

## THE FOLLOWING CLASSES MEET EVERY MONDAY

BEGINNING March 2, 2020

(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

### **BASIC CORE & MORE – M36**

**B. Casper**

Target your torso and back with exercises to strengthen core postural and back muscles combined with effective basic floorwork to tone upper and lower body. A total conditioning workout utilizing exercise bands, hand-held weights and your own body weight. Bring a mat and hand-held weights. Exercise bands will be provided or bring your own. **AFAA certified instructor.**

Cafeteria – Middle School

7:30-8:30 P.M.

10 weeks, starts March 16, 2020

Fee: \$78

### **CHINESE & JAPANESE COOKING – M14**

**M. Hsieh**

Authentic Chinese and Japanese cooking – it's just a few lessons away! You'll learn the proper technique, be introduced to traditional ethnic favorites and learn ways to make small modifications to have endless variations! The added benefit is a healthier version of your restaurant favorites! Material fee of \$9/class (total \$36) due at first class to instructor. The food we make will be the food we enjoy at the end of class! Class size is limited so please register early.

Room 103 – High School

7:00-9:00 P.M.

4 weeks, starts April 6, 2020

Fee: \$50 (Non-Resident \$53)

### **CHINESE MARTIAL ARTS – M18 – New! AND ENERGY FITNESS PRIMER**

**E. D'Urso**

This is your unique opportunity to experience a variety of rare and complete Chinese Martial Arts in one comprehensive course. A direct student of Master Wang Tian Min, a grand master and lineage holder of many Chinese Martial arts, Shifu Ed will guide you through a unique exploration of Taiji, Qi Gong, Gong Fu, Bagua, Weapon Arts, and Cultural Poetry. Shifu Ed will also reveal the Energy foundation of CMA and how to apply them to the everyday demands of health, wellness, stress management and self-defense. With training, they form a complete survival kit for today's challenges.

Cafeteria I – Miller School

8:00-9:00 P.M.

8 weeks, starts March 2, 2020

Fee: \$66

### **FIT WALK – M3**

**B. Casper**

This is 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 Basic Core & More class for a solid Monday workout! **AFAA certified instructor.**

Cafeteria – Middle School

6:30-7:30 P.M.

10 weeks, starts March 16, 2020

Fee: \$78

*Develop a passion for learning...  
Make new friends...*

(Monday)

### **GUITAR LESSONS BEGINNER II PROGRESSIVE – M4B – New!** B. Emch

This course is a continuation for all who have already taken the introductory “Guitar Lessons” for adults or for those who have taken another beginner level course and are already in the process of developing basic BEGINNER guitar skills and music knowledge. Areas to be covered include new chords and chord progressions, intro to music theory basics, and group play with popular songs. Bring your own guitar, tuner & capo. Class size is limited so please register early.



**Music Room – Miller School** Age 18 and older 7:00-7:55 P.M.  
8 weeks, starts March 2, 2020 Fee: \$82

### **GUITAR LESSONS III KEYS AND CAPOS – M4C – New!** B. Emch

This class is intended for students who have previous experience playing the guitar and are comfortable with common chords including G, C, D, Em, F, Am, Dm, A and Bm. The class offers instruction in playing technique, music theory basics, use of the capo, application to popular songs and group play. Additional topics will be covered as time permits. Bring your own guitar, tuner, and capo. Class size is limited so please register early!



**Music Room – Miller School** Age 18 and older 8:00-8:55 P.M.  
8 weeks, starts March 2, 2020 Fee: \$82

### **ITALIAN CONVERSATIONAL – M16 – New!** J. Bertolino

A continuation for those who have previously taken our advanced course or for someone who has studied Italian to this level and wants to further their knowledge. The course will cover grammar, conversational exercises, some reading and discussion to facilitate proper usage of the spoken language. We will continue to use the *Parliamo Italiano* (any edition, author: Suzanne Branciforte) text book.

**Room 104 – High School** 7:00-8:30 P.M.  
10 weeks, starts March 2, 2020 Fee: \$74 (Non-Resident \$77)

### **LINE DANCING FOR BEGINNERS – M5A, M5B** P. Alfonso

Students are welcome to register for one hour or both depending on your level and desire to dance, dance and dance! \*\*Bring water bottle and please wear leather sole or smooth bottom no scuff shoes. \*\*Register early!

**Basic Beginner** – Come out and join the fun. Learn (or brush up on) the shuffle, grapevine and more, then put them together into dances. No partner needed!

**Cafeteria 2 – High School** 7:00-8:00 P.M.  
10 weeks, starts March 2, 2020 M5A Fee: \$43

**Beyond Basic** – You already know and are comfortable with the basic steps of shuffle, grapevine and jazzbox and are ready for more! It's time to move to the next level, learn more steps and more dances. Make new friends, no partner needed!

**Cafeteria 2 – High School** 8:00-9:00 P.M.  
10 weeks, starts March 2, 2020 M5B Fee: \$43

### **JEWELRY MAKING – M21** R. Logue

Beginner students will learn about materials and tools used in jewelry making as well as the basics of stringing and design, crimping, making simple and wire wrapped loops. Your designs will be completed and wearable by end of each class! Material fee \$10 per class/total \$40 due at first class to instructor. Students bring own no-ridge round nose pliers, chain nose pliers and a pair of side cutters – purchased at local craft stores separately or in kits (don't forget to use often available coupons!). Bead board is suggested but optional. Class size is limited so please register early!

