



2026 COURSE CATALOGUE

Table of Contents

SCHOOL OF BUSINESS	5
Introduction to Employment Skills	5
Digital Life Skills: Smart, Safe, and Social Online	5
Marketing Around Us - How Companies Catch Our Attention	5
Digital Publishing.....	5
SCHOOL OF COMMUNICATIONS	6
Comic Books Study.....	6
Go Go Godzilla!	6
Poetry.....	6
Poetry & Writing Workshop*	6
Poetry: Exploring Reading & Writing*	7
Pop Culture	7
Pop Culture - Intermediate*	7
Reading Partners: Black Beauty (WS26)	7
Reading Partners: Myths, Legends & Graphic Novels	8
Reading & Writing Lab	8
Reading Writing: Fairytales and Disney.....	8
Spanish.....	9
"Viva l'Italia!" Italian Language and Culture	9
Speaking with Confidence	9
US History: Civil War and Reconstruction	9
World History: South Africa.....	9
SCHOOL OF DANCE	10
Ballet Performance Study Lab	10
Belly Dancing*	10
Contemporary and Cultural Dance.....	10
Cultural Dance Styles Around the World*	10
Dance for Stability & Balance	10
Dance for Strength and Conditioning.....	11



2026 COURSE CATALOGUE

Mobility & Imagery Through Dance	11
Dance to Disney	11
Dance Revival*	11
Joy of Broadway Jazz	11
Just Dance	12
Happy Feet! Learn to Tap Dance	12
Hip Hop Dance	12
SCHOOL OF HEALTH AND WELLNESS	12
CAA Cardinal Cheer Squad	12
Varsity Dance Cheer Squad	12
Dance for Fun Fitness.....	13
Fitness Fusion Dance Party.....	13
Pound Fitness.....	13
Joyfull Body Fitness	13
Food Smarts: The Art of Nutrition	13
Joy of Baking	14
Innercise: Mindful & Compassion	14
Social and Life Skills.....	14
SCHOOL OF LEADERSHIP & CIVIC ENGAGEMENT	14
Welcome to CAA	14
YANA Club/Student Check In.....	15
Leading with Confidence	15
SCHOOL OF MUSIC.....	15
Adaptive Guitar	15
Fun with Rhythm and Beats	15
Holistic Drum Circle.....	15
Concert Choir*	16
Music Production*	17
Music Production Lab*	17
Music Appreciation: 20th Century Songwriters	17
Music Appreciation: Country Music	17



2026 COURSE CATALOGUE

Music Appreciation: Hidden Gems	18
Music Appreciation: History of Music Groups	18
SCHOOL OF SCIENCE AND TECHNOLOGY	18
Animal Kingdom	18
Daily Life Science	18
Basic Science: Climate Change	18
Go Green Climate Action Team	19
Basic Computer Skills	19
Computer Gaming	19
Computer Coding	19
Computer Coding-Intermediate*	20
Practical Math	20
SCHOOL OF THEATRE	20
Intro to Theatre	20
Take Two: Acting for Auditions	20
Broadway Bound: Musical Theatre	20
Theatre Games	21
One Act Wonders*	21
Scene Study Showcase*	21
Cardinal Repertory Theatre **	22
SCHOOL DIGITAL MEDIA STUDIES	22
Intro to Voiceover	22
Film Studies: Science Fiction	23
Film Studies: Exploring Film Styles	23
Digital Arts	23
Digital Arts-Intermediate*	23
Intro to Cellphone Photography	23
Mobile Video: Tell Your Story	24
On-Camera Acting	24
Thinking Deep About Media*	24
SCHOOL OF VISUAL ARTS	24



2026 COURSE CATALOGUE

Drawing Basics Step by Step.....	24
Still Life Drawing and Painting.....	24
History of Animation 101	25
Indie Animation (Hand Drawn Animation)	25
Cartooning: Bringing Characters and Worlds to Life	25
Clay Creations Intro to Ceramics	25
Creative Digital Photography	26
Fiber Art	26
Introduction to Miniature Painting	26
Social Recreation Clubs	26
Bowling Team-6 sessions (Jan-Mar)	26
Golf Team-5 sessions (Apr-June)	26
Gaming Team-6 sessions (Jan-June).....	26
From the Heart Theater Club-5 sessions (Feb-June).....	27
Community Cardinals Club-TBD (Jan-June)	27



2026 COURSE CATALOGUE

SCHOOL OF BUSINESS

Introduction to Employment Skills

This course introduces students to essential employment skills for the workplace. Students will explore topics such as communication, teamwork, time management, workplace etiquette, and goal setting. Through interactive activities and real-world scenarios, students will begin building the confidence and foundational tools needed to pursue volunteer, internship, or employment opportunities. This course is designed to be retaken, with evolving content to match students' growth and readiness.

