal icing? This beginner-friendly class is your perfect starting point! Learn how to make royal icing from scratch, adjust consistency for outlining and flooding, mix vibrant colors, and master basic piping techniques. Whether you're prepping for a holiday baking spree or want to level up your decorating game, this class will give you the confidence and skills to create beautifully decorated cookies fit for a queen or king. **PLEASE NOTE:** Tuition includes supplies.

Schaefer

1 class @ 2.5 hours at Adult Learning Center

2709 (01), Nov 21, 10:00 AM-12:30 PM, Saturday

Registration for 2709 (01) closes 11/18/26.



Cookie Decorating (continued)

NEW! FALL IN LOVE: COOKIE DECORATING

\$55

Celebrate the cozy charm of autumn in our fall cookie decorating class. You'll learn how to decorate a delightful set of cookies featuring classic fall icons: a charming pumpkin, lush greenery and autumn leaves, a slice of delicious pie, and a vibrant monarch butterfly. Whether you're a beginner or looking to refine your piping skills, this class will guide you through essential decorating techniques using royal icing—including outlining, flooding, and layering for detail and dimension. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2721 (01), Aug 21, 10:00 AM-12:00 PM, Friday

Registration for 2721 (01) closes 8/18/26.



NEW! HOLIDAY JOY: COOKIE DECORATING

\$55

Are you ready to pass along some holiday cheer? Learn to decorate a festive set of holiday cookies featuring some of the season's classics. Add a little sweetness to your gifting this season by topping presents with these sweet treats, gifting them to friends and loved ones, or sharing them during the popular cookie exchange.

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

Schaefer

1 class @ 2 hours at Adult Learning Center

2725 (01), Dec 12, 10:00 AM-12:00 PM, Saturday

Registration for 2725 (01) closes 12/9/26.



NEW! HAPPY CAMPER: COOKIE DECORATING

\$55

Get ready for a sweet adventure under the stars! Learn to make adorable cookie designs like a s'mores, cuddly bear, campfire, tent and beautiful mountains in this camping themed decorating class. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2718 (01), Sep 16, 6:00 PM-8:00 PM, Wednesday

Registration for 2718 (01) closes 9/11/26.

NEW! XOXO, COOKIE CRUSH: COOKIE DECORATING

\$55

Spread the love this season and celebrate with sweet, beautifully decorated cookies. You'll decorate a charming collection of Valentine-inspired cookies to indulge in or gift to that special someone. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2727 (01), Jan 14, 6:00 PM-8:00 PM, Thursday

Registration for 2727 (01) closes 1/11/27.

NEW! FRIGHTFULLY FROSTED: COOKIE DECORATING

\$55

Get into the Halloween spirit and learn how to decorate a spooky and sweet set of cookies featuring a haunted house, a friendly ghost, a fluttering bat, and a bubbling witches' brew cauldron. This class covers step-by-step decorating techniques using royal icing to bring these eerie designs to life, with just the right mix of creepy and cute. **PLEASE NOTE:** Students will decorate and take home their creations. Tuition includes supplies.

Schaefer

1 class @ 2 hours at Adult Learning Center

2723 (01), Oct 15, 6:00 PM-8:00 PM, Thursday

Registration for 2723 (01) closes 10/12/26.



Foodies, The Local's Market

Join us for an evening of cooking, learning, and laughs. Foodies is a locally owned and operated restaurant 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. All supplies are included. Bon appétit! **PLEASE NOTE:** Classes begin on time. To preserve the learning environment, instructors have full discretion to refuse entry to students who arrive late, as tardiness disrupts instruction and other students. Refunds will not be issued in such cases.

Foodies, The Local's Market classes are held at 1060 Lynnhaven Pkwy, #106, Virginia Beach 23452.



NEW! THE FIVE MOTHER SAUCES: MASTERCLASS \$95

Master the five French mother sauces (béchamel, velouté, espagnole, tomato, and hollandaise). These core sauces serve as the foundation of many great dishes. Learn to elevate your cooking and how to apply these great sauces to create refined, restaurant-inspired dishes. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2787 (01), Sep 10, 6:00 PM-9:00 PM, Thursday

Registration for 2787 (01) closes 9/3/26. Student-initiated refunds will not be permitted after this date.

2787 (02), Jan 28, 6:00 PM-9:00 PM, Thursday

Registration for 2787 (02) closes 1/21/27. Student-initiated refunds will not be permitted after this date.

NEW! RAMEN WORKSHOP: LAYERED FLAVORS \$85

Build a complete ramen bowl from scratch while mastering balance, depth, and technique. In this hands-on class, students craft rich broth, hand rolled fresh noodles, flavorful tare, perfectly soft eggs, and seasonal toppings to create a restaurant quality ramen bowl. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2795 (01), Aug 27, 6:00 PM-9:00 PM, Thursday

Registration for 2795 (01) closes 8/20/26. Student-initiated refunds will not be permitted after this date.

NEW! RE-IMAGINED CLASSICS: CHICKEN POT PIE & SHEPHERD'S PIE

\$85

Create two timeless comfort food pies entirely from scratch in this cozy fall comfort class. Learn flaky pastry techniques, rich savory fillings, and the essential techniques that bring warmth to cold weather cooking.

PLEASE NOTE: Class includes all supplies.

Foodies

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

2783 (01), Sep 24, 6:00 PM-9:00 PM, Thursday

Registration for 2783 (01) closes 9/17/26. Student-initiated refunds will not be permitted after this date.

NEW! SOUP SEASON: MASTERCLASS

\$95

Learn how to create rich, comforting soups using seasonal ingredients. You'll make pumpkin, chicken noodle, French onion, and creamy tomato soups. These satisfying bowls are ideal for chilly winter evenings.

