

FALL
2022

FUHSD Adult School

**A New Beginning
A New You, A New School!**

- Bright Beginnings Preschool & GymKids
- Exercise, Art and much more!
- Become a Certified CNA
- Earn your Diploma or GED
- Free ESL and Citizenship Classes



Fall Classes begin August 22, 2022

Register today! (408) 522-2700 fuhsdadultschool.com



Find us at our new location:
589 W. Fremont Ave. in Sunnyvale
FUHSD Adult School serving our community since 1923

Drop in for a FREE trial class!

Please join us at our new location for a day of free classes.
Come try something new, meet new friends and see what our school can offer you!

You're Invited!

Monday, August 15
10am to 8pm
589 W. Fremont Ave.
Sunnyvale

Schedule of Free Classes for August 15th

Time	Teacher	Class Title
10:00-10:45 AM	Amy Chan	Aerobic Rhythms/ Zumba Toning
11:00-11:45 AM	Sara L. Frank	Calligraphy
12:00-12:25 PM	Kee Ong	Kung Fu Fitness/Tai Zu
1:00-1:30 PM	Michael Law	Ukulele
2:00-2:35 PM	Robin Pickel	Hatha Yoga
2:00-2:45 PM	Karen Tseng	Chinese Calligraphy/ Brush Painting
3:00-3:45 PM	Karen Enz	Creative Writing
4:00-4:45 PM	Dmitry Grudsky	Fundamentals Of Drawing
5:00-5:45 PM	Hsi-Chi & Su Mei	Beginning Mandarin
5:00-5:45 PM	Julie Orr	Hike For Health
5:30-6:15 PM	Debbie Rocha	Tap Dancing
6:00-6:45 PM	Connie Chen	Beginning Ikebana
7:00-7:45 PM	Keith Minton	Argentine Tango

Register today for Fall term classes beginning August 22, 2022.
Call us (408) 522-2700 or visit fuhsdadultschool.com



Register before August 5, 2022 and
receive the **\$5 Early Bird discount!**



FUHSD Adult School

Sunnyvale Main Campus
(408) 522-2700
589 W. Fremont Ave.
Sunnyvale CA
fuhsdadultschool.com

Bright Beginnings Preschool

(408) 716-0552
572 Dunholme Way
Sunnyvale CA
fuhsdadultschool.com

New Teachers & Classes for Fall 2022

Aerobics and Zumba Classes



MEET DEBBIE ROCHA OUR TAP DANCING INSTRUCTOR

Debbie has been teaching dance to all ages for over 20 years. She has a Secondary Teaching Credential (English and Dance). She has been a studio owner and has taught all levels at a variety of locations. She is a former member of Dance Masters. Debbie also teaches English as a Second Language classes.

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M	Tap Dancing: Beginning Debbie Rocha 5:30-6:30 PM	Main Campus A103 Price: \$88.00 7 Weeks
M	Tap Dancing: Beginning, Intermediate Debbie Rocha 6:30-7:30 PM	Main Campus A103 Price: \$88.00 7 Weeks

"After being sheltered during COVID 19, I decided to take an in-person Sustainable Gardening class. I wanted to learn to grow my own vegetables. The Master Gardeners taught me that sustainable gardening means gardening in a smart and eco-friendly way. It's all about giving back to mother nature by using organic growing methods so you use fewer chemicals and adopt greener alternatives when you're gardening. Food produced in a sustainable garden is rich in terms of both nutrients and taste!" - V. Asstories, Sustainable Gardening Student

FUHSD Partnership with The Silicon Valley Chinese School

Silicon Valley Chinese School has been serving the south Bay Area in Chinese language and cultural learning since 1974. At FUHSD, Adult students will not only learn the Mandarin language, but will have an opportunity to be immersed beyond the text, enriching their understanding of Chinese culture and customs.

Day	Class/ Teacher/ Time	Location/Price/ Weeks
T	Mandarin, Beginning 1 Hsi-Chi Chen 7:00-8:45 PM	Main Campus 102 and Online Price: \$250.00 8 Weeks
W	Mandarin Conversational, Inter/Adv Hsi-Chi Chen 7:00-8:45 PM	Main Campus 102 and Online Price: \$250.00 8 Weeks

UC Master Gardeners classes



Learn to Conserve water and grow your own food.