Digital Life Skills: Smart, Safe, and Social Online

In today's world, being online is part of everyday life. This course teaches real-world skills for using social media safely and responsibly. Learn how to protect your privacy, communicate respectfully, spot scams, and balance your online and offline time-all while building confidence in your digital life.

Marketing Around Us - How Companies Catch Our Attention

In this fun, online class, students explore how marketing shapes the world around them - from the logos they love to the ads they scroll past. Through short videos, real-world examples, and creative projects, they'll learn how companies use images, color, music, and emotion to sell products. Students will become smarter consumers and more confident creators.

Digital Publishing

Digital Publishing is an introduction business and media course that focuses on e-books, audiobooks, magazines, and multimedia storytelling. Students will learn the basics of digital publishing, online platforms, and applications for self-publishing. Social media and audience engagement strategies will be explored. At the end of the course, students will create a digital publishing product that can be available via the CAA store.

2026 COURSE CATALOGUE

SCHOOL OF COMMUNICATIONS

Comic Books Study

This class is intended to be a deeper dive into the world of Comic Books. This can include anything from the history of the medium, to specific authors and stories, the purpose behind certain tropes and genres, and much more!

Go Go Godzilla!

Who doesn't love the giant green lizard we all know as Godzilla? He's been around for over 70 years, starred in over 30 films, and has always been deeply rooted in Japanese History. So please come join us as we go over Godzilla's long and nuanced history and watch some giant monster fights along the way!

Poetry

Students will explore different forms of poetry and every 4 weeks shift to another unit. Students will also learn about the different branches of Poetry: Reading, Listening, and Writing. This is a collaborative class whereas in class we will be writing as a class.

Poetry & Writing Workshop*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will explore creative writing through the lens of poetry and storytelling. This class supports growth as a writer and helps students build a personal portfolio. This semester, we'll reimagine traditional fairy tales — asking how these stories could be rewritten to reflect modern voices, values, and perspectives. Students will collaborate on a shared class story while developing their own individual pieces. Each week includes reading, writing, and group discussion. Students will be expected to write independently for at least 25 minutes per class and participate in guided reflection on the week's topic.

Class Structure:

- First 30 minutes – Read and share poetry or short stories (original or published).
- Last 30 minutes – Independent writing time focused on the theme of the day.

This course encourages creative risk-taking, collaboration, and a deeper understanding of how language shapes timeless tales.

2026 COURSE CATALOGUE

Poetry: Exploring Reading & Writing*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will learn about different American Poets and write a poem for themselves. Students will be able to read poetry aloud and hear the spoken word; all reading levels welcome. Haiku to Free Verse and Sonnets. Come join us!

Pop Culture

This class is a round table discussion. What constitutes Pop Culture? Who decides what makes the news? Why are some fandoms more important than others? Each week students will research a topic of pop culture and report to their fellow classmates. Teachers are there to facilitate respectful discussion and answer the question of what constitutes pop culture. Adaptations and their impact on a Fandom.

Pop Culture - Intermediate*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will independently research and present weekly pop culture updates—covering movies, comics, video games, sports, and more—in a 3–5 minute segments. Through reading and discussion of *To Kill a Mockingbird*, students will uncover how a single story can ripple across time — transforming pop culture, inspiring new voices, and redefining what justice looks like in the stories we tell.

Reading Partners: Black Beauty (WS26)

Students will journey beyond Disney and explore the classic novel *Black Beauty*. They'll experience life through the eyes of a hardworking horse in the early 19th century and discover how quickly circumstances could change. Along the way, students will learn about a time before cars, when horses were essential for travel, work, and daily life.

Students are expected to read with support during each class as we explore this timeless story together.

Each class will be divided into three sections:

- Review and Comprehension – Revisiting previous chapters and discussing key ideas.
- Guided Reading – Progressing through the story with teacher and peer support.
- Lecture and Media Connection – Watching short videos or engaging in mini-lectures that connect historical and literary themes to the text.

2026 COURSE CATALOGUE

Reading Partners: Myths, Legends & Graphic Novels

Join us as we explore *Percy Jackson and the Olympians*! Students will read with support each class and discuss how myths and legends inspire modern stories. Together, we'll examine Percy's journey, the influence of Greek mythology, and how the Hero's Journey unfolds through this exciting graphic novel adaptation.

Each class will be divided into two parts:

- Reading – Students are encouraged to volunteer to read aloud with support.
- Discussion – A roundtable-style conversation where students share ideas, debate thoughtfully, and learn from one another's perspectives.

Reading & Writing Lab

Featured Text: *X-Men and the Avengers – Gamma Quest*

This semester, students will journey through *X-Men and the Avengers: Gamma Quest*, a novel that unites two unlikely teams. The Avengers fight for justice, while the X-Men strive for equality — and together they must overcome mistrust to face a shared threat.

