

**THE FOLLOWING CLASSES MEET EVERY SATURDAY**  
**BEGINNING March 7, 2020**  
**(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)**

**CROCHET FOR BEGINNERS – S6**

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.



**Breakout Room #1 – High School**  
**6 weeks, starts March 7, 2020**

**9:00-11:00 A.M.**  
**Fee: \$64 (Non-Residents \$66)**

**LINE DANCING FOR SENIORS - BEGINNER – S1**

P. Alfonso



Seniors, come on out and start your Saturday having fun with friends. Learn how to *shuffle*, *grapevine* and *hook* to name a few steps. Put your steps together, add music and you're line dancing! No partner or experience needed, just a willingness to have a great time. Please wear leather sole or smooth bottom no scuff shoes. Bring a bottle of water. For age 62 or older. Proof, such as driver's license required at first class.

**Cafeteria 2 – High School**  
**8 weeks, starts March 7, 2020**

**9:00-10:00 A.M.**  
**Fee: \$48**

**YOGA FOR SENIORS – S2**

S. Miner-Berger

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without strain. Wear loose fitting, comfortable clothing. BRING MAT OR TOWEL to sit on floor. Must be 62 years of age or older. Proof such as driver's license required first class. Class Limit 20.

**Library/Media Center – High School**  
**8 weeks, starts March 7, 2020**

**10:00–11:00 A.M.**  
**Fee: \$59 (Non-Residents \$62)**