The UC Master Gardener Program of Santa Clara County is a volunteer organization sponsored by the University of California Cooperative Extension. Their mission is to extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices to county residents. In partnership with them our school will be offering the following classes:

Day	Class/ Teacher/ Time	Location/Price/ Weeks
T	Landscaping, Waterwise Santa Clara Master Gardeners 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks
T	Gardening, Beginning Santa Clara Master Gardeners 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks
T	Sustainable Vegetable Gardening Santa Clara Master Gardeners 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$120.00 6 Weeks
T	Fruit Tree Basics Santa Clara Master Gardeners 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks

Introducing The Mandarin Teaching Team!



TEACHER SU MEI

As an excellent instructor who has educated students of all levels in improving their ability to speak Mandarin, Professor Su Mei Huang is an outstanding addition to our staff. She holds a Master's Degree in Teaching Chinese as a Second Language and is a recipient of the prestigious Excellence Teacher Award for her 10 years of service within the teaching field.

TEACHER HSI-CHI

Chen Hsi-Chi is a highly accomplished instructor who holds a wealth of experience in teaching Mandarin to students for over 25 years. Holding a PH. D, in Philosophy and a Master's Degree in Applied Linguistics, she guides Mandarin learners of all levels to meeting their language goals.



Exercise and Fitness

Energize Your Life! Live Longer, Live Stronger!

Aerobics and Zumba Classes

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M/W/F	Aerobic Rhythms Amy Chan 8:00-9:00 PM	Sunnyvale Senior Center *Non-Seniors Are Welcome \$180.00 Seniors/ \$190.00 Non-Seniors 10 weeks
M/W/F	Aerobic Rhythms Amy Chan 10:00-11:00 PM	Online \$180.00 Seniors/ \$190.00 Non-Seniors 10 weeks
T	Zumba Toning Amy Chan 6:00-8:30 PM	Main Campus A103 Price: \$110.00 10 weeks
TH	Zumba Toning Amy Chan 5:30-6:30 PM	Main Campus A103 Price: \$110.00 10 weeks
TH	Abs and Booty Buster Amy Chan 5:00-5:30 PM	Main Campus A103 Price: \$50.00 10 weeks

Basketball

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M/W	Basketball, 5 on 5 Sam Lin 8:30-10:00 PM	Fremont HS Small Gym Price: \$150.00 15 Sessions
M	Basketball, 5 on 5 Sam Lin 8:30-10:00 PM	Fremont HS Small Gym Price: \$75.00 7 Sessions
W	Basketball, 5 on 5 Sam Lin 8:30-10:00 PM	Fremont HS Small Gym Price: \$80.00 8 Sessions

Hike for Health



Day	Class/ Teacher/ Time	Location/Price/ Weeks
W	Hike for Health Julie Orr 8:30-2:30 PM	Parks in the Community Price: \$105.00 8 Weeks
W	Hike for Health Willie Wool 8:30-2:30 PM	Parks in the Community Price: \$90.00 7 Weeks

Tai Chi Classes

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M	Tai Chi Kee Ong 9:30-11:00 AM	Sunnyvale Senior Center Price: \$55.00 6 Weeks
T	Tai Chi Barbara Wong 10:00-11:30 AM	Online or Main Campus Price: \$70.00 8 Weeks
W	Tai Chi Kee Ong 9:30-11:00 AM	Online Price: \$70.00 8 Weeks



MEET KEE ONG TAI CHI & KUNG FU FITNESS INSTRUCTOR

Kee Ong has been practicing the art of Tai Chi for over 40 years. In that time he has imparted his vast knowledge to our students as they've looked to fulfill their own fitness goals. Kee will be introducing a new Kung Fu style fitness class this coming fall.

Karate and Self Defense

Day	Class/ Teacher/ Time	Location/Price/ Weeks
W	Kung Fu Fitness Kee Ong 6:45-8:45 PM	Main Campus A103 Price: \$120.00 6 Weeks
T	Self Defense (Kenpo Karate) Rene Krischbaum 6:30-8:00 PM	Main Campus A103 Price: \$105.00 7 Weeks
TH	Self-Defense Workshop Brian Neeley 9:30-11:00 PM	Main Campus A103 Price: \$65.00 4 Weeks

STUDENT TESTIMONIAL FOR SELF-DEFENSE

"The Self-Defense Workshop offered me a peace of mind that I never knew existed. I am sincerely grateful to FUHSD for offering this class. I would recommend this class to every single woman and senior citizen I know. This is such a wonderful and potentially life-saving learning experience!"

- Jay Wang, Self Defense Student

Dance, Music and Yoga

Discover Your Passion With Us!