The course will be divided into two main sections:

- Listening and Comprehension – Students will follow along with the audiobook to experience the story through voice, pacing, and tone.
- Roundtable Discussion and Analysis – Together we'll explore the novel's themes, literary devices, and character choices, discussing how this story connects to larger ideas within the human literary canon such as teamwork, identity, and moral responsibility.

This class invites students to think critically about heroes, collaboration, and what it means to stand up for others.

Reading Writing: Fairytales and Disney

Join us as we journey into the world of classic stories and compare them to their Disney adaptations! This semester, students will explore three iconic tales — *Cinderella*, *Jack and the Beanstalk*, and *The Twelve Labors of Hercules* — discovering how each story transforms when brought to life on the screen.

Through discussion, students will explore themes, characters, plot choices, cultural impact, and what happens when a corporation owns the rights to a character — including how those choices reshape the stories, messages, and themes from the original texts.

Class Structure & Expectations Each class will be divided into two sections:

2026 COURSE CATALOGUE

- Reading – Students are expected to read aloud with support as we move through each story.
- Roundtable Discussion – Students will engage in respectful, thoughtful conversation with peers as they compare the original tales to their Disney versions.

Spanish

Hola! Come with us on a journey through the Spanish language. Learn basic Spanish vocabulary and conversations. Explore cultures, music, food, and travel. Practice pronunciation and learn to greet, ask questions, and share knowledge in this beautiful language. No Spanish language experience necessary. Come join us!

"Viva l'Italia!" Italian Language and Culture

Join us on a virtual trip to Italy! In this fun and interactive class, we'll explore the Italian language through its rich culture- music, art, traditions, and everyday life. Each week, students will learn simple Italian words and phrases while discovering the beauty of Italy through videos, songs, and virtual tours. No passport required, just enthusiasm for "La Dolce Vita!"

Speaking with Confidence

Want to feel more confident speaking in class, conversation, or even on stage? This class helps students build strong communication skills by practicing vocal variety, pacing, eye contact, and active listening. Whether you're preparing to be a professional speaker or just want to express yourself more clearly, this class is for you!

US History: Civil War and Reconstruction

In this semester, we will cover when the United States faced its greatest challenge as divisions over social and political issues became impossible to overcome peacefully. Using a variety of media, we will discuss how tensions in the USA reached a breaking point, how the most critical war in its history progressed, and how it tried to piece itself together after it ended.

World History: South Africa

This semester, we invite you to visit one of the southernmost countries on the planet, a hub of multilingualism, cultures from across the globe, and rich in history. We will cover its history from before the arrival of European settlers, through clashes of civilizations, bush wars, and the struggle for equality, in South Africa

2026 COURSE CATALOGUE

SCHOOL OF DANCE

Ballet Performance Study Lab

In this class, we watch short videos of famous ballet performances and explore what we notice—costumes, music, emotion, and storytelling. Together we'll learn about the history of ballet, famous choreographers, and how ballet has evolved over time. Students will share their thoughts, observations, and favorite moments as we build appreciation for dance as both art and history. Encouraged for students taking ballet and dance classes: Watching professional dancers builds vital understanding of musicality, timing, and expression—skills that support any style of dance or performance!

Belly Dancing*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will learn the basic techniques and joys of belly dancing. Dancers of all abilities are welcome to come and learn this unique genre of dance.

Contemporary and Cultural Dance

Students who love to dance, or who are fascinated by varying styles of dance from varied global cultures, will love this approach to contemporary dance training. Through working in many different cultural and contemporary styles, dancers build new muscle groups and grow their creative choreography skills. Join this exciting and vibrant course and expand your dancing horizons! Students will learn best practices for how to share a dance floor with other dancers and be part of a dance team. All levels are welcome to this Onsite only dance class at the West Valley campus.

Cultural Dance Styles Around the World*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Come join Miss Nicole on a fun tour of dance styles from different cultures around the world. Techniques from various cultures will be learned as well as some of the history of dance. While there may be some choreography work, the emphasis of this class will be on enjoying and learning dance techniques and styles from various cultures.

Dance for Stability & Balance

This class focuses on improving balance and proprioceptive awareness through simple standing and seated exercises. We use props like chairs, walls, or balls for support and practice shifting



2026 COURSE CATALOGUE

weight, finding center, and recovering from small wobbles safely. Exercises are repeated slowly so students can feel and understand how their body stays upright.

Dance for Strength and Conditioning

This class helps students build muscle strength and endurance using bodyweight, resistance bands, and mat floor exercises. We focus on upper and lower body exercises, core work, and gentle cardio that supports everyday movement. This class can be done seated or standing, with attention to safe posture and steady breathing. Open to all students; For dance students, this class helps improve: Core strength and whole-body muscle tone to improve coordination, control, and power for dance movements like lifting, reaching, and turning.

Mobility & Imagery Through Dance

This gentle class combines stretching, deep breathing, and imagination to help students relax and move more freely. We explore how to make movement smooth and comfortable, sometimes imagining textures like “floating on water” or “painting with air.” All activities can be done seated or on the floor. For dance students, this class improves flexibility and mobility, keeps the body loose, prevents injury, and helps dancers move with fluidity and expression.