PLEASE NOTE: Class includes all supplies.

Foodies

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

2781 (01), Jan 7, 6:00 PM-9:00 PM, Thursday

Registration for 2781 (01) closes 12/30/26. Student-initiated refunds will not be permitted after this date.



Foodies, The Local's Market (continued)

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

NEW! FALL PASTA NIGHT: HOMEMADE PASTA

\$85

Make fresh pasta by hand while celebrating the best flavors of the season. Learn dough technique, shaping skills, and how to balance warm, cozy ingredients as you create butternut squash ravioli with brown butter sage sauce and mushroom cream. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2776 (01), Oct 8, 6:00 PM-9:00 PM, Thursday

Registration for 2776 (01) closes 10/1/26. Student-initiated refunds will not be permitted after this date.



NEW! THANKSGIVING BOOTCAMP

\$85

Take the stress out of the holidays by learning how to prepare a complete Thanksgiving meal from start to finish. Learn to roast a perfectly juicy turkey, make silky gravy, craft flavorful stuffing, simmer bright cranberry sauce, and round out the feast with classic sides that bring the whole table together. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2793 (01), Oct 22, 6:00 PM-9:00 PM, Thursday

Registration for 2793 (01) closes 10/15/26. Student-initiated refunds will not be permitted after this date.

NEW! AUTUMN COMFORT BOWLS: MASTERCLASS

\$95

Explore slow cooked comfort dishes that showcase the best of fall and winter cooking. Prepare rich beef stew, hearty vegetable stew, and deeply flavored seasonal soups—warming, cozy dishes perfect for cold weather meals. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2784 (01), Nov 5, 6:00 PM-9:00 PM, Thursday

Registration for 2784 (01) closes 10/29/26. Student-initiated refunds will not be permitted after this date.

NEW! HARVEST DINNER PARTY

\$85

Cook and plate a seasonal dinner featuring beautifully roasted chicken, hearty root vegetables, a bright apple arugula salad, and warm bread with butter. An elevated yet approachable meal perfect for fall. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2791 (01), Nov 19, 6:00 PM-9:00 PM, Thursday

Registration for 2791 (01) closes 11/12/26. Student-initiated refunds will not be permitted after this date.

NEW! THE ART OF VEGAN SIDE DISHES

\$85

Plant based dishes that deliver big flavor through seasonal ingredients and satisfying textures. Explore roasted vegetables, hearty grains, vibrant sauces, and composed sides that come together as bold, comforting cold weather plates. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2788 (01), Dec 3, 6:00 PM-9:00 PM, Thursday

Registration for 2788 (01) closes 11/24/26. Student-initiated refunds will not be permitted after this date.

NEW! CHICKEN CURRY: AN AROMATIC EXPERIENCE

\$85

Explore bold, warming spices as you learn to create chicken curry, steamed rice, naan, and a custom house spice blend. Perfect for cool weather cooking. **PLEASE NOTE:** Class includes all supplies.

Foodies

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

2785 (01), Jan 21, 6:00 PM-9:00 PM, Thursday

Registration for 2785 (01) closes 1/14/27. Student-initiated refunds will not be permitted after this date.





Fiber Arts

GRANNY SQUARES: CROCHET FOUNDATIONS

\$50

Unravel the timeless art of granny square crochet in this beginner-friendly class. You'll master the basic stitches, create colorful squares, and discover how to join them into beautiful projects like blankets, scarves, bags, and more. No prior crochet experience needed, bring your enthusiasm and creativity! **PLEASE NOTE:** Supplies are included; personal yarn and crochet hooks are welcome.

Sterling

1 class @ 2 hours at Sugared Mango

3240 (01), Oct 7, 6:00PM-8:00PM, Wednesday

3240 (02), Nov 7, 10:00 AM-12:00 PM, Saturday

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

BEGINNERS CROCHET: HOOK IT UP!

\$94 Senior Price \$73

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

Shtrepi

4 classes @ 2 hours each at Adult Learning Center

3236 (01), Sep 8 to Sep 17, 10:00 AM-12:00 PM,

Tuesday & Thursday

NEW! INTRO TO CROCHET SERIES

\$110

This class is designed for beginners with no prior experience, all supplies included. Learn core skills while crafting multiple projects.

Burns

3 classes @ 2.5 hours each at Adult Learning Center

3233 (01), Oct 23 to Nov 6, 10:00 AM-12:30 PM, Friday

ALC classes are only for students 18 years and older.

NEW! CROCHET 101

\$50

Students will learn core crochet skills enabling them to complete introductory projects. This class is designed for beginners with no prior experience. **PLEASE NOTE:** All supplies included.

Burns

1 class @ 2.5 hours at Adult Learning Center

3234 (01), Dec 4, 10:00 AM-12:30 PM, Friday

NEW! INTRO TO GRANNY SQUARES: CROCHET

\$50

Explore the foundations of creating two classic granny squares, while learning color patterning in this technique class. **PREREQUISITE:** Intro to Crochet Series or basic crochet skills with the ability to independently make slip knots, chain, and work double crochet stitches. **PLEASE NOTE:** All supplies included.

Burns

1 class @ 2.5 hours at Adult Learning Center

3260 (01), Nov 20, 10:00 AM-12:30 PM, Friday

NEW! INTRO TO KNITTING SERIES

\$120

Build foundational knitting skills while completing a series of simple, hands-on projects. This class is designed for beginners with no prior experience. **PLEASE NOTE:** All supplies are included.

