

**THE FOLLOWING CLASSES MEET EVERY TUESDAY**  
**BEGINNING October 2, 2018**  
**(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)**

**ART OF CHINESE CALLIGRAPHY & JAPANESE KANJI – T7** M. Hsieh

This workshop will give both the artist and the novice a new technique while introducing the student to the beauty of Chinese Calligraphy and Japanese Kanji brush and ink writing. The proper use of the bamboo brush and how to form basic brush strokes while learning the different writing styles of calligraphy will ultimately create something *beautiful* and perhaps be helpful in other brush art forms! Student will receive his/her own goat hair brush pen, black ink refill & container plus two high quality rice papers to practice during each class session, for a one-time fee of \$7 to instructor at first class. Please join us for this unique opportunity not offered elsewhere in the county!



Room 102 – High School

6 weeks, starts October 2, 2018

7:00-8:30 P.M.

Fee: \$56

**CARDIO SCULPT – T23**

B. Casper

Let's get moving with traditional low impact aerobics! Break a sweat & improve your cardiovascular health with easy to follow energetic basic dance choreography to gain a broad and general fitness. Bring hand held weights for basic toning exercises. Wear comfortable exercise clothing & fitness shoes. AFAA certified instructor.

Gym - Miller School

10 weeks, starts October 2, 2018

6:30-7:30 P.M.

Fee: \$76

**CROCHET FOR BEGINNERS – T6**

J. Neumann

This course is for any student who is interested in learning how to crochet. You will learn the basic stitches of crochet such as a chain stitch and a single crochet. We will be making a hat and scarf set. Please bring two crochet hooks size "N" and "P" and three balls of light colored #6 yarn 6 oz each (such as Lion Brand yarn Wool-Ease Thick and Quick) to the first class. Instructor will continue with students who have already taken course and who wish to learn more. Class is limited to 8 students so that individual attention may be given.



Room 118 – Middle School

6 weeks, starts October 2, 2018

6:30-8:30 P.M.

Fee: \$64 (Non-Residents \$66)

**DRAWING FOR ENJOYMENT – BEGINNER – T16**

P. Corelli

If drawing is something you've always wanted to learn or improve on, register for this course geared toward the beginner. Topics include exercises in light, shading, shapes, composition & perspective. Bring a pad (9x12 or larger) to first class. Short list of additional materials will be given during course. Our goal is to help you draw for relaxation with results that will give you great satisfaction!

Room 110 – High School

6 weeks, starts October 2, 2018

7:00-9:00 P.M.

Fee: \$80 (Non-Residents \$84)

**FIT WALK – T24**

B. Casper

It's a great indoor workout that combines the fun of fitness walking with free-weight total body conditioning. We'll vary walking direction and pace with balance and arm drills. Bring lightweight free-weights to increase overall muscle and bone strength, promote endurance, proper body alignment and improve balance. One to five lb. free-weights, comfortable exercise clothing and fitness shoes recommended. Also, take Barb's Cardio Sculpt class for a solid Tuesday workout! **AFAA certified instructor.**

Gym - Miller School

10 weeks, starts October 2, 2018

7:30-8:30 P.M.

Fee: \$76

### **FRENCH FOR BEGINNERS – T4**

Parlez-vous Francais? Learning a new language is great exercise for the brain! This light introduction to a beautiful romance language will help you in travel, emergency situations, or in fulfilling a lifelong dream to learn French. Vocabulary, grammar and simple conversational phrases for everyday situations will be covered. Review of past material, as well as new material, will be covered, so this class is appropriate for beginners to repeat.

**Room 131 – High School**  
**8 weeks, starts October 2, 2018**

**D. NORCEIDE**



**6:00-7:30 P.M.**

**Fee: \$65 (Non-Residents \$68)**

### **KEYBOARDING (TYPING) – T30**

Now more than ever, being able to type with proficiency is essential in order to get the most out of the internet, computers and to communicate with the world in general! Learn to type in the most effective way. With a little practice, you'll be flying through the keyboard! This course runs two times a week on Tuesdays and Fridays to make the most of training your muscle memory. Text book is *Mastering Computer Typing: ISBN-10: 0547333196/ISBN-13: 978-0547333199*, best to wait to purchase until notified that you've been accepted and course will convene. No class 10/19.

**Room 226 - Middle School**  
**9 weeks, starts October 2, 2018 (18 sessions)**

**A. Campbell**

**6:15-7:15 P.M.**

**Fee: \$50 (Non-Resident \$54)**

### **MASTERING GYM EQUIPMENT – T3 - New!**



Many people either use equipment incorrectly or don't know where to begin!! Before you can get fit and feel stronger you must learn proper technique. Take the first step towards better health! With this course, you'll become familiar with how to use equipment and how to maximize your workout in a nurturing environment. This class focuses on creating fitness plans that adhere to the principles of exercise. Participants will be taught proper weight training

techniques to improve muscular strength and endurance. In addition, participants can try treadmills, stationary bicycles, elliptical trainers and steppers to improve cardiovascular conditioning. Learn the most effective way to improve your health!