MEET MICHAEL LAW UKULELE INSTRUCTOR

Michael has been teaching ukulele classes at the FUHSD Adult School since 2019. He plays a variety of musical instruments with training in music theories, song writing, and compositions. Michael is excited to share the fun of playing the ukulele with a structured approach. His classes cover a variety of ukulele techniques, popular songs, and different genres which would fit the interests of all ages.

Ukulele

Day	Class/ Teacher/ Time	Location/Price/ Weeks
TH	Ukulele, Beginning Michael Law 6:15-7:15 PM	Main Campus A101 Price: \$100.00 8 Weeks
TH	Ukulele, Advanced Beginning/Intermed Michael Law 7:30-8:30 PM	Main Campus A101 Price: \$100.00 8 Weeks

Yoga and Meditation Classes

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M	Meditation And Visualization Robin Pickel 9:30-10:30 AM	Online and Main Campus Price: \$95.00 7 Weeks
W	Hatha Yoga! Robin Pickel 11:30-1:00 PM	Online and Main Campus Price: \$140.00 8 Weeks
W	Hatha Yoga! Robin Pickel 5:30-6:30 PM	Online and Main Campus Price: \$125.00 8 Weeks
F	Hatha Yoga! Robin Pickel 10:15-11:45 AM	Online and Main Campus Price: \$140.00 8 Weeks
T	Yoga Made Easy Janice Wakimoto 4:30-5:30 PM	Online Price: \$125.00 8 Weeks

"I have been doing meditation with Robin for several years. It is a highlight of my week. I look forward to it. Having the class helps me maintain a regular practice. I leave the worries and stresses of the week behind. I relax, clear my mind, and rejuvenate my soul. Her guided meditations are perfect for anyone new to meditation and for anyone who meditates regularly."

- Charlotte Payne, Meditation Student

Take Advantage of Our Early Bird Discount!

Register before
Friday, August 5th!

**\$5.00
Dollars
Off!**



Dance

Day	Class/ Teacher/ Time	Location/Price/ Weeks
M	Tap Dancing: Beginning Debbie Rocha 6:30-7:30 PM	Sunnyvale Main Campus A103 Price: \$88.00 7 Weeks
M	Tap Dancing: Beginning/Intermediate Debbie Rocha 6:30-7:30 PM	Sunnyvale Main Campus A103 Price: \$88.00 7 Weeks
TH	Dance, Argentine Tango Level 1 Keith Minton 6:45-7:45 PM	Sunnyvale Main Campus A103 Price: \$88.00 7 Weeks
TH	Dance, Argentine Tango Level 2 Keith Minton 7:45-8:45 PM	Sunnyvale Main Campus A103 Price: \$88.00 7 Weeks
F	Line Dancing: New Beginning Level Michael Shannon 12:00-1:15 PM	Sunnyvale Main Campus A103 Price: \$85.00 8 Weeks
F	Line Dancing: Improver to Intermediate Michael Shannon 2:00-3:15 PM	Sunnyvale Main Campus A103 Price: \$85.00 8 Weeks

MEET KEITH MINTON ARGENTINE TANGO INSTRUCTOR

Keith started teaching tango in 1996 at FUHSD. Now over 20 years later, I still see some of those first students out dancing today. The biggest joy I get from teaching is when I see my students out at local dances putting their dance skills to good use.



Register today! Classes begin August 22!

Arts & Crafts for All Levels

Learn a New Art or Refine a Craft!