Burns

3 classes @ 2.5 hours at Adult Learning Center

3248 (01), Sep 2 to Sep 16, 10:00 AM-12:30 PM, Wednesday

3248 (02), Jan 8 to Jan 22, 10:00 AM-12:30 PM, Friday

NEW! KNIT 101

\$50

Students will learn core knit skills enabling them to complete introductory projects. This class is designed for beginners with no prior experience. **PLEASE NOTE:** All supplies included.

Burns

1 class @ 2.5 hours at Adult Learning Center

3244 (01), Nov 13, 10:00 AM-12:30 PM, Friday

NEW! INTRO TO KNITTING CABLES

\$45

Learn how to create a basic 3-stitch cable while making a beautiful ear warmer. This class is designed for adventurous beginners with prior experience. **PREREQUISITE:** Intro to Knit Series or ability to independently cast on, bind off, and work both knit and purl stitches. **SUPPLIES NEEDED:** Size 11 (8mm) straight knitting needles.

Burns

1 class @ 2 hours at Adult Learning Center

3246 (01), Oct 2, 10:00 AM-12:00 PM, Friday

1-ON-1 SEWING FOR BEGINNERS

\$369

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 is not responsible for any damage, loss, or replacement of your personal sewing machine. Instructor is available on Monday and Wednesday mornings only.

Tyler

3 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 4.

1-ON-1 SEWING PROJECTS

\$369

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 is not responsible for any damage, loss, or replacement of your personal sewing machine. Instructor is available on Monday and Wednesday mornings only.

Tyler

3 classes @ 3 hours each at Adult Learning Center

3232 The instructor will contact you to arrange a meeting time

Please see 1-on-1 class policy on page 4.

Just for Fun

UNLOCKING YOUR BIRTH CHART: ASTROLOGY FOR BEGINNERS

\$65

This 2-hour beginner course offers a comprehensive introduction to astrology's core concepts and practical skills to begin interpreting your natal chart. Designed for those new to astrology, it combines theory with hands-on practice. At the end of the class you'll learn about the history and purpose of astrology, and the four key components of astrology: the planets, zodiac signs, houses, and aspects. You'll learn how to create your personal and unique natal chart using the free online tool astro.com. This class is ideal for beginners eager to explore astrology for self-awareness or personal interest.

PREREQUISITE: Bring your birth date, birth location, and exact birth time to class. Internet access is required to create a natal chart in class and at home.

Ramsdell

1 class @ 2 hours at Adult Learning Center

3270 (01), Oct 10, 10:00 AM-12:00 PM, Saturday

NEW! FOOTBALL IQ: UNDERSTAND THE GAME, NOT JUST THE SCORE

\$75

Love football but want a deeper understanding of the game? This course helps casual fans build their Football IQ by breaking down key concepts, including offensive schemes like spread, RPO, and triple option, as well as defensive coverages, blitz packages, and common penalties, so you can watch the game with confidence and insight.

Wagner

3 classes @ 2 hours each at Adult Learning Center

3292 (01), Sep 15 to Sep 29, 6:30 PM-8:30 PM, Tuesday

Get Your Craft On

NEW! HOLIDAY FLORAL CENTERPIECE

\$65

Celebrate the beauty of autumn in this floral design class. Explore the rich colors and textures of the season while learning the basics of arranging seasonal blooms, foliage, and natural elements. Create a fall-inspired centerpiece to take home. This class is perfect for beginners or those looking to refresh their skills.

PLEASE NOTE: All materials included.

Qejvanaj

1 classes @ 3 hours at Adult Learning Center

3258 (01), Oct 10, 9:30 AM-12:30 PM, Saturday

3258 (02), Nov 7, 9:30 AM-12:30 PM, Saturday

NEW! ARTIFICIAL FLORAL DESIGN

\$97 Senior \$74

Get ready to celebrate the holiday season with beautiful, handcrafted décor! In this creative hands-on course, students will learn the fundamentals of artificial floral design while creating two decorative wreaths and tabletop arrangements for fall and winter. The art of making bows that add the perfect finishing touch to wreaths and centerpieces will also be covered. This course is perfect for beginners as well as anyone who enjoys crafting and decorating for the holidays. By the end of the class, students will leave with beautiful handmade creations ready to display or gift throughout the holiday season. **SUPPLIES:** Please bring the following supplies to class:

Class 1: Grapevine wreath, flowers of your choice, 1 roll of wired ribbon and a pair of wire cutters.

Class 2: A floral foam container, flowers of your choice, 1 roll of wired ribbon and a pair of wire cutters.

Class 3: Grapevine flowers, 1 roll of wired ribbon and wire cutters and a pair of wire cutters.

Class 4: Floral foam flowers of your choice, 1 roll of wired ribbon and a pair of wire cutters.

Glue guns and glue will be provided.

Gifford

4 classes @ 2 hours each at Adult Learning Center

3259 (01), Sep 9 to Sep 30, 6:00 PM-8:00 PM, Wednesday

Avoid the disappointment of a canceled class—register early at alc.vbschools.com. Please see refund and withdrawal policies on page 4. Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.

CUT IT OUT: CRICUT FOR BEGINNERS

\$50

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 is not responsible for damage, loss, or replacement of your personal equipment.

Hazley

1 class @ 3 hours at Adult Learning Center

3216 (01), Sep 1, 6:00 PM-9:00 PM, Tuesday

3216 (02), Sep 12, 10:00 AM-1:00 PM, Saturday

3216 (03), Nov 12, 6:00 PM-9:00 PM, Thursday

NEW! CUT IT OUT 2: ADVANCED CRICUT

\$50

Take your Cricut skills to the next level. This class will focus on completing a seasonal project using advanced skills such as welding letters, layering vinyl, and other techniques within Cricut Design Space. **PLEASE NOTE:** Bring your Cricut machine, mat, scissors, practice permanent vinyl, transfer tape, and weeding accessories. Class is not suitable for Cricut Joy. **PREREQUISITE:** Class # 3216 or some prior Cricut experience. You must have a Cricut Design Space account.