Dance to Disney

Come join the fun dancing to Disney music with a whole new spin on how to express your enjoyment of Disney music. New choreographies for unique and less well-known Disney songs will be taught. Songs that are best suited to dance will be used throughout the semester. Warmups and movement will be to Disney favorites and all Disney songs, again with an eye to which songs bring out the inner dancer.

Dance Revival*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. You've learned the steps to choreographies in other classes. Now learn how to make those dances shine by making them your own, adding your own style. Emphasis will be placed on moving past rote memorization of choreographies and bringing them alive. This class will also work on individual solo performances for an end of semester performance.

Joy of Broadway Jazz

Come explore the wonders of Broadway Dance. All students welcome, and adaptations are regularly discussed. The class will focus on favorite Broadway dance tunes and learning the



2026 COURSE CATALOGUE

dances and moves that are used in Broadway shows. Students will learn best practices for how to dance within the limits of their zoom environment.

Just Dance

Based on the popular video game, this class has accessible follow along choreography and will warm dancers up, challenge movement patterns, and introduce new steps and styles for dancers of all movement experiences.

Happy Feet! Learn to Tap Dance

Step, shuffle, and tap along to the rhythm! This beginner-friendly class focuses on fun, easy-to-learn tap steps while building confidence and coordination. Move at your own pace, enjoy the music, and let the beat guide your feet! TapFit shoes will be provided.

Hip Hop Dance

Get ready to groove, move, and have fun! This beginner-friendly class is all about feeling the beat, learning basic hip-hop moves, and building confidence. We'll warm up, break down steps, and dance to awesome music in a fun, no-pressure environment. Bring your sneakers, energy, and best attitude—let's dance!

SCHOOL OF HEALTH AND WELLNESS

CAA Cardinal Cheer Squad

Students who participate as members of our CAA cheer team will meet during this class time in their cool uniforms and pom-poms. Those who do not want to be part of the cheer team will attend as members of the Pep Club in CAA jerseys and help excite fans with fun spirit-raising. The Squad may participate in occasional community events online, and in person. Students will be responsible for their own transportation to and from events.

Varsity Dance Cheer Squad

Take your school spirit to the next level! This class is designed for advanced and experienced Cheer Squad students ready to master exciting, high-energy routines that showcase Cardinal pride. During the first few weeks of the semester, the instructor will provide details about required equipment and upcoming events. Equipment may include uniforms, pom-poms, and CAA jerseys. Performances and events may take place online or in person, and students are



2026 COURSE CATALOGUE

expected to attend at least one performance. Students are responsible for their own transportation to in-person activities.

Enrollment in this class also requires registration in our performance-based club, the Community Cardinals Club.

Dance for Fun Fitness

One of the best ways to get great exercise is through having fun! One of the most fun times with fitness we can have is through dancing. Join us for an hour of great music and different dances, choreographed to help you get the most out of your dancing experience.

Fitness Fusion Dance Party

This class will guide students to develop individual dance party moves for any social setting while working out the mind and body and create opportunities for community building through movement. Music will include playlists created by the students, giving them the option of also learning and showing off new DJ skills. Join the party!

Pound Fitness

This fun fitness method fuses strength training, Pilates and cardio moves with drumming and gives people of all fitness levels permission to ROCK. Through physical exertion and various modifications, movements are expressed through sound. Weighted Ripstix drumsticks provided for in-class use. Classwork can be performed standing or sitting and movements are adaptable to meet individual physical needs. All sections of Pound Fitness include similar content.

Joyfull Body Fitness

Join us for an hour of fun, functional fitness training. This class will walk you through different movements intended to provide you with a full body workout at the level that works best for you. Each movement has modifications and can be done at a pace that you are comfortable with. This is all done while being energized with exciting music, encouraging environments and motivation to appreciate your individual body and mind.

Food Smarts: The Art of Nutrition

Join us as we learn the art of nourishing our whole bodies from the inside out. In this class, we will start with a base of learning how to love the bodies we've been given and appreciate how amazing everybody is. Discussing things like body image helps us navigate what is true and false about nutrition. As acceptance and respect grow for ourselves and we learn that we are so much



2026 COURSE CATALOGUE

more than just bodies, we can begin to honor ourselves with the choices we make. The choices of how we speak to ourselves, how we treat ourselves and how we choose to nourish ourselves. Once we've created this healthy foundation to build upon, we will begin the process of learning how the things we consume affect us. Students will be given the tools to understand their natural instincts surrounding food, and how to listen to their bodies, and will be empowered with the knowledge to nourish and strengthen their whole selves.

Joy of Baking

This hands-on course invites students to discover the art and science of baking. Students will explore a variety of techniques including mixing methods, creating custards, mastering pie crusts, and more. From savory bakes to sweet desserts, students will gain practical skills, build confidence in the kitchen, and experience the joy of sharing homemade creations with others. All levels are welcome.