Join one of our many art classes that are available for both in-person and online learners.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Clay Arts Barbara Brown 9:00 AM -11:30 AM Sunnyvale Senior Center	Creative Drawing & Painting Sara L. Frank 10:00 AM - Noon Main Campus	Fundamentals of Drawing Dmitry Grudsky 10:00 AM – 12:00 PM Main Campus	Japanese Flower Arranging Intermediate Mayshine Hwang 10:00 AM – 12:30 PM Main Campus and Online
		Chinese Brush Painting Karen Tseng 10:00 AM – Noon Main Campus	Japanese Flower Arranging Advanced Beginning Fusako Hoyrup 10:00 AM – Noon Online		Drawing Local Landmarks Robert Schick 10:30 – 12:30 PM Outdoors/Various Locations
Afternoon	Check online for class start and end dates.	Open level Sewing Fari Kuscak 10:15 AM – Noon Main Campus	Beginning Digital Photography Noella Vigeant 10:30 AM – 12:30 PM Main Campus		
		Painting with Oil & Acrylic Dmitry Grudsky 12:30 PM – 2:30 PM Main Campus	Photography: Focus on Fall Noella Vigeant 10:30 AM – 12:30 PM Main Campus	Sketching Dmitry Grudsky 1:20 PM – 2:50 PM Main Campus	
Evening		Sewing & Alterations Fari Kuscak 5:00 PM – 7:00 PM Main Campus			
	Chinese Calligraphy Karen Tseng 6:00 PM - 8:00 PM Main Campus	Adobe Lightroom, Intro Noella Vigeant 6:00 PM – 8:30 PM Main Campus		Acting: All Levels Carey Harbin 6:00 PM – 9:00 PM Main Campus	
	Expressive Drawing, Beginning Robert Schick 6:30 PM – 8:30 PM Main Campus	Japanese Flower Arranging Beginning Connie Chen 6:30 PM – 8:00 Main Campus	Painting with Watercolor, Beginning Robert Schick 6:30 PM – 8:30 PM Main Campus	Japanese Flower Arranging Advanced Masters Fusako Hoyrup 7:00 PM – 9:00 PM Online	
		Calligraphy: (All Levels) Weaver Writing Sara L. Frank 6:30 PM – 8:30 PM Main Campus			

Meet The Artist & Teacher: Karen Tseng!

Art has been part of Karen's life ever since she could remember. She had her start in Western art, doing abstract acrylic on canvas; but over the past decade, her attention has shifted to Chinese brush painting, calligraphy and seal-carving. In her Chinese Brush Painting class, she not only introduces various styles and techniques, she also shares the stories behind their development. She delights in seeing students take what they learned and create their own works. In the Fall, Karen will teach a Beginning Chinese Calligraphy class open to all students with a desire to learn how to create strong, pliable, beautiful lines with a brush.



World Language, Cooking & Gardening

World Languages

Day	Class/ Teacher/ Time	Location/Price/ Weeks
T	Conversational Spanish, Beginning <i>Carmen Johnson</i> 1:00-3:00 PM	Main Campus A101 Price: \$150.00 8 Weeks
W	Conversational Spanish, Intermediate <i>Wanda Rothstein</i> 6:30-8:00 PM	Online Price: \$130.00 8 Weeks
T	Conversational Spanish, Int/Advanced <i>Wanda Rothstein</i> 3:00-4:30 PM	Online Price: \$120.00 8 Weeks
W	German, Beginning <i>Desiree Karge</i> 6:00-7:30 PM	Online Price: \$115.00 7 Weeks
W	German, Intermediate <i>Desiree Karge</i> 7:30-8:45 PM	Online Price: \$115.00 7 Weeks
T, Th	Mandarin, Beginning 1 <i>Hsi-Chi Chen</i> 7:00-8:45 PM	Online or Main Campus EdOps 102 Price: \$250.00 8 Weeks
W, Th	Mandarin Conversational, Inter/Adv <i>Hsi-Chi Chen</i> 7:00-8:45 PM	Online or Main Campus A101 Price: \$250.00 8 Weeks
M	Japanese, Beginning 1 <i>Miki Melton</i> 4:00-5:00 PM	Online Price: \$145.00 9 Weeks
T	Japanese Conversational Intermediate <i>Kumi Wang</i> 5:30-7:30 PM	Main Campus EdOps 208 Price: \$150.00 8 Weeks

"I've been taking the Intermediate German class through the Adult Ed. for several years. I've been very impressed by Desiree Karge's ability to make the classes interesting and inclusive for students with different backgrounds in German language studies and different skill levels. I've really enjoyed learning about German culture while learning German grammar and even playing word games in German. I can't think of a better way to spend my Wednesday evenings!"

- Pam Putman, Beginning German Student

Speaking and Writing

Day	Class/ Teacher/ Time	Location/Price/ Weeks
TH	Memoir Writing: Active Adults <i>Karen Enz</i> 10:00-Noon	Online Price: \$230.00 13 Weeks
TH	Creative Writing <i>Karen Enz</i> 10:00-Noon	Online Price: \$120.00 6 Weeks
M	Let's Talk <i>Allen Deacon</i> 9:30-11:30 AM	Main Campus A103 Price: \$190.00 12 Weeks
F	Conversational English Intermediate <i>Colleen Mangum</i> 6:30-8:30 PM	Main Campus EdOps 208 Price: \$160.00 8 Weeks