Hazley

1 class @ 3 hours at Adult Learning Center

3220 (01), Oct 10, 10:00 AM-1:00 PM, Saturday

3220 (02), Dec 1, 6:00 PM-9:00 PM, Tuesday

NEW! BUTTON BUTTERFLIES

\$40 Senior \$32

Explore the art of creating beautiful butterfly designs using a vibrant assortment of colored buttons. Perfect for beginners and experienced crafters alike. **PLEASE NOTE:** Bring the following supplies to class: Assortment of (20) buttons, 12 pipe cleaners, and 2 clear glue sticks. Glue Gun (Optional). Instructor will have glue guns available.

Moore

1 class @ 2 hours at Adult Learning Center

3283 (01), Sep 15, 6:00 PM-8:00 PM, Tuesday

NEW! BUTTON SWANS

\$40 Senior \$32

Use the beauty of nature to create an elegant swan with white, soft tone buttons. You'll transform everyday materials into an eye-catching work of art. **PLEASE NOTE:** Bring the following supplies to class: Assortment of (20) buttons, 12 pipe cleaners, and 2 clear glue sticks. Glue Gun (Optional). Instructor will have glue guns available.

Moore

1 class @ 2 hours at Adult Learning Center

3285 (01), Sept 24, 6:00 PM-8:00 PM, Thursday

NEW! BUTTON FLOWERS

\$40 Senior \$32

Button Flowers make everyone smile. Once you learn this easy craft, you'll be hooked. Join the fun and find out what amazing things you can do with recycled buttons.

PLEASE NOTE: Bring the following supplies to class: Assortment of (20) buttons, 12 pipe cleaners, and 2 clear glue sticks. Glue Gun (Optional). Instructor will have glue guns available.

Moore

1 class @ 2 hours at Adult Learning Center

3280 (01), Oct 5, 6:00 PM-8:00 PM, Monday

NEW! TRICK OR TREAT BUTTONS

\$40 Senior \$32

Halloween is a great time to make a harvest themed bracelet! You can choose from candy corn or pumpkin to create a unique item. **PLEASE NOTE:** Bring the following supplies to class: Assortment of (20) buttons, 12 pipe cleaners, and 2 clear glue sticks. Glue Gun (Optional). Instructor will have glue guns available

Moore

1 class @ 2 hours at Adult Learning Center

3286 (01), Oct 13, 6:00 PM-8:00 PM, Tuesday

NEW! CHRISTMAS ORNAMENT BUTTONS

\$40 Senior \$32

Decorate your Christmas tree with handmade button candy canes and cute wreaths. These unique ornament buttons will enhance your tree with vibrant colors and shapes. Give the ornaments away as a gift or preserve them for a treasured keepsake. **PLEASE NOTE:** Bring the following supplies to class: Assortment of (20) buttons, 12 pipe cleaners, and 2 clear glue sticks. Glue Gun (Optional). Instructor will have glue guns available

Moore

1 class @ 2 hours at Adult Learning Center

3288 (01), Nov 19, 6:00 PM-8:00 PM, Thursday



Genealogy

BEGINNING GENEALOGY

\$56 Senior Price \$43

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

Moore

5 classes @ 1 hour each at Adult Learning Center

3205 (01), Oct 5 to Nov 2, 6:30 PM-7:30 PM, Monday

INTERMEDIATE GENEALOGY

\$45 Senior Price \$36

This class will discuss the use of deed, probate, and non-census population records in genealogical research and demonstrate basic problem-solving techniques to resolve conflicting information.

PREREQUISITE: 3205 Beginning Genealogy or basic genealogy knowledge.

Moore

4 classes @ 1 hour each at Adult Learning Center

3206 (01), Nov 16 to Dec 7, 6:30 PM-7:30 PM, Monday

Greek Mythology

GREEK MYTHOLOGY: GODS & GODDESSES

\$80 Senior \$61

Explore the dazzling (and sometimes disastrous) world of the Greek pantheon! From mighty Zeus and wise Athena to the mischievous Hermes and vengeful Hera, this course unlocks the secrets, scandals, and powers of the gods and goddesses who ruled Olympus. We'll dive into their family feuds, love affairs, epic adventures, and discover how their stories shaped art, language, and life as we know it. Perfect for mythology lovers and curious newcomers alike—no prior experience with lightning bolts required.

Bell

4 classes @ 1.5 hours each at Adult Learning Center

3272 (01), Oct 7 to Oct 28, 6:30 PM-8:00 PM, Wednesday

NEW! GREEK MYTHOLOGY: MONSTERS

\$80 Senior \$61

Step into the shadowy realm of legendary beasts and startling creatures! In this course, we'll meet Medusa with her petrifying gaze, the many-headed Hydra, fire-breathing Chimera, cunning Sphinx, and more. Discover the stories behind the monsters that challenged heroes and haunted ancient imaginations. We'll follow the epic battles, unravel the symbolism, and even ask—were the monsters ever really the bad guys? Bring your sense of adventure (and maybe a shield)!

Bell

4 classes @ 1.5 hours each at Adult Learning Center

3274 (01), Nov 4 to Dec 9, 6:30 PM-8:00 PM, Wednesday

Class will not meet on Nov 11 and Nov 25

ALC classes are only for students 18 years and older. Students residing outside of Virginia Beach will be charged a \$12.00 non-resident fee per course.



