

**COURSES ARE OPEN TO
RESIDENTS OF ALL COMMUNITIES**

Nanuet Community Ed,
103 Church St, Nanuet, NY 10954
(845) 627-9860, 627- 9862

**H.S. – High School
M.S. - Middle School
ML - Miller School
HV – Highview School**

COURSES OFFERED		
(See description under day offered)		
An Historical Mélange	H.S. – New!	Saturday
Aerobicized Fitness Beginner	ML	Wednesday
Art of Chinese Calligraphy/Japanese Kanji	H.S.	Tuesday
Ballroom Dancing	H.S.	Friday
Basic Core & More	M.S./HV	Monday
Body Sculpting	M.S.	Wednesday
Bus Trips	P. 21 - New!	Bus Trips
Cardio Sculpt	H.S./HV	Tuesday
Cardio Kickboxing	ML	Wednesday
Chinese & Japanese Cuisine	H.S.	Wednesday
Computers:		
Mac for Beginners	H.S.	Thursday
Microsoft Excel Intro.	H.S.	Monday
Microsoft Word for Beginners	M.S. - New!	Tuesday
Crochet for Beginners	M.S.	Tuesday
Demystifying Gym Equipment	H.S.	Tues & Thurs
Drawing for Enjoyment	H.S.	Thursday
Drawing for Enjoyment Part 2	H.S. - New!	Saturday
Driver Education – Insurance Reduction	H.S. – P. 3	Various
Driver Education – New Driver Training	H.S. – P. 12	Info TBA
English for Speakers of Other Languages	P. 15	Info
Fit Walk	M.S./HV	Monday
Fit Walk	H.S./HV	Tuesday
Genealogy I & II	M.S.	Wednesday
Guitar Beginner I and II	ML	Monday
High School Equivalency	P. 9	Info
Hiking Rockland & Surrounding Area	H.S.	Thurs/Sunday
Hiking to the High Points	H.S.	Thurs/Sunday
Keyboarding (Typing)	M.S.	Tues & Fri
Knitting for Beginners	H.S.	Wednesday
Language:		
Italian Language – Advanced VI	H.S. - New!	Monday
Italian Language – Beginner III	H.S. - New!	Thursday
Italian Language – Intermediate VI	H.S. - New!	Wednesday
Spanish For Beginners	H.S.	Tuesday
Line Dancing – Beginners	H.S.	Monday
Line Dancing for Seniors Beginner	H.S.	Saturday
Mah Jongg for Beginners	H.S.	Tuesday

M1:Yoga Nidra and Pranayama	M.S.	Tuesday
M2: Meditation	M.S.	Tuesday
Open Gym	M.S.	Tuesday
Photography I – Digital	H.S. - New!	Wednesday
Photography 2 – Lighting & Composition	H.S. - New!	Wednesday
Photoshop	H.S.	Wednesday
Pilates Beginner	M.S.	Wednesday
Protecting Your Assets	H.S.	Wednesday
Rockland County Concert Band	H.S.	Tuesday
Salsa Dance	H.S.	Saturday
Tai Chi For Beginners	M.S.	Monday
Tennis Indoors	M.S.	Monday
Volleyball – Experienced	H.S.	Monday
Volleyball – Recreational	H.S.	Wednesday
Watercolor Beginner I & II	H.S.	Wednesday
Yoga:		
Chair Yoga	H.S.	Saturday
Yoga Back Therapy	HV	Monday
Yoga Hatha, Beginner to Intermediate	HV	Wednesday
Yoga Hatha with Marie	ML	Thursday
Yoga for Seniors	H.S.	Saturday
Zumba	ML	Monday

HIGH SCHOOL : The only entrance in the evening will be through the front doors. Parking is available in the front of the building.
MIDDLE SCHOOL : The main entrance is in the front. Park in the front lot. PLEASE do not park on the entrance road as these are fire lanes and subject to ticketing and/or towing. Parking is also available behind the building.
MILLER SCHOOL: Entry for all classes is at the front door or by the curved driveway. PLEASE do not park in fire zones as they are subject to ticketing and/or towing.
HIGHVIEW SCHOOL: Entrance through front right door or rear entrance.

OUR PROMISE: While we must keep pace with rising costs, as a community program we make every effort to minimize that cost to you.