Gardening

Day	Class/ Teacher/ Time	Location/Price/ Weeks
T	Landscaping, Waterwise <i>Santa Clara Master Gardeners</i> 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks
T	Gardening, Beginning <i>Santa Clara Master Gardeners</i> 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks
T	Sustainable Vegetable Gardening <i>Santa Clara Master Gardeners</i> 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$120.00 6 Weeks
T	Fruit Tree Basics <i>Santa Clara Master Gardeners</i> 6:30-8:00 PM	Main Campus EdOps PLC 103 Price: \$60.00 3 Weeks

Cooking

Day	Class/ Teacher/ Time	Location/Price/ Weeks
T	From Farm to Table: Harvest Jambalaya! <i>Yanning Huang</i> 6:00-8:30 PM	Cupertino HS, R910 Price: \$60.00 1 Session September 6
TH	Stretch Your Budget: Amazing Family Dinners under \$20! <i>Yanning Huang</i> 6:00-8:30 PM	Cupertino HS, R910 Price: \$56.00 1 Session October 13
T	Thanksgiving Your Way: Everything BUT The Turkey <i>Yanning Huang</i> 6:00-8:30 PM	Cupertino HS, R910 Price: \$60.00 1 Session November 8
TH	Chocolate Chip Cookies for the Holidays! <i>Yanning Huang</i> 6:00-8:30 PM	Cupertino HS, R910 Price: \$50.00 1 Session December 13



MEET COOKING INSTRUCTOR, YANNING HUANG

Yanning credits her lifelong passion for cooking to her grandmother, who was a fantastic chef. Moving to the Bay Area twenty years ago gave Yanning the opportunity to open up her own restaurant and explore various cuisines from many talented chefs. Believing food is the best way to bring people together, Yanning is excited to share her knowledge on how to combine fancy gourmet food with everyday family cooking with you.

Bright Beginnings Preschool

New Location

572 Dunholme Way, Sunnyvale

On the Stockmeir West Campus

Office Phone: (408) 716-0552

Office hours are:

Monday - Friday, 8:30am - 4:00pm



New Classes



Full Day Level 10 Class - 9:00 AM - 2:45 PM

Designed for our oldest children, this class helps prepare your four-year-old for Kindergarten 2023 and follows California Transitional Kindergarten curriculum. Class activities include art, music, directional games, outdoor activities, gym, and small group instruction in math, science, and language arts. Parents help in their child's classroom once every other week. Accommodations for working parents are available.

New Adventures

ESLEE: The Environmental Laboratory for Sustainability and Ecological Education will be working with Bright Beginnings to design and build a new space to include a Mud Play Kitchen, Sand Play area, Outdoor Art Zone, Reading Corner, and a Sustainable Garden. We are excited for these new adventures and invite you and your child to tour our facility. Bright Beginnings is committed to building a community of learners, parent and child working together to learn and grow in a caring environment.

Thank you to Sunnyvale Rotary for help supporting this project.





Bright Beginnings Preschool

Play Based Learning
Parent Participation
Parent Education

Bright Beginnings Parent Participation preschool is a community of parents, their children and teachers who work together to provide an enriched learning environment. Parents' involvement in their child's education has been shown to be a key factor in their long-term success. Preschool classes are taught by credentialed, experienced, caring staff. Bright Beginnings hands-on learning, discovery, and growth curriculum is closely aligned with California Preschool standards and Kindergarten readiness skills.

Bright Beginning Preschool Classes			
Class	Time	Days	Age
Preschool Level 4	9:30-11:00 AM	Friday	12-24 months
Preschool Level 5/6	9:30-11:45 AM	Wednesday	Children 2 years by 9/2/22
Preschool Level 5/6	9:30-11:45 AM	Thursday	Children 2 years by 9/2/22
Preschool Level 7	9:00- 11:45 AM	Mon/Wed	Children 3 years by 4/30/23
Preschool Level 8	9:00-11:45 AM	Tue/Thurs/Fri	Children 3 years by 9/2/22
Preschool Level 9	9:00-11:45 AM	Tue/Thurs/Fri	Children 3 & 4 years 3 years by 4/30/23
Preschool Level 10: full day	9:00-2:45 PM	Mon/Tu/We/Th/F	Children 4 years by 9/1/22
Preschool Level 10: half day	12:00-2:45 PM	Mon/Tu/We/Th/F	Children 4 years by 12/2/22
Preschool Level 9/10: Art	9:00 - 11:45 AM	Monday	Children 3 - 5 years
Preschool Level 9/10: Science	9:00 - 11:45 AM	Wednesday	Children 3 - 5 years
STEAM 3-5 years	12:00-2:00 PM	Monday	Children 3 - 5 years
STEAM 3-5 years	12:00-2:00 PM	Wednesday	Children 3 - 5 years


Parent Participation: Parents in 1-Day classes attend class with their child. Parents in Level 7 attend once each week on their assigned helper day. Parents in Level 8, 9, and 10 help in their child's classroom once every two weeks. Some accommodations can be made for working parents.