Photography for Beginners

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), Aug 18 to Sep 15, 6:00 PM-8:00 PM, Tuesday

3210 (02), Sep 29 to Oct 27, 6:00 PM-8:00 PM, Tuesday

3210 (03), Nov 10 to Dec 8, 6:00 PM-8:00 PM, Tuesday

BEGINNING SLR PHOTOGRAPHY PART 2: HOW TO USE YOUR CAMERA

\$104 Senior Price \$81

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

Darracott

5 classes @ 2 hours each at Adult Learning Center

3211 (01), Oct 8 to Nov 5, 6:00 PM-8:00 PM, Thursday

3211 (02), Dec 17 to Jan 28, 6:00 PM-8:00 PM, Thursday - Class will not meet Dec 24 and Dec 31.

Save, Organize, & Store Old Photos & Media

Bring your laptop, tablet and/or smart phone with digital photos to class. If you do not have a laptop, a limited number will be available during class. ALC is not responsible for damage, loss, or replacement of your personal equipment.

SAVE, ORGANIZE, & SHARE OLD PHOTOS & MEDIA: PART 1

\$37 Senior \$29

Overwhelmed by boxes of photos, slides, film reels, or home movies? This beginner-friendly course will help you preserve, digitize, organize, and share your memories with confidence. Learn about digitizing options, cloud storage, and how to create a central digital photo hub. We'll also briefly explore creative ways to celebrate your memories through photo books, gifts, and slideshows. No experience needed. This class is filled with great ideas and practical suggestions that will inspire you to get started.

Williams

1 class @ 2 hours at Adult Learning Center

3213 (01), Sep 2, 6:30 PM-8:30 PM, Wednesday

3213 (02), Nov 2, 6:30 PM-8:30 PM, Monday

3213 (03), Jan 14, 6:30 PM-8:30 PM, Thursday

PHOTO ORGANIZATION: PART 2

\$42 Senior Price \$34

Are your photos scattered across devices, boxes, and albums? This hands-on class builds on Course 3213 and guides you through converting old media to digital formats, organizing your photo and video memories, and sharing them with ease. Learn to upload, tag, and curate your collection using a free photo storage account and explore creative ways to celebrate loved ones with custom photo gifts. With just 5 to 15 minutes a day, you'll go from overwhelmed to overjoyed. **PLEASE NOTE:** Bring your laptop with digital photos to class. If you do not have a laptop, a limited number will be available during class.

RECOMMENDATION: Course 3213 (Part 1) and basic internet experience are helpful.

Williams

2 classes @ 2 hours each at Adult Learning Center

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

3214 (02), Nov 9 to Nov 16, 6:30 PM-8:30 PM, Monday

3214 (03), Jan 21 to Jan 28, 6:30 PM-8:30 PM, Thursday

NEW! CREATING PHOTOBOOKS: SIMPLE, FAST & FUN

\$42 Senior \$34

Turn your favorite memories into a beautiful keepsake using free online software. In this hands-on class, you'll follow step-by-step instructions to upload photos and design your own photo book. The software is free to use beyond class, and printed copies start at under \$19.99. You'll complete and order your book during the second session. **PLEASE NOTE:** Bring your laptop with digital photos to class. If you do not have a laptop, a limited number will be available during class. **RECOMMENDATION:** Course 3213 (Part 1) and basic internet experience are helpful.

Williams

2 classes @ 2 hours each at Adult Learning Center

3215 (01), Sep 30 to Oct 7, 6:30 PM-8:30 PM, Wednesday

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

\$42 Senior \$34

Celebrate a graduation, a birthday, or a family tradition by creating special gifts or keepsakes like 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. **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 each at Adult Learning Center

3212 (01), Nov 23 to Nov 30, 6:30 PM-8:30 PM, Monday

NEW! 1-ON-1 PHOTO ORGANIZATION

\$60

Prefer personalized instruction or need flexible scheduling? This custom course is designed to meet your needs, whether you're just starting or ready to advance beyond the Save, Organize & Share series. These sessions are designed to help you get your project off the ground and on its way to completion. The instructor is available Monday, Wednesday, or Thursday evenings, and select Saturday mornings. **PLEASE NOTE:** Bring your laptop, tablet, or smartphone with digital photos to class.

Williams

1 class @ 2 hours at Adult Learning Center

3218 The instructor will contact you to arrange a meeting time.

Please see 1-on1 class policy on page 4.



Important Information

These courses are for general wellness education and are not intended to diagnose, treat, or replace professional medical advice. Students should consult a licensed healthcare provider before significantly changing their diet, exercise routine, or health practices.

NEW! ALL EYES ON YOU: BEGINNER EYE/EYEBROW MAKEUP APPLICATION

\$68

Do you want to learn how to fill-in or shape your eyebrows like a pro? Or how to apply and blend eyeshadows to create cut creases, smoky or gradient eyes? K. Mosley, professional makeup artist, will help you create stunning eyes that become your main focal point. This class will cover sanitation practices that help preserve makeup, eyebrow, eye makeup and eye lash application. By the end of this course, students will know color compliments and the eyebrow shape that is best for your facial structure. False lash strip application will also be covered during the class for those students who want to create a more elevated eye look. **PLEASE NOTE:** Supply list available online at alc.vbschools.com. Bring supplies to all classes. 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), Oct 10, 9:30 AM-3:30 PM, Saturday

NEW! IT'S FACE TIME!: FACE MAKEUP FOR BEGINNERS

\$68

Join us for the next step after completing All Eyes on You! This beginner-friendly class is about creating a flawless, glowing complexion to enhance your natural glow. Learn how to prep with sun care, toner, and moisturizer, then build your look with foundation, contouring, bronzer, blush, and lip color. Plus, get insider tips and tricks the pros use to elevate your look. Glow starts here—beautifully, confidently, and step by step. **PLEASE NOTE:** This class does not cover eye makeup. For eye techniques, please register for 3133 (01), *All Eyes on You*. Supply list is available online at alc.vbschools.com. Bring supplies to all classes. The class will break for a brief lunch. You are welcome to bring a bag lunch or a snack.