Innercise: Mindful & Compassion

You have heard of exercise to build your body from the outside-in. Now learn to build a healthy body from the inside-out through "Innercise." Some of the concepts covered in this class include mindfulness and gratefulness, health and nutrition, meditation, using all our senses to find quiet and peace in a busy world and learning to give the time and attention to your inner health that you deserve, with a special focus on a compassionate outlook and approach to life experiences.

Social and Life Skills

This class will help individuals function more confidently and responsibly in personal, social, and professional settings. We will be talking about Communication and Interpersonal Skills, Social Awareness Skills, Self-Awareness and Self-Management Skills, Decision-Making and Problem-Solving, Coping and Resilience Skills, and Practical Daily Living Skills.

SCHOOL OF LEADERSHIP & CIVIC ENGAGEMENT

Welcome to CAA

Welcome To CAA is a requirement for NEW students. This curriculum will switch through 5 weeks of different classes to provide a glimpse of what CAA offers. We will teach CAA's A.R.T.S rules and your responsibility as a CAA college student. Welcome To CAA provides the Swenson Flagship Campus at West Valley College | 408.538.3809 | 14000 Fruitvale Ave., Saratoga, CA 95070



2026 COURSE CATALOGUE

opportunity for staff and students to develop a working relationship with each other, to get acquainted with each other.

YANA Club/Student Check In

A supportive space for students to check in, connect, and share with one another. Through guided conversations, community-building activities, and shared reflections, students are encouraged to express themselves, listen actively, and offer encouragement to their peers. Whether it's a good day or a hard one, you're not alone here.

Leading with Confidence

In this class we will be talking about: Building Inner Confidence, Confident Communication, Practical Strategies for Daily Leadership, The Foundation of Confident Leadership, Overcoming Barriers to Confidence, Inspiring Confidence in Others, The Ripple Effect of Confident Leadership, Confidence as a Lifelong Skill, and Inspiring Others to Find their own Leadership Confidence

SCHOOL OF MUSIC

Adaptive Guitar

No previous guitar skills required! Students will be playing guitar together by the end of the first class with the help of adaptive tools such as the "Chord Buddy." Songs learned in class will be performed on the road at community venues TBA.

Fun with Rhythm and Beats

Join us as we explore the exciting world of rhythm! In this class, students will discover how rhythm forms the heartbeat of music, guiding tempo, emotion, and energy. Through hands-on activities, group practice, and fun exercises, students will learn to identify, create, and follow beats. Whether you're clapping along, tapping a drum, or feeling the groove in your body, this class is all about connecting with music through rhythm.

Holistic Drum Circle

Come feel the healing power of the beat! This circle is all about boosting your well-being—mind, body, and spirit. It's a joyful, comfortable, and stress-free space to explore music, connect with a wonderful community, and find your own unique rhythm. No musical experience is needed at



2026 COURSE CATALOGUE

all. Just bring yourself and get ready to laugh, share, and find your groove. Everyone is welcome here!

Concert Choir*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students learn warm-up techniques, healthy vocal habits, singing as part of an ensemble, vocal range, and group performance with accompaniment as part of CAA's Concert Choir ensemble which occasionally performs for the community with dates and venues TBD. We will learn that our voices have purpose, power, strength, and beauty! Come join us!

2026 COURSE CATALOGUE

Music Production*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. In this class you will learn about how to make music using a computer. You will learn about: making beats, notes and scales, chords, basslines and melodies, and song structure. Lessons will include interactivity with the latest music production software and hardware. Students will make an electronic composition of their own.

- Familiarity with a computer required.
- Headphones required.
- Onsite only class

Contact Michael Reisman, michael.reisman@collegeofadaptivearts.org for more information.

Music Production Lab*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. This class offers the opportunity for students already enrolled in Music Production to have an extra hour in the Computer Lab to work on their compositions. Must also be enrolled in Music Production in the same semester.

Music Appreciation: 20th Century Songwriters

In this class, students will enter the fascinating world of songwriters and what names have stood the test of time. Songwriters are poets, musicians and storytellers. With great lyrics, memorable melody and wonderful rhythm, songwriters can leave a lasting impression on generations of listeners. From Irving Berlin to Carole King, Duke Ellington to James Taylor and Paul McCartney, songwriters are the music makers of the world. Students will learn how these songwriters created their most loved songs and what led them to become household names. All levels are welcome. Come join us!

Music Appreciation: Country Music

Do You Love Music? Come Join Music Appreciation-Country Music. You will learn all about the genre of Country music and you will also learn about different country singers as well. Ex: Jelly Roll, Chris Stapleton and Brooks and Dunn!



2026 COURSE CATALOGUE

Music Appreciation: Hidden Gems

Join our class as we learn about all types of music (alternate side, urban like breakbeat and jazz hop, Electronic, and international music) Travel with us through the rhythm and through speakers to learn about discovering new music, artists, and possibly you will find a new genre that you will like.