Please call 408-716-0552 for more information. Parents in these classes may qualify for tuition-free Early Childhood Education classes through Foothill and De Anza College.

Bright Beginnings Preschool

Specialty Classes

Specialty classes allow your child to focus on a specific topic. Classes include art, music, math, science and more. Classes meet in person at our preschool or at a local park. Each class will include focused discovery time, outdoor play, circle and story time.

Monday	Tuesday	Wednesday	Thursday	Friday
Level 9 - Arts & Crafts 3-5 Years TBD 9:00 AM – 11:45 PM	Preschool Dance & Music Fun 2-5 Years Verna Rego 9:45 AM – 11:45 AM	Level 9 - Science 3-5 Years Rindala Sawaya 9:00 AM – 11:45 PM	"Preschool Art in the Park" 2-5 Years Reemu Mehta 9:30am-1130am Off-Site @ Park	
Wiggles & Rhymes 5 - 12 months Caroline Soffa-Richardson 10:00 AM - 10:45 AM		Preschool Adventures 1.5-5 Years Reemu Mehta 9:30am -11:30am Off-Site @ Park		Toddler Preschool - Level 4 12 - 24 Months Reemu Mehta 9:30 AM-11:00 AM
	STEAM 3 – 5 Years Caroline Soffa-Richardson 12:00 AM – 2:00 PM		STEAM 3 – 5 Years Caroline Soffa-Richardson 12:00pm – 2:00 PM	
Preschool Math & More 3-5 Years Verna Rego 12:00 PM- 2:00 PM	Preschool Dance & Music Fun 2-5 Years Verna Rego 12:00 – 2:00 PM	Preschool Math & More 3-5 Years Verna Rego 12:00 PM - 2:00 PM	<div> <ul style="list-style-type: none"> • Parent & Child Classes • 5 months - 5 years • Morning & Afternoon Classes </div>	



"My son attended the Math and More class with Teacher Verna and looked forward to it every week! He developed a great interest in Math and can problem solve, add, subtract and he even learned our phone numbers! Thank you, teacher, for an amazing year!"

Anahi Mingo



Parent Participation: Parent participation is an essential component of our program. Younger children attend classes with their parents while older children may be dropped off. All park classes require parents to attend with their child. Level 9 - Science requires parent participation.

Bright Beginnings Preschool

GymKids Classes

Gym Kids encourages your child to try new things and learn new skills in a safe, fun, environment. Each class begins with exploration time where children can try different activities. The second half of class is filled with teacher-led activities including music, directional games, parachute play, bubble and puppet games. Gym Kids is a fun learning activity for both parent and child.

Monday	Tuesday	Wednesday	Thursday
GymKids B 1.5-2.5 Years Caroline Richardson 9:00 AM - 9:45 AM	GymKids C 1-3 Years Caroline Richardson 9:00 AM - 9:45 AM	GymKids B 1.5-2.5 Years Julie Markey 9:00 AM - 9:45 AM	GymKids C 1-3 Years Becca Partridge 9:00 AM - 9:45 AM
Wiggles & Rhymes 5 - 12 Months Caroline Richardson 10:00 AM - 10:45 AM"	GymKids E 1 - 4 years Caroline Richardson 10:00 AM - 10:45 AM	GymKids A 9-18 Months Julie Markey 10:00 AM - 10:45 AM	GymKids E 1 - 4 years Becca Partridge 10:00 AM - 10:45 AM
GymKids D 2-3 Years Caroline Richardson 11 :00 AM - 11:45 AM	GymKids C 1-3 Years Caroline Richardson 11 :00 AM - 11:45 AM	GymKids D 2-3 Years Julie Markley 11 :00 AM - 11:45 AM	GymKids C 1-3 Years Becca Partridge 11 :00 AM - 11:45 AM



MEET BECCA PARTRIDGE GYM KIDS TEACHER

Becca joined the Bright Beginnings GymKids staff in 2017 and has become one of the most popular GymKids instructors. Becca brings her knowledge as a credentialed teacher, mother of four, and an accomplished athlete to her classes. Her students feel welcome and valued. They gain confidence while trying new activities, learning new skills, songs, and games.