PREREQUISITE: 3133, *All Eyes on You, Beginner Eye/Eyebrow Makeup Application*.

Mosley

1 class @ 6 hours at Adult Learning Center
3134 (01), Oct 24, 9:30 AM-3:30 PM, Saturday
3134 (02), Nov 7, 9:30 AM-3:30 PM, Saturday

NEW! SELF CARE: HEALTHY SKIN CARE RETREAT

\$150

For the cost of a spa facial, discover the basics of professional skincare in this beginner-friendly workshop taught by a licensed Master Esthetician. Learn how to care for your skin, identify skin types, and perform simple facial techniques used in spa settings. Enjoy live demonstrations and guided practice in cleansing, exfoliation, mask application, and building a daily routine. All products and materials are provided, and students will take home a starter kit of essentials.

Ferrell

1 class @ 3 hours at Bag Lady Institute of Beauty
3135 (01), Oct 6, 6:00 PM-9:00 PM, Tuesday
3135 (02), Jan 7, 6:00 PM-9:00 PM, Thursday

Class is held at Bag Lady Institute of Beauty,
3630 South Plaza Trail, Ste 220, Virginia Beach, 23462.



PEACEFUL PAWS PSYCHOLOGY

\$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's up to us to learn their language. This course is for you if you'd like to improve your relationship with your favorite furry friend and understand exactly what they most need from you. Hint: It's **NOT** another new toy or a softer dog bed!

Ramsdell

1 class @ 2 hours at Adult Learning Center

3190 (01), Oct 19, 2:00 PM-4:00 PM, Monday

IMPROVING GUT HEALTH: MOOD, ENERGY, & FOCUS

\$50

It's not just in your head, it's in your yogurt. Join Dr. Sheri Marshall in exploring the gut-brain connection and learn how to heal from the inside out. This will be an unforgettable interactive experience. ***"A healthy person has a thousand wishes, a sick person only one."***

Marshall

1 class @ 2 hours at Adult Learning Center

3144 (01), Oct 10 11:00 AM-1:00 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), Oct 13, 6:30 PM-8:30 PM, Tuesday

3126 (02), Nov 18, 6:30 PM-8:30 PM, Wednesday

NEW! DIVORCE WELLNESS FOR WOMEN

\$60

This course will provide professional support for women navigating the complexities of a divorce, whether they are contemplating, actively in the process or transitional post-divorce. Course is taught by a Certified Divorce Coach and will cover topics such as financial, personal, emotional and spiritual growth. **PREREQUISITE:** None.

SUPPLIES: A journal and ink pen are recommended.

West

5 classes @ 2 hours each at Adult Learning Center

3194 (01), Nov 9 to Dec 7, 6:00 PM-8:00 PM, Monday

THE SUBTLE LANGUAGE OF YOUR BODY: AN INTRODUCTION TO BIOFIELD TUNING

\$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), Oct 21, 2:00 PM-4:00 PM, Wednesday

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**

Languages

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.

Schaller

8 classes @ 2 hours each at Adult Learning Center

3741 (01), Sep 8 to Oct 27, 2:00 PM-4:00 PM, Tuesday

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 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 (01), Oct 2 to Nov 20, 2:00 PM-4:00 PM, Friday

NEW! 1-ON-1 ITALIAN VIRTUAL

\$273

Learn Italian 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:** Textbook is included in cost of course. Please pick up book at the ALC.

Reyes

3 classes @ 2 hours each—VIRTUAL

3740 The instructor will contact you to arrange a meeting time.

Please see 1-on-1 class policy on page 4.

NEW! ITALIAN CULTURE

\$80 Senior Price \$61

Travel to Italy without leaving the classroom in this engaging exploration of Italian culture! We'll journey through Italy's fascinating history, iconic art, beloved traditions, and modern way of life while learning basic Italian phrases along the way. With stories, cultural discussions, seasonal traditions, and tastings of Italian foods, this class offers a lively and immersive introduction into the spirit of la dolce vita. **PREREQUISITES:** Prior knowledge of the Italian language or culture is not required.

Bell

4 classes @ 1.5 hours each at Adult Learning Center

3744 (01), Nov 9 to Nov 30, 6:30 PM-8:00 PM, Monday

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

ALC classes are only for students 18 years and older.

SPANISH 1 CONVERSATION, GRAMMAR, & CULTURE VIRTUAL

\$173 Senior Price \$136

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

Reyes

8 classes @ 2 hours each—VIRTUAL

3761 (01), Sep 8 to Oct 27, 2:00 PM-4:00 PM, Tuesday

NEW! SPANISH 2 POINTERS

\$136 Senior Price \$104

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. **PREREQUISITES:** 3761, *Spanish 1* or familiarity with the language. **SUPPLIES:** Handouts will be provided.

Spruill

8 classes @ 1.5 hours each at Adult Learning Center

3764 (01), Sep 9 to Oct 28, 6:00 PM-7:30 PM, Wednesday

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 4.



Music

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), Sep 10 to Oct 29, 6:30 PM-7:30 PM, Thursday

NEW! INTERMEDIATE GUITAR 2

\$89 Senior Price \$68

This course is a continuation of *Intermediate Guitar 1* and focuses on the integration of all previously learned skills and techniques to evoke chord-melody and solo playing. A continued study of the blues is also included.

