



COMMUNITY EDUCATION

Summer 2024: June 3 - 28

Registration Begins May 13

(Use QR Code or Link below to register)



Classes Fill Up Fast Save your Spot!

<https://www.tusd.org/tas/enrollment-page/index>

SUMMER 2024 REGISTRATION DATES

- May 13 - Online Registration Begins
- May 22 - Mail & Walk-In Registration Begins

SCHOOL HOLIDAYS (NO CLASS MEETINGS)

- June 19 - Juneteenth

Visit the TAS Website for our Policies & Procedures.

TEACH AN ADULT EDUCATION CLASS

Want to teach an adult education class?

- Wondering how to apply or organize the class? Contact the TAS Principal, Ryan Whetstone:
Phone (310) 533-4689 x8380
Email: Whetstone.Ryan@tusd.org



NOTICE OF PUBLICITY & PHOTO RELEASE

- TAS students may be photographed or filmed for TAS and/or TUSD marketing or public relations purposes. Consent is given by completing the registration form at enrollment.
- If you do not want your photograph to appear on publications, please email the TAS administrators.

Community Education & Interests

PARENT/CHILD EDUCATION

PLEASE LOOK FOR THE CORRECT AGE RANGE FOR YOUR CHILD

- Classes offer great learning activities where parents & children learn and play together
- Adults come to class with their children
- The parent, or other adult, attending the classes (with a child) is the student
- **Registration Forms** - Please provide the ADULT student's information (ADULT name, ADULT birthday, ADULT contact information, etc.)
- **Enroll early, classes fill up quickly!**

PARENTING THE PRE-SCHOOLER (ages 2-4 years)

Course - \$49.00

Jun 6 - 27 ; Th 9:30a-11:30a ; Section #21713200 ; Cabrera Mora ; Levy Adult Ctr Rm K1

- Parents and their pre-schoolers engage in quality enrichment activities, including art, music, and games, with major emphasis on communication and cooperation skills
- Your child will have the opportunity to learn & grow socially, and parents have the opportunity to guide and help in the growing process.
- Adult discussion addresses physical and social development, and teaches techniques that encourage positive behaviors
- Parents take time to play, laugh, and share with their child during these important years of childhood development

PARENTING THE TODDLER (ages 1-4 years)

Course - \$49.00

Jun 7 - 28 ; F 9:30a-11:30a ; Section #21712200 ; Cabrera Mora ; Levy Adult Ctr Rm K1

- Parents of toddlers participate in activities designed to promote positive learning experiences
- This class encourages the understanding of the ages and stages of normal growth and development
- Parents learn and discuss the important physical & social changes, self-awareness, motor development, raising eco-friendly children, communication, and importance of literature
- Helps parents understand and accept each child as a unique and special individual

ARTS AND CRAFTS

Community Education/Interest classes are fully funded by student fees

- **ENROLL EARLY** TO ASSURE YOUR CLASS IS OFFERED
- Classes not meeting minimum enrollments will be canceled prior to the first class session

DECORATIVE PAINTING

Course - \$44.00 (does NOT include painting / art materials)

Jun 20, 24, & 27 ; M & Th 10:30a-1:30p ; Section #20030200 ; Numamoto; Levy Adult Ctr Rm 2

Materials list will be provided by the teacher on the first day of class.

- Learn this popular painting technique that shades, highlights, & blends in one stroke of your brush
- Paint gifts for family and friends or something special for your home
- Use this fun & easy technique on glass, wood, tin, fabric, furniture, & walls
- All levels and all ages welcome!

DRAWING - BASIC TECHNIQUES

Course - \$64.00 ; Jun 6 - 27 ; Th 10a-12p ; Section #20048200 ; Svezia ; Levy Adult Ctr Rm 7

- Students must bring a 9"x12" drawing pad (not a sketch pad), #2 pencil, and a pink or white eraser
- Learn basic drawing techniques

Community Education/Interest classes are fully funded by student fees

- **ENROLL EARLY** TO ASSURE YOUR CLASS IS OFFERED
- Classes not meeting minimum enrollments will be canceled prior to the first class session

AEROBICS - LOW-IMPACT

Wear comfortable clothing / shoes and bring weights

- Emphasizes warm-up, light aerobics, stretching, balance, and strength building
- Exercises are done standing and seated

Course - \$39.00 ; No Class Jun 19.