**Fitness Center – High School Lower Level (Rear)**  
**8 weeks, starts October 2, 2018**

**C. Slaybaugh**

**6:00-8:00 P.M.**

**Fee: \$52 (Non-Residents \$55)**

### **MICROSOFT WORD FOR BEGINNERS – T31**

One of the most fundamental and useful programs on the PC is Microsoft Word. Learn how to create, edit, save and print documents using a variety of timesteps and graphics. Other Word tools such as spellcheck, thesaurus, colored fonts and more! Prerequisite: **Students MUST have basic knowledge of computers (such as how to logon and use email) and be proficient with keyboard/using the mouse (selecting/highlighting, scrolling, drag/drop).**

**Room 226 - Middle School**  
**9 weeks, starts October 2, 2018**

**A. Campbell**

**7:30-9:00 P.M.**

**Fee: \$72**

### **OPEN GYM – T15**

Participate in pick-up games of full court basketball in a competitive, yet friendly atmosphere. Teams will vary each time. Pre-registration a MUST and open to all students aged 18 and older. Limit 20 players so register early or risk being closed out. Bring water and small towel, if desired. **Extended one week!**

**Front Gym – Middle School**  
**11 weeks, starts October 2, 2018**

**E. Zlotogura**



**7:45-9:45 P.M.**

**Fee: \$77**

**RESILIENCE STRESS MANAGEMENT™ (INTRO) – T18 - New!** E. D'Urso

Join us for this innovative approach to managing the energy demands of stress, using Resilient Stress Management™ and Chinese Martial Arts. Gain the basics of energy independence and start learning to be at ease with the stress in your life AND energized by it! Course involves lecture and training in-between.

No prior martial art experience necessary. Highly adaptable to current level of fitness. Student needs to be able to commit to the process and invest the time and effort to be rewarded by positive results! Wear comfortable clothes.

Room 244 – Middle School

7:30-9:00 P.M.

4 weeks, starts October 16, 2018

Fee: \$40

**ROCKLAND COUNTY CONCERT BAND**

L. Zaidan

A band of approximately 45 musicians provides an opportunity to learn ensemble playing in a friendly atmosphere! The band performs ten to twelve concerts per year in addition to regular, weekly, two-hour rehearsal-lessons. If you played fairly well in high school or college, dust off your instrument and join in; musicianship comes back fast! For more info leave your name, number and type of instrument you play on the **Music Line – 429-1096** or you may email us at [band@RCCBNY.org](mailto:band@RCCBNY.org). You will receive a reply.

Music Room – High School

8:00–10:00 P.M.

Ongoing program – Tuesdays

No Fee

**SPANISH FOR BEGINNERS – T21**

P. Sancy

Whether you are taking a trip abroad or have the occasional need as a nurse, officer, EMT, or in your daily life to speak Spanish, you will learn basic vocabulary, grammar and usage for practical dialogues and conversation. Some cultural information will be shared to round out your beginner use of the Spanish language.

Room 138 – High School

7:30 – 9:00 P.M.

8 weeks, starts October 2, 2018

Fee: \$60 (Non-Residents \$64)

**SQUARE DANCING – T13A & T13B – Try it, no risk!**

F. Wadel

A great course for groups of friends to take together! Come learn to square dance and add new dimension to your life! It's exhilarating yet relaxing and an enjoyable exercise. Learn steps that become uniquely configured in exciting and seemingly limitless patterns. Enjoy the teamwork of the square while meeting new people. No previous knowledge of square dancing is required and the fun begins immediately. Some experienced dancers will be present to guide you. Part I, the Basic program, is taught this semester with Part II to follow. You must take Part I prior to attending Part II. After completing Mainstream (Part II) you will have the option to become a member of *RocklandRockytops Square Dance Club* and you will be able to dance in any Mainstream club locally, in the region, the country, or the world! **Sample one class free! Register and try the first class. If not satisfied, your check will be returned!**

Cafeteria - Middle School

7:00-9:15 P.M.

Part I: Basic – 12 weeks begins October 2, 2018

T13A

Fee: \$67

Part II: Mainstream – 12 weeks, begins Jan. 8, 2019

T13B

Fee: \$67

**UNLEARN STRESS, GUILT AND WORRY...**

D. DiBenedetto

**...ENJOY LIFE ! - T1**

The secret to life is to enjoy the passage of time. We could all use reminders on how to lower our stress and bring more JOY into our lives! Our exploration has no bounds - physical, spiritual, psychological and social techniques will be discussed. These methods are proven. Together, we will let go of self-defeating energies and make our lives lighter and more enjoyable. Please join us!

Room 132 – High School

6:30 – 8:00 P.M.

6 weeks, starts October 2, 2018

Fee: \$39 (Non-Residents \$42)