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: 2128 (01) *Intermediate Guitar 1* or equivalent knowledge.

Allred

8 classes @ 1 hour each at Adult Learning Center

2129 (01), Nov 12 to Jan 28, 6:30 PM-7:30 PM, Thursday

Class will not meet Nov 26, Dec 17, 24 and 31.

INSTANT GUITAR 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 guitar the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. **NOTE:** Fee includes the online book, online follow up lessons, a recording of the class and an optional periodic question and answer session. Class consists of partly hands on instruction and lecture demonstration. **PREREQUISITE:** This is an introductory class. Prior guitar training is not required; however, students must have a guitar to practice lessons.

Coffman

1 class @ 2.5 hours—VIRTUAL

2115 (01), Oct 20, 6:30 PM-9:00 PM, Tuesday

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), Oct 19, 6:30 PM-9:30 PM, Monday

HOW TO PLAY PIANO BY EAR VIRTUAL

\$65

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! **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, experience with chords recommended. Students must have a piano or keyboard to practice lessons.

Coffman

1 class @ 2.5 hours—VIRTUAL

2117 (01), Nov 21, 10:00 AM-12:30 PM, Saturday

NEW! INSTANT UKULELE FOR BUSY PEOPLE VIRTUAL

\$65

In just a few hours, you can learn enough about playing the ukulele to give you years of musical enjoyment. This crash course will teach you some basic chords and have you playing along with your favorite songs right away.

PLEASE NOTE: Fee includes the online book, online recorded follow up lessons, a recording of the class and access to optional live periodic question and answer session. Class consists of partly hands-on instruction and lecture demonstration. **PREREQUISITE:** This is an introductory class. Prior ukulele training is not required; however, students must have a ukulele to practice lessons.

Coffman

1 class @ 2.5 hours—VIRTUAL

2116 (01), Oct 22, 6:30 PM-9:00 PM, Thursday

Art

FUNDAMENTALS OF WATERCOLORS

\$153 Senior Price \$116

Develop foundational watercolor skills by exploring various materials, fundamental techniques, color theory, composition and personal expression. Students will produce a series of practice pieces and a final project.

SUPPLIES: 12 minimum pallet of colors needed. Pack of watercolor brushes and paper will be provided.

Gifford

8 classes @ 2 hours each at Adult Learning Center

3276 (01), Sep 8 to Oct 27, 6:00 PM–8:00 PM, Tuesday

PENCIL ME IN: INTRO TO DRAWING

\$120 Senior Price \$95

This class is where pencil, possibility, and passion intersect. Learn to draw in a fun, relaxed setting in this beginner-friendly class. Explore the basics of drawing, like using simple lines, shapes, and shading to create real-looking images. We'll use drawing and colored pencils while learning to incorporate perspective and proportion to build a complete picture. Each week, you'll add new techniques to your toolbox to create finished drawings. **PLEASE NOTE:** Supply list is available online at alc.vbschools.com. Please bring supplies to each class.

Pace

4 classes @ 3 hours each Adult Learning Center

2174 (01), Jan 5 to Jan 26, 6:00 PM–9:00 PM, Tuesday

Voice-overs

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 hours—VIRTUAL

2305 (01), Sep 23, 6:30 PM–8:30 PM, Wednesday

2305 (02), Nov 10, 6:30 PM–8:30 PM, Tuesday



Dance

NEW! SOULFUL VIBES: LINE DANCING

\$45

This is a beginner friendly line dancing class designed to promote fitness, mobility, and community through the love of dance. Come out and boost your energy and confidence as you sharpen your dance skills through choreographed moves. **PLEASE NOTE:** Students are encouraged to bring water bottles to stay hydrated.

Todd

4 classes @ 1.25 hours each at Adult Learning Center

2154 (01), Oct 7 to Oct 28, 6:00 PM–7:15 PM, Wednesday

2154 (02), Nov 9 to Nov 30, 6:00 PM–7:15 PM, Monday

NEW! NEXT STEP: ADVANCED LINE DANCING

\$45

This advanced line dance course is designed for experienced dancers or quick learners who have mastered the basics and are eager to push their skills to the next level. We'll explore intricate footwork, faster tempos, and more complex choreography. **PLEASE NOTE:** If you are new to line dancing, please consider taking course # 2154. Students are encouraged to bring water bottles to stay hydrated. Students are welcome to bring clacking fans.

Todd

4 classes @ 1.25 hours each at Adult Learning Center

2156 (01), Jan 6 to Jan 27, 6:00 PM–7:15 PM, Wednesday

Free Seminars

Take advantage of a free seminar. Learn how to buy a house, protect yourself or plan for your future. **Register online at alc.vbschools.com, by email or mail.**



NEW! UNDERSTANDING MENTAL HEALTH

This seminar provides an introduction to mental health awareness, emotional well-being, and practical coping strategies for everyday life. Participants will explore common mental health challenges, stress management techniques, communication skills, and ways to build resilience in personal and professional settings.

G. Williams

1 class @ 1 hour at Adult Learning Center

3108 (01), Sep 22, 6:00 PM-7:00 PM, Tuesday

NEW! NAVIGATING WORKPLACE CHALLENGES

Have you ever experienced workplace difficulties? This course will help you navigate challenges, conflicts, or dysfunction in an effective, structured manner.