Music Appreciation: History of Music Groups

Students would learn about all genres and history of different music groups. Example : Backstreet Boys , rascal flats or NSYNC

SCHOOL OF SCIENCE AND TECHNOLOGY

Animal Kingdom

In this fun class we will explore the wonderful world of animals! Big and small, land and ocean and even creepy, crawly insects. We will investigate their habitats, diets and predators. We will also learn about animals who are on the verge of extinction and what people are doing to save them. Come join us!

Daily Life Science

The objective of this course is to teach students to link daily life experience with basic scientific knowledge. The class will address interesting things that happen in our lives, such as why the traffic lights are red, yellow and green? How does soap and detergent clean your dirty clothes? Students can also bring their questions to class for discussion. Students will learn different branches of science while enjoying their daily lives. This is a Beginner level class.

Basic Science: Climate Change

The objective of this course is to teach students the basic principles in physics and chemistry that relate to climate change. The course will also expose students to the current status in climate changes that are caused by human activities, such as water shortage, wildfire, and how climate change impacts the environment. Students will be trained to become environmental advocates through communication with their families and friends. This is a Beginner level class.

2026 COURSE CATALOGUE

Go Green Climate Action Team

Discover how climate change impacts your community-and what you can do to help. This class explores clean energy, food, waste, and transportation solutions through local programs and everyday actions. Join us to learn practical ways to build a more sustainable future.

Basic Computer Skills

In Basic Computer Skills, students will learn: a basic overview of Macintosh, iOS, and Windows desktop environments, how to use a web browser and navigate the Internet, how to compose, edit, send, and receive emails, a basic overview of Microsoft Office, and basic researching skills using the most popular search engines. Other topics will include up to date and relevant overviews of current and new computer technology. Students will complete a class project on a topic of their choosing utilizing the skills learned. All levels of computer proficiency are welcome.

Computer Gaming

Students will learn about the history of the videogame industry, as well as business practices, economics, design, marketing, and its impact on our culture all over the world. All sections of Computer Gaming include similar content.

Computer Coding

In Computer Coding we will have fun activities including games offering experience with and exposure to beginning-level software that teaches students to identify, create, and run their own coding programs. Students will also learn general computer operation and etiquette for independent work in our CAA media lab.

- Laptop, desktop, or Chromebook computer required.
- Tablet or iPad acceptable, no phones

Please email Professor Michael Reisman at michael.reisman@collegeofadaptivearts.org with any questions.



2026 COURSE CATALOGUE

Computer Coding-Intermediate*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. In Intermediate Computer Coding we will build on entry-level knowledge of coding to make more advanced programs. Through fun and engaging activities we will learn how to make programs which are interactive, can draw pictures, animation and more. Students will see how creating our own programs can help us understand the technology around us—and even find new ways to express ourselves.

Practical Math

The objective of this course is to teach students using basic math skills in daily lives. Students will start with learning basic counting and operations in math. Then, the course progresses to calculating fractions, decimals as well as percentage. The course focuses on the skill of using calculators so that students will have confidence in shopping and other real-life applications using the math skills learned in class. This is a Beginner level class

SCHOOL OF THEATRE

Intro to Theatre

(Previously "Acting 102: Acting for Theatre") Students will enjoy learning foundational performance concepts through participation in games, exercises, and activities designed to expand emotional expression, facilitate working as part of an ensemble, explore character creation, and introduce students to working with scripted material. Students also learn about the history of theatre and are introduced to areas of technical theatre, allowing them to explore many parts of the theatre industry. This class is a prerequisite for all upper-level theatre courses.

Take Two: Acting for Auditions

Step into the spotlight! In this class, you'll build confidence in performing monologues, tackle cold readings, and learn what it takes to shine in an audition. Whether you're a beginner or a seasoned performer, this is your chance to own the stage!

Broadway Bound: Musical Theatre

Experience the magic of musical theatre! From exciting dance routines to expressive character work and group singing, this class encourages creativity, teamwork, and fun for all abilities.

2026 COURSE CATALOGUE

Theatre Games

(Previously "Acting 101: Theatre Games") This playful class is for everyone! Using fun and exciting theatre games and exercises, students are introduced to performance concepts that can be applied in many areas of their life, including confidence building, working with others, imagination and improvisation, freedom of movement and exploration of physical space, and much more! Come play with us!

One Act Wonders*

(Previously "Acting 103: Stage Performance") This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will further their storytelling abilities by brainstorming and writing an original short play to perform at the end of the semester. Students enhance acting techniques and strategies through exercises that emphasize emoting, physicality, articulation and projection, implementing instructor feedback, and working as an ensemble. Students must actively participate in the rehearsal process through to the completion of the performance, which will be held during the final class session of the semester.