Jun 3 - 26 ; MW 8a-9a ; Section #22111200 ; Valentine, L. ; Levy Adult Ctr MPR

Course - \$39.00 ; No Class Jun 19.

Jun 3 - 26 ; MW 9:05a-10:05a ; Section #22111230 ; Valentine, L. ; Levy Adult Ctr MPR

Course - \$39.00 ; No Class Jun 19.

Jun 3 - 26 ; MW 10:10a-11:10a ; Section #22111260 ; Valentine, L. ; Levy Adult Ctr MPR

GET FIT FAST (LEVEL 1)

Bring own yoga mat and hand weights. Class taught by 35+ year certified personal trainer.

Course - \$34.00

Jun 4 - 27 ; TTh 9:10a-10:10a ; Section #22131230 ; Valentine, P. ; Levy Adult Ctr MPR

- Individualized fitness program helps students assess their own personal muscular weaknesses, provide exercises and movements for strengthening, use their own body weight, and "tweak" movements for their particular needs
- Learn how to adjust movements from beginning, intermediate, to advanced

GET FITTER FASTER (LEVEL 2)

Bring own yoga mat and hand weights. Class taught by 35+ year certified personal trainer.

Course - \$34.00

Jun 4 - 27 ; TTh 8a-9a ; Section #22131200 ; Valentine, P. ; Levy Adult Ctr MPR

- Individualized fitness program helps students assess their own personal muscular weaknesses, provide exercises and movements for strengthening, use their own body weight, and "tweak" movements for their particular needs ;
- Learn how to adjust movements from beginning, intermediate, to advanced

MUSCLE STRENGTHENING

Course - \$34.00 ; No Class Jun 19.

Jun 3 - 26 ; MW 11:15a-12:15p ; Section #22123200 ; Valentine, L. ; Levy Adult Ctr MPR

- Learn safe and proper techniques for upper and lower body strengthening
- Improve posture, strengthen the back, assist with balance, and avoid bone loss
- Students use free weights, elastic bands, and other equipment to enhance strength building; chair aerobic routine is included

Community Education/Interest classes are fully funded by student fees

- **ENROLL EARLY** TO ASSURE YOUR CLASS IS OFFERED
- Classes not meeting minimum enrollments will be canceled prior to the first class session

T'AI CHI-QI GONG BEGINNING

Students must be able to stand throughout the class; wear low grip athletic shoes
Course - \$39.00 ; No Class Jun 19.

Jun 5 - 26 ; W 1p-2:30p ; Section #22310210 ; Guillermo ; Levy Adult Ctr MPR

- Increase your strength, endurance, balance, and stress resilience
- Learn ancient Chinese Qi Gong exercises & the 1st part of T'ai Chi Chu'an 24 short form

T'AI CHI-QI GONG INTERMEDIATE

For those who took T'ai Chi-Qi Gong Beginning class ; continue to T'ai Chi Chu'an Short Form.
Students must be able to stand throughout the class; wear low grip athletic shoes
Course - \$39.00

Jun 6 - 27 ; Th 11a-12:30p ; Section #22321200 ; Guillermo ; Levy Adult Ctr MPR

- Improve strength, balance, focus, and relaxation
- Cultivate life force energy and increase the flow of "chi" throughout the body
- New postures will be added to the Yang Style Short Form sequence
- Previously learned postures will be refined and reviewed



T'AI CHI-QI GONG ADVANCED

For those who took T'ai Chi-Qi Gong Intermediate class ; master forms of Yang Style T'ai Chi Chu'an & Qi Gong

Students must be able to stand throughout the class; wear low grip athletic shoes
Course - \$39.00

Jun 6 - 27 ; Th 1p-2:30p ; Section #22322210 ; Guillermo ; Levy Adult Ctr MPR

- Deepen your skills in cultivating life force energy & increasing the flow of "chi" throughout the body
- Continuous refinement of the Yang Style Shot Form, Long Form, and Fast Forms

YOGA - CHAIR

All levels welcome; class is for those who need non-floor stretching and strengthening
Course - \$59.00

Jun 4 - 27 ; TTh 11a-12p ; Section #22420260 ; Eichel ; Levy Adult Ctr Music Rm

- Yoga fitness exercises adapted to seated chair positions
- Gain greater flexibility & strength through breathing, stretching & relaxation techniques