Spruill

1 class @ 3 hours at Adult Learning Center

3106 (01), Oct 24, 11:00 AM-2:00 PM, Saturday

CELEBRATING DIFFERENCES

Working or interacting with Difficult People can be challenging. This class will help you find value in differences by providing strategies and techniques for managing challenging interactions in your work and personal life. You'll develop active listening and effective communication skills that will help you de-escalate conflicts and build more positive relationships. Learn how to appreciate other by celebrating YOU! **SUPPLIES:** Students will need to bring paper and an ink pen.

Spruill

1 class @ 3 hours at Adult Learning Center

3101 (01), Sep 26, 11:00 AM-2:00 PM, Saturday

3101 (02), Jan 9, 11:00 AM-2:00 PM, Saturday

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: Walk-ins will not be permitted. Registered ALC students will receive an external registration link via email six weeks before the class date. There will be a 30-minute break for lunch. You are welcome to bring your lunch, drink, or snack.**
Walker

1 class @ 6.5 hours at Adult Learning Center

2237 (01), Sep 26, 9:00 AM-3:30 PM, Saturday

2237 (02), Jan 23, 9:00 AM-3:30 PM, Saturday





ADVANCE CARE PLANNING

Advance Care Planning is an essential step for every adult starting at age 18. This class highlights the importance of discussing your healthcare preferences and understanding the legal process for naming someone you trust to make medical decisions if you're ever unable to do so. Participants will learn the key components of advance care planning and have the opportunity to ask questions in a supportive, informative setting.

Bryant: Sentara Center for Healthcare

1 class @ 2 hours Adult at Learning Center

3114 (01), Oct 22, 10:00 AM-12:00 PM, Thursday

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! ***This workshop is designed for individuals who are planning to retire within the next year or who have recently retired.***

Hannahs

2 classes @ 2 hours each at Adult Learning Center,

2244 (01), Oct 21 to Oct 28, 6:00 PM-8:00 PM,

Wednesday

NEW! SKINCARE CAREERS 101: HOW TO BECOME A LICENSED ESTHETICIAN

Interested in a future in beauty and wellness? Join Licensed Esthetician Valerie Ferrell for an introductory class that explores the career path of a licensed esthetician. Learn about skincare treatments, professional tools, Virginia licensing and education requirements, spa services, entrepreneurship, and training options. This course is perfect for anyone exploring new career possibilities in the skincare field.

Ferrell

1 class @ 2 hours at Bag Lady Institute of Beauty

2238 (01), Oct 19, 6:00 PM-8:00 PM, Monday

**Class is held at Bag Lady Institute of Beauty,
3630 South Plaza Trail, Ste 220, Virginia Beach, 23462.**

NEW! NATURAL SKINCARE

Designed for beginners and beauty enthusiasts alike, this course introduces the fundamentals of skin health, product knowledge and daily skin management practices. Students will learn how to identify different skin types, address common concerns and develop holistic skincare routines that support healthy, radiant skin naturally.

Dunson

1 class @ 2 hours at Adult Learning Center

2242 (01), Oct 24, 11:00 AM-1:00 PM, Saturday

FINANCIAL PLANNING & BEHAVIORAL FINANCE IN THE 21ST CENTURY: A NEW VISION

As Baby Boomers retire and AI, flexible work, and healthcare shifts redefine the economy, new opportunities are emerging for people of all ages to design a life aligned with their values. This two-part course will help you navigate these changes to build sustainable income, manage healthcare complexity, minimize taxes, and create multi-generational financial independence. Learn both traditional financial planning strategies—budgeting, insurance, and investments—and modern insights on preventive care, behavioral finance, and neuroeconomics to make empowered, informed decisions about your future.

Papa

1 class @ 4 hours at Adult Learning Center

2240 (01), Oct 10, 10:00AM-2:00PM, Saturday

2 classes @ 2 hours each at Adult Learning Center

2240 (02), Nov 10 to Nov 12, 6:30PM-8:30PM,

Tuesday & Thursday

**Avoid the disappointment of a canceled class.
Register early online at alc.vbschools.com.
Please see school policies on page 4.**

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

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.

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

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



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Title IX Notice: Complaints or concerns regarding discrimination on the basis of sex or sexual harassment should be addressed to the Title IX Coordinator, at the VBCPS Office of Student Leadership, 641 Carriage Hill Road, Suite 200, Virginia Beach, 23452, (757) 263-2020, Robin.Reese@vbschools.com (student complaints) or the VBCPS Department of School Leadership, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456, (757) 263-1088, Robert.Wnukowski@vbschools.com (employee complaints). Additional information regarding Virginia Beach City Public Schools' policies regarding discrimination on the basis of sex and sexual harassment, as well as the procedures for filing a formal complaint and related grievance processes, can be found in School Board Policies 5-31 and 5-44 and School Board Regulations 5-44.1 and 5-44.2 (students), School Board Policy 4-4 and School Board Regulation 4-4.3 (employees) and on the School Division's website at Title IX. Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Executive Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452.

COMMUNITY EDUCATION REGISTRATION FORM

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

STUDENT NUMBER	LAST NAME	FIRST NAME	MI
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STREET ADDRESS	CITY
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STATE	ZIP	EMAIL
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☐ Please check if you are a SENIOR Citizen (60 or older)

BIRTH DATE (To verify ADULT/SENIOR status) - -
MM - DD - YYYY

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

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

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

TOTAL _____

Fax to 757-648-6078

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

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

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WITHDRAWAL/TRANSFER POLICY: Student-initiated transfers and withdrawals will be assessed a \$15 processing fee. Withdrawals must be submitted in writing seven business days before the class start date to be eligible for refund. Please allow two weeks for processing. No refunds are issued once class has started or if you fail to attend class without notification. Withdrawal requests may be emailed to ALCINFO@vbschools.com.

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Welding Classes Coming Soon!