Prerequisites required:

- Theatre Games
- Acting for Theatre/Intro to Theatre

Scene Study Showcase*

(Previously "Graduate Scene Study") This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Students will take their acting study to the next level in this advanced class designed to impart deeper skills of script analysis and stage acting techniques by workshopping scenes from published scripts. Students will rehearse and perform at least one scene at the end of the semester. Students must actively participate in the rehearsal process through to the completion of the performance, which will be held during the final class session of the semester.

Prerequisites required:

- Theatre Games
- Acting for Theatre/Intro to Theatre
- Stage Performance/One Act Wonder

2026 COURSE CATALOGUE

Cardinal Repertory Theatre **

(Previously "Graduate Theatre Troupe") This is an advanced level class. Pre-requisites are required to enroll in this class or instructor approval. Students apply skills and techniques learned in prerequisites by engaging with advanced acting material and pushing those skills farther. This material includes published monologues and abridged classic plays adapted into modern language. With a focus on Shakespeare, students learn the historical contexts of the material, and dive deeply into character and script analysis, as well as advanced performance techniques that will gently challenge our students to grow into even better storytellers.

This class is a year-long commitment, culminating in a live (in-person) performance at the end of the Winter/Spring 2026 semester, which will be held outside of the normally scheduled class time. Students must actively participate in the rehearsal process through to the completion of this performance. Because this class is a year-long commitment, students must register for and participate in this class for both the Summer/Fall 2025 and Winter/Spring 2026 semesters.

Prerequisites required:

- Theatre Games
- Acting for Theatre/Intro to Theatre
- Stage Performance/One Act Wonders
- Graduate Scene Study/Scene Study Showcase
- Working with Shakespeare's Heartbeat

SCHOOL DIGITAL MEDIA STUDIES

Intro to Voiceover

(Previously "Voiceover 101") Any student interested in acting, speech development, or TV/film study will enjoy this class! In this participatory class, we discuss the voiceover industry, how voiceovers are used in multimedia, and voiceover performance. Using scripts from a wide variety of voiceover styles, students work one-on-one with the instructor to improve reading and comprehension skills, emotional expression, and diction. All levels of experience are welcome!

2026 COURSE CATALOGUE

Film Studies: Science Fiction

Have you always wondered how movies are made? Or how a TV show can leave a lasting impact where people from future generations can appreciate them? In this class, students will gain an in-depth look into genres and styles of film, as well as the behind-the-scenes production process. The included topics may include: the use of practical and CGI special effects, character tropes, the impact of films on our culture, pop culture knowledge, the rise and sometimes fall of films over time, and other exciting snippets of the film industry.

Film Studies: Exploring Film Styles

This class will give students a glimpse into film use of characters with differing abilities and challenges to overcome, and how these character qualities are used to tell their story. We will view clips of classic and modern films while learning new things about character development and how the study of many different film styles makes going to the cinema even more fun!

Digital Arts

This course will cover creating fine art illustrations using the computer. Students will learn to use the creative process to create their own images. They will learn brainstorming, finding references, tracing, scanning, photo digitizing, color theory, typography, layout and composition, image file types, and basic art software skills. NOTE: Digital Painting application required. Please email Professor Michael Reisman at michael.reisman@collegeofadaptivearts.org with any questions.

Digital Arts-Intermediate*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. This course will include intermediate steps of navigating the computer as an artistic tool for self-expression. Students will expand their learned abilities of sketching, researching and developing visual references, digitizing images, and generating a final version of a group project spotlighting their next-level digital arts skills.

Intro to Cellphone Photography

Tired of the usual snapshots? Want to capture stunning photos with the camera you always have with you? Our Intro to Cellphone Photography class will equip you with the skills to take your mobile photography to the next level! Learn how to frame captivating shots, discover essential tips & tricks, get hands-on practice and receive valuable feedback on your images, and learn the basics of photo editing. Bring your smartphone/tablet charged and ready to unleash your inner photographer!

2026 COURSE CATALOGUE

Mobile Video: Tell Your Story

Unlock the power of your smartphone to tell compelling stories through video! This course provides the essentials of mobile videography, from camera settings and composition to utilizing transitions and basic editing. Discover how to craft impactful videos that capture attention across social media and other platforms and create meaningful content. Develop practical skills, critically analyze mobile video, and share your unique narratives.

On-Camera Acting

The purpose of this class will be to give students an opportunity to learn just how on-camera acting works in all its forms and how this style of acting differs from theatre.

Thinking Deep About Media*

This is an intermediate level class. Pre-requisites are required to enroll in this class or instructor approval. Have you ever wanted to understand what your favorite movies and tv shows are trying to say on a deeper level? Well, now's your chance! In this class, you will learn all about how to look deeper into each to identify what they're really trying to say, how they're saying it, and the minor details and nuance you would never think to notice that make it all happen!