**Breakout Room #3 – High School** 7:00-9:00 P.M.  
4 weeks, starts March 2, 2020 Fee: \$48 (Non-Resident \$50)

*Don't let a moment's hesitation be the obstacle  
between you and an interesting new horizon!  
Register today!*

(Monday)

### **MAH JONGG FOR BEGINNERS – M9**

**L. Meehan**

Learn why this beautiful tile game has maintained its popularity for centuries, bringing together a community of friends across different cultures and ages. Students will be taught the *AMERICAN* version of the game! Have fun, make friends and stimulate your mind. (To achieve uniformity, only Nat'l Mah Jongg League rules will apply.) Materials required: 2020 National Mah Jongg League card available after April 1<sup>st</sup>, online at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) (or call 212 246-3052) or from many local stationery stores. Class size is limited so please register early!

**Library/Media Center – High School**  
**8 weeks, starts April 6, 2020 (No class 6/1)**

**7:00-9:00 P.M.**  
**Fee: \$82**

### **MENTAL HEALTH AWARENESS AND THERAPEUTIC TECHNIQUES – M7– New!**

**L. Walters**

Are you looking for a better understanding in the field of Mental Health and how to help yourself and others to cope? If so, this course may be for you. We will cover basic aspects of mental health disorders including Autism, Bipolar Disorder and Anxiety. Additionally, the course will cover various therapeutic techniques such as mindfulness training and examining our thoughts and feelings based on different events that happen in our lives.

**Room 133 - High School**  
**2 weeks, starts March 2, 2020**

**6:30-7:45 P.M.**  
**Fee: \$20**

### **MICROSOFT EXCEL INTRO – M2**

**TBA**



In this introductory course you will learn to manage and analyze your data with this powerful and easy-to-use spreadsheet program. Class participants will create worksheets and workbook files, enter and edit data, work with formulas, PMT, sort and data filter functions, calculate values and charts. Student must be familiar with using PC. Class limit 15.

Microsoft Office 2016.  
**Room 219 – High School**  
**8 weeks, starts March 2, 2020**

**6:30-8:30 P.M.**  
**Fee: \$87**

### **PHOTOSHOP ELEMENTS: ON YOUR LAPTOP – M26**

**G. Potanovic**

This 8 hour course will teach you how to retouch, rotate, crop and resize your digital photos, make color and brightness adjustments, create photo composites, replace color, remove unwanted objects, create layers and masks, add type for greeting cards with special effects and more using Photoshop Elements. Students must bring their own PC or Mac laptop with PE2018 or 2019 installed. Class size is limited to 8 students to allow for individual attention. There is a \$15 material fee paid directly to instructor at first class.

**Room 226 - Middle School**  
**4 weeks, starts April 27, 2020**

**7:00-9:00 P.M.**  
**Fee: \$120**

### **RETIREMENT SURVIVAL WORKSHOP – M22 PLANNING WITH CONFIDENCE!**

**L. Rosenwasser**

Deciding whether to retire is both a financial and a personal decision. Not only is it important to be financially able to retire, it's also important to know how you want to live the next part of your life. We will be addressing common questions such as: Do I have enough money to retire? Should I retire or continue working? Should I relocate or stay where I am? When should I begin taking Social Security? This fast moving seminar will be taught by a former college professor with over 35 years of retirement planning experience. **Register with a friend or spouse. 2<sup>nd</sup> enrollee fee is \$10 when registering together!**

**Room 216 – High School**  
**One session workshop, March 2, 2020**

**6:00-8:00 P.M.**  
**Fee: \$16**

(Monday)

### **TENNIS INDOORS - M20A, M20B**

**H. Edelstein**

Make no mistake tennis is a life-long endeavor which people can learn at any age. Our certified instructor with over 15 years of experience teaching tennis is also a tournament player and will cover all strokes and aspects of play. Net play, practicing strokes and volleys to improve your game, no matter your level. Bring your own racket and wear sneakers. You must be 18 years or older. Be sure to REGISTER NOW, there are only 6 spots per class.

**Front Gym – Middle School**

**M20A BEGINNER – No prior experience**

**7:45-8:30 P.M.**

**M20B ADVANCED BEGINNER – Some experience a must**

**8:35-9:20 P.M.**

**8 weeks, starts, April 6, 2020**

**Fee: \$80**

### **VOLLEYBALL – EXPERIENCED – M8**

**M. Feinman**

A class for experienced volleyball players who have mastered the fundamentals of the game and are capable of bumping, setting, spiking, and serving consistently. Players will engage in competitive play with other players experienced in organized play following standard game rules. Players should exhibit a level of play which does not impede nor detract from the higher level of group play. This program is recommended for higher levels and therefore is not suited for beginner players. MUST be 18 years or older - **NO EXCEPTIONS WILL BE GIVEN!**



**Gym – High School**

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

**8 weeks, starts April 6, 2020 (no class 5/18)**

**Fee: \$74**

### **YOGA BACK THERAPY – M23**

**M. Gartshore, E- R.Y.T.**

The emphasis here is on improving back health. From the lower back to the back of the neck, these postures are tailored to relax and strengthen. Using breath to enhance the effect of the posture, we will use gentle restorative postures to increase flexibility and overall health of the back and spine. This is an all level class. No previous yoga experience is necessary. Dress comfortably for easy movement and bring a mat. Prior to beginning any courses involving physical activities we advise you to consult your doctor.

**Front Gym – Highview School**

**7:00-8:00 P.M.**

**8 weeks, starts April 6, 2020**

**Fee: \$50**

### **ZUMBA – M24**

**S. Miner-Berger**

Like to Latin Dance? Feel you would like to lose weight? Combine the two by learning this popular weight loss/aerobic craze. Zumba mixes Latin dance moves with basic exercise moves. No dance experience required. Bring water & mat for cool down.

**Cafeteria I – Miller School**

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

**8 weeks, starts March 2, 2020**

**Fee: \$68 (Non-Residents: \$72)**

All classes are for age 18 and older unless otherwise indicated.