- Parent & Child Classes
- 5 months - 5 years
- Taught in our Preschool Motor Development Gym
- Parent & Child attend together

Call us at (408) 716-0552 or visit fuhsdadulthoodschool.com
572 Dunholme Way in Sunnyvale

Career Technical Education

Are you interested in a new career?
The healthcare field is growing! Come train with us!

Start your Nursing Career

Certificate Courses	Course length	Certification pass rate	Class meetings are	Potential starting hourly wage
CNA-Certified Nursing Assistant	10 weeks	95%	In Person	\$18 - \$24
CHHA-Certified Home Health Aide	2 weeks	100%	In Person	\$24 - \$30

Start your Healthcare Career

Certificate Courses	Course length	Certification pass rate	Class meetings are	Potential starting hourly wage
Medical Terminology, Beginning	8 weeks		online*	
Medical Terminology, Advanced	8 weeks		online*	
Medical Interpreter	8 weeks	100%	online*	\$24

*Teacher-led class online through Zoom

Please visit our website for our current class schedule and course descriptions.

Email raji_visvanathan@fuhdsd.org for more information or call (408) 522-2700.

Early Childhood Development

In collaboration with our partners at Foothill and DeAnza Colleges, we are offering tuition-free classes in the Early Childhood Education program for eligible students enrolled in our state-funded programs.

Santa Clara Green Gardener

Complete the 10-week certificate class and receive free advertising and promotional referrals to clients seeking sustainable landscaping services.



"At the beginning of last year I enrolled in the Medical Interpreting Certificate program through FUHSD Adult School. I am now fully certified and actively taking assignments from 8 different agencies. I set my own schedule and take only those assignments that work within my busy lifestyle. This career works perfectly for me! All of my instructors were professional, knowledgeable, organized and did

a fantastic job preparing us for the industry expectations. I cannot be more thankful to them!"

- Lucia Chacon, Certified Medical Interpreter

Do you need to learn Medical English? Join our FREE Healthcare ESL Class!

Study medical English in our online teacher-led ESL Health Foundations class. Improve your vocabulary and get college and job ready. Call today to register for an ESL Placement test! (408) 522-2700

Dual-enrollment Classes at our local Community Colleges!

Enroll in any of our state-funded classes and explore career pathway options with our partners at Foothill and DeAnza Colleges through tuition-free dual-enrollment classes!

English as a Second Language

Learn English for **FREE** at FUHSD Adult School!

Our classes are offered online, in-person and hybrid*. Hybrid and in-person classes at three locations: Columbia Middle School in Sunnyvale, Lynbrook High School in San Jose and at our new campus at 589 W. Fremont Ave., Sunnyvale. Call to register for a placement test at (408) 522-2700 or visit fuhsdadulthoodschool.com for more information. Come take a placement test starting in August for Fall classes!

**Hybrid is a combination of in-person and online classes.*



Technology shy? No worries! We'll train you!

Para ayuda en español llame al (408) 522-2714

Nuestras clases se ofrecen en Línea, presenciales e híbridas*. Ven a nuestra escuela y toma un examen de colocación para encontrar tu nivel. Clases híbridas y presenciales en tres ubicaciones: Columbia Middle School en Sunnyvale, Lynbrook High School en San José y en nuestro nuevo campus en 589 W. Fremont Ave., Sunnyvale. Llame para registrarse al (408) 522-2700 o visite fuhsdadulthoodschool.com para obtener más información.

¡Venga a tomar un examen de colocación a partir de Agosto para las clases de otoño!

* Híbrido es una combinación de clases presenciales y en línea.

我们的课程以线上，面对面和混合方式提供。请来校园参加分班考试，了解你的班级入学水平。三个地点的混合和面对面课程：桑尼维尔的哥伦比亚中学，圣何塞的林布鲁克高中和位于桑尼维尔弗里蒙特大街 589 号的新桑尼维尔校区。请致电 (408) 522-2700 注册或访问 fuhsdadulthoodschool.com 了解更多信息。快来参加 8 月开始的秋季班分班考试吧！

*混合是面对面和在线课程的结合。

MEET SABRINA IRVIN, COORDINATING TEACHER FOR OUR ESL PROGRAM



Sabrina is a Mexican native and knows the struggles you face when learning the English language. Let her help you achieve your ESL goals by joining our program. She has been a teacher with us for 14 years and has helped many students along their journey to learn English.