SCHOOL OF VISUAL ARTS

Drawing Basics Step by Step

This class will go over the basics of drawing using simple shapes and lines which is the beginning of any good drawing. We will go over guided drawing, shading, drawing shadows, shapes, perspective, and texture. Bring a pencil, eraser, and white paper to the first day of class and get ready to draw!

Still Life Drawing and Painting

In the Still Life Drawing and Painting class, we create artwork from observing everyday objects as we explore how light, shadow, texture, and color play an important role in each composition. Students will focus on the process of choosing and arranging objects to be studied, drawing or painting the arrangements to portray a level of realism in their artwork. All levels are welcome to participate in this course exploring techniques for creating fun still life.

- Minimal art supplies needed. A list will be emailed to students at the beginning of the semester.

2026 COURSE CATALOGUE

History of Animation 101

Join our class as we learn about all types of animation and its history. Travel with us through the pages and through tv screens to learn about our favorite animated characters, stories, and techniques. We will explore classic animation styles and modern. We will discuss the impact different types of animation have on the world around us.

Indie Animation (Hand Drawn Animation)

Exploring and creating hand drawn animations

Cartooning: Bringing Characters and Worlds to Life

All levels are welcome in this engaging Cartooning class at the School of Visual Arts! Students will explore how texture, light and shadow, and expressive detail bring cartoons to life. Through lessons in portraiture, expression, setting, and landscape, participants will practice creating characters and scenes that show depth and feeling. The class emphasizes techniques for drawing in three dimensions, observing details, and using line and value to enhance form and mood. This course offers a thoughtful introduction to the fundamentals of cartooning for artists at any stage of experience.

Clay Creations Intro to Ceramics

Welcome to the world of Ceramics! In this exciting and hands-on course, students will embark on a journey into the colorful and imaginative realm of ceramics. Students will discover the joy of working with clay through fun and interactive lessons as they learn to create their masterpieces.

Throughout the course, students will explore the basic techniques of ceramics, from shaping and hand molding clay to decorating and glazing their creations. This class is great for students who are okay with getting their hands dirty. (We will be touching wet clay.)

Students will learn how to build pinch pots, coil pots, slab dishes, and more using simple tools and easy-to-follow instructions. They'll also have the chance to try their hand at wheel throwing, experiencing the magic of spinning clay on a pottery wheel. Get ready to unleash your creativity and let your imagination take flight in this whimsical world of clay!

*Please bring an apron to the first day of class. Ceramic tools will be provided for your student.



2026 COURSE CATALOGUE

Creative Digital Photography

Students will learn phone-based photography basics (composition, focus, and core techniques) and explore creative/artistic approaches with their own images. The class also includes guidance on constructive feedback, ethics and respectful practices, and staying safe while taking photographs. Each week, students bring 1–2 photos to discuss with the class. Student needs: A phone with a camera (or other digital camera), and the ability to share and upload photos.

Fiber Art

Exploring different ways that fabric and other textiles can be used to create art.

Introduction to Miniature Painting

This course will show students how to start painting on a 3D surface and using acrylic paints. students will understand the basic of tools of trade and technique about painting with acrylics, understanding color theory.

Social Recreation Clubs

Bowling Team-6 sessions (Jan-Mar)

The bowling team meets bi-weekly at Bowlmor Lanes, 10123 N Wolfe Rd, Cupertino on Sunday's. CAA will cover the rental of bowling balls and shoes. Join us for a striking good time!

Golf Team-5 sessions (Apr-June)

The golf team meets at Santa Teresa Golf Club in San Jose. The club rotates between playing 9 holes of golf and practicing on the driving range.

Gaming Team-6 sessions (Jan-June)

The gaming team meets at the West Valley campus. We play board games, video games and just have fun together for a couple hours on a Saturday once a month.



2026 COURSE CATALOGUE

From the Heart Theater Club-5 sessions (Feb-June)

Come join From The Heart Theater (FTHT) and bring Shakespeare's stories and characters to life. You and your fellow actors will walk and talk and sometimes dance like the people Shakespeare wrote about: heroes and villains, friends and enemies, and magicians and monsters. Together we'll create a world of magic. From The Heart Theater uses the Hunter Heartbeat Method, a sensory approach to storytelling and acting that applies grounding techniques, body work, and auditory experiences that is rooted in the rhythm of our heartbeats and feelings in ourselves that make for great theater. This is an active approach to theater, but actors can participate at whatever level they want.

Community Cardinals Club-TBD (Jan-June)

Members of this club represent CAA in the community through performances, speaking engagements and other community events. They raise awareness of CAA and continue our vision of transforming perceptions of individuals with intellectual and developmental disabilities. Club hours also include Networking Lounge Nights. If you are part of the performance classes: Cheer Squad, Choir, Adaptive Guitar, etc. please register for this club for performance hours.

NOTE: *The Course Catalogue details all courses in each department. Course Offerings vary from semester to semester; check the Course Offerings Schedule for classes currently offered each semester.*