SPECIAL INTERESTS

Community Education/Interest classes are fully funded by student fees

- **ENROLL EARLY** TO ASSURE YOUR CLASS IS OFFERED
- Classes not meeting minimum enrollments will be canceled prior to the first class session

DINNER TONIGHT

Course - \$49.00 ; Jun 6 - 27 ; Th 12:30p-1:30p ; Section #23120220 ; Dean ; Online

- Learn to cook a healthy & delicious dinner every week - Chicken Pot Pie, Tikka Masala, Stuffed Shells, Risotto, Thai Chicken Pasta, and more - recipes can be vegetarian modified
- Advanced prep is not required (cooking & chopping done together)
- Recipes will be emailed to you one week prior so you can purchase ingredients

FLORAL DESIGN

**Students must bring 1-2 dozen roses to the 1st class; bring own cutters & flower bucket
Teacher will provide container & greens if needed**

- Learn to make each week's arrangement in a step-by-step demonstration
- Advanced students will use their imagination to add to their arrangements
- Learn how to make corsages & boutonnieres ; how to clean and preserve flowers & greens

Course - \$79.00

Jun 4 - 25 ; T 9a-11:30a ; Section #20911100 ; Perry ; Hamilton Adult Ctr Rm 12

SEWING - BASIC SKILLS BEGINNER/INTERMEDIATE

Students may bring their own sewing machine (TAS does not provide sewing machines)

- **Beginners:** For the 1st day, students must bring a "Start to Sew Kit" (found at Walmart) ; teacher will provide a Materials List on the 1st day of class
 - Learn basic sewing skills, sewing terminology, how to take body measurements, how to select a pattern according to body measurements, and how to sew by hand using various techniques and stitches
 - Class will include various types of fabrics and how they are woven
 - Students will complete a project using a pattern and guide sheet by hand sewing skills
- **Intermediate: Students must have basic sewing skills**
 - Class will include various types of interfacing and its use, how to make handmade button holes and button shank, how to sew on hooks & eyes, how to set in sleeves, apply seam binding and a zipper
 - Project: Blouse and Skirt (students may bring their own sewing machine)

Course - \$119.00 ; Jun 4 - 25 ; T 10:30a-1:30p ; Section #23081200 ; Jackson ; Levy Adult Ctr Rm 7

STAY INFORMED, STAY CONNECTED!

Sign up for TAS Text Message alerts and email list
for the latest school news, important updates, and more!

Sign Up at www.bit.ly/TASTEXT

Student ID # _____



I attended Torrance Adult School Before: Yes No

Community Interest Enrollment Form

Last Name: _____ First Name: _____

Address: _____

City: _____ Zip Code: _____ Phone: (____) _____ - _____

Home Cell or Work

Email: _____

Gender: Male Female Non-Binary Birth Date _____
Month Day Year

Emergency Contact Information:

Contact Name: _____ Relationship: _____ Phone: _____
Home Cell or Work

Where did you hear about us: Friend Work Catalog Drive-By Internet/Web Instagram Twitter
 Facebook Family Member Other _____

Course Selection

Section #1 _____	Class Title _____	Fee Amt \$ _____
Section #2 _____	Class Title _____	Fee Amt \$ _____
Section #3 _____	Class Title _____	Fee Amt \$ _____
TOTAL AMT \$		_____

By signing this form, I agree to the Internet Agreement on the TAS website and the photo Release Agreement in the catalog. *If you do not agree to the Photo Release agreement, please submit a letter to the Torrance Adult School Administrator. By signing this form, I allow my school information to be shared with other educational/career institutions.

Student Signature: _____ Date: _____

Payment Information: <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	Credit Card <input type="checkbox"/> <input type="checkbox"/>	Expiration Date: ____/____
Card # <input type="text"/>		
Card Holder Name: _____	Make Checks payable to: TUSD	

Entered by _____ Date _____

Revised 6/20/2023

TORRANCE ADULT SCHOOL LOCATIONS

HAMILTON CENTER (HAC)
2606 W. 182nd St, 90504
(310) 533-4689 ext. 8400

GRIFFITH CENTER (GAC)
2291 Washington Ave, 90501
(310) 533-4689 ext. 8300

LEVY CENTER (LAC)
3420 W. 229th Pl, 90505
(310) 533-4689 ext. 8200

Community Education & Interests