With the knowledge I acquired in the ESL Citizenship class, I have learned to love this country even more. The teachers are excellent. I really enjoyed this class and would recommend it to anyone who is planning their journey to become a U.S. Citizen.

- 2022 ESL Citizenship Student Dilma



FREE Citizenship classes for Intermediate and Advanced English speakers. **Become a United States Citizen and exercise your right to vote!**

Learn American history and government. Complete the N-400 application. Practice for the naturalization interview with our experienced teachers.



Register today! Classes begin August 22!

High School Diploma/GED Prep Classes

It's time to finish what you began. Come study with us!

- Our program is **FREE!**
- We offer evening classes from 4:00 pm to 6:00 pm and 6:30 pm to 8:30 pm on Monday through Thursday.
- We have a dedicated team of teachers with a passion for supporting all students.
- You will have the option to earn a high school diploma or GED.
- You can take FREE community college classes while you're working on earning your high school diploma or GED.
- You will receive individualized support from an academic counselor to launch you into a community college or your next goal.

Obtaining my diploma means a lot to me because a stage of my life is closed and a goal achieved, today is the end of chapter one and I am ready for chapter two.

- Marco Antonio Tupul

Here's how to get started:

- Call our office at (408) 522-2700.
- Register for a HSD/GED orientation and testing session.
- Order a transcript from the last high school you attended.
- Register by August 1st to begin classes on Monday, August 22nd.



We Support our Students

- Bilingual staff that are here to help. For help in Spanish, please call (408) 522-2714. Para ayuda en español llame al (408) 522-2714.
- Our Chromebook loaner program provides students in our state-funded programs access to our online classes and the ability to complete assignments online.
- We have a full-time counselor for students in our state-funded programs. Contact Desirie Torres at (408) 522-2719.
- An on-site CalWORKS representative to support eligible students receive financial aid, tuition reimbursement, childcare and transportation. Contact Gil Seegmiller at (408) 423-3540.

Student Experiences at FUHSD Adult School

"Kimberly was such a help for me when it came to my De Anza courses as she has taken similar classes as me. When I needed info and help she was there to help. She would email a day before to remind me about the zoom meeting we have and if I couldn't make it, she would work around my schedule to help me out."

-High School Diploma Student

MEET OUR TUTOR, KIMMIE CILKER



Kimmie meets with students one-on-one and in small groups to tutor them with community college courses. She has helped many of our adult school students succeed in community college. If you are interested in learning more about how to take free classes at De Anza or Foothill while co-enrolled in our Adult School, contact Desirie Torres at (408) 522-2719.

School Policies

Admission and Eligibility Classes are open to all students regardless of residency or citizenship. In all programs students must be 18 years of age or older with two program exceptions: students in the Active Adult classes at the senior centers must meet the eligibility requirements of that center; students may register for community interest classes at age 16.

Cancellations Classes may be canceled when the minimum enrollment is not met. If a class is canceled, students are notified and given the following options, as available: transfer to another class or receive a full refund.

Missed Classes We do not offer make-up classes or credits when individual customers miss a class for natural disasters, illness, travel, or personal reasons. In the rare instance when a teacher needs to miss a class, our staff will find a substitute or notify you via phone or email that class is canceled.

Refunds Refund requests must be received seven days before the first class meeting unless otherwise stated. A \$20 processing fee per transaction applies to all refunds. Special programs, for which refunds do not apply, include **Certified**

Nursing Assistant (CNA), Certified Home Health Aide (CHHA), and Bright Beginnings Preschool class Levels 4 – 10.

Photography FUHSD Adult School reserves the right to photograph classes and program participants for promotional purposes. Photographs may be used in the catalog, on the website or on materials distributed to the community.

Non-discrimination Policies (BP 0410) The Board of Trustees is committed to providing equal opportunity for all individuals in district programs and activities. Read the most updated non-discrimination policies fuhsdadulthoodschool.com/about-us/school-policies.

Student Conduct The Board of Trustees believe that all students have the right to be educated in a positive learning environment free from disruptions. Read the most updated student conduct policies at fuhsdadulthoodschool.com/about-us/school-policies.

To view all school policies visit fuhsdadulthoodschool.com/about-us/school-policies



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- Same Devoted Teachers.
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Register now!

Reach FUHSD Adult School at (408) 522-2700
FuhsdAdultSchool.com for more details



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