

THE FOLLOWING CLASSES MEET EVERY THURSDAY
MOST CLASSES BEGINNING MARCH 5, 2020
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

BELLY DANCING - R5 – New!

“Fatima” - M. Edelstein

Middle Eastern music sets the tone for these movements. While these are not dances per se, these choreographed routines will include fast, slow and veil techniques. **It's great for all-over body conditioning. This could be your new and interesting exercise plan!** Bring a piece of chiffon-type fabric approximately 2-1/2 to 3 yards in length. Costume making included upon request. Also a quick introduction to zills, the finger cymbals, will be included.

Music Room – Miller School

7:00-8:00 P.M.

8 weeks, starts March 5, 2020 (no class 3/12)

Fee: \$47 (Non-Residents \$52)

CHILDREN'S BOOKS, WRITING & PUBLISHING – R4 – New!

M. Monteagudo

Have you been dreaming of writing and publishing a Children's Book but don't know where to begin? Learn the basics of writing fiction and non-fiction in this interactive, 7 week course. We will touch upon different genres and critique manuscripts as a group. Learn the pros and cons of traditional vs. self-publishing and the ins and outs of identifying agents, editors, book designers and illustrators. We'll go over the marketing process, writers' associations and conferences and other online resources.

Room 132 – High School

7:00-8:30 P.M.

7 weeks, starts April 2, 2020

Fee: \$68

DOORMAT FITNESS – R2 – New!

M. Negre

We use something that virtually everyone owns to give structure to our workout! Bring an ordinary rubber-back doormat for our step-style aerobic exercise resulting in low-impact movements on and around the doormat! We'll incorporate various leg lift exercises for a full workout without investing in equipment or going to a gym! Wear non-restricting clothing, bring doormat, light weights (optional), and a water bottle.

Cafeteria - Middle School

7:30-8:30 P.M.

8 weeks, starts March 5, 2020

Fee: \$56 (Non-Residents \$58)

DRAWING FOR ENJOYMENT - INTERMEDIATE – R6 – New!

P. Corelli

This course is geared to the intermediate student who has already completed our beginner course. Continued instruction to build on what you've already learned adding multi-media (acrylic/watercolor etc.) to your experience! We build on what you've learned in our beginner class (see Monday courses). Topics include exercises in light, shading, shapes, composition & perspective. Our goal is to help you draw for relaxation with results that will give you great satisfaction!

Room 110 – High School

7:00-9:00 P.M.

8 weeks, starts March 12, 2020

Fee: \$83 (Non-Residents \$85)

FITNESS 3i20 – R3 – New!

M. Negre

A combination exercise class which includes three twenty minute intervals of high-low aerobic movement, cardio-kickboxing and weight training. Students may bring their own light weights to intensify their workout. Wear non-restricting clothing; bring light weights (optional), water bottle and a floor mat or towel.

Cafeteria - Middle School

6:30-7:30 P.M.

8 weeks, starts March 5, 2020

Fee: \$56 (Non-Residents \$58)

HIGH SCHOOL EQUIVALENCY

The examination will be given at the North Rockland Central School District. For more specific information go to <http://www.acces.nysed.gov/hse/high-school-equivalency-hse>

Preparation classes are available at BOCES. Call (845) 348-3500 for info.

HIKING ROCKLAND & SURROUNDING AREAS

BEGINNER PLUS – R20 – New!

K. McGuinness

Explore the natural beauty right in our own backyard! Rockland County is central to some of the best hiking trails and cared for by members of the NY/NJ Trail Conference. In this course, a trail maintainer and regional leader will introduce you to hiking. The course is intended for individuals who have an adequate fitness level to traverse some uneven terrain (wear appropriate footwear) and keep a fair to moderate pace for 2.5-3 hours. (always consult your doctor before participating in physical activities). Prior hiking experience not required. Bring water and a snack for a most enjoyable hiking experience! Meet once on 4/2/20 in H.S. room 216 at 7PM to discuss hikes. Hikes will be on Sundays 4/5, 4/19 and 4/26 (if weather forecast is poor, hikes may be moved to prior Saturday).

Class April 2, 2020 in H.S. Room 216
3 Hikes, Sunday, April 5, 19 & 26, 2020

Hikes 8:30-11:30 A.M.
Fee: \$39

ITALIAN INTERMEDIATE - R17– New!

J. Bertolino

This is the series formerly referred to as Beginner and is appropriate for our past Beginner students but also for students who are ready to proceed to a level higher than beginner. The course will cover & review some basic elementary principles combined with situational reading and oral exercises designed to provide a foundation for subsequent conversational facility. Required text, *Parliamo Italiano* (any edition, author Suzanne Branciforte) will continue to be the text used and may be purchased online at a greatly reduced price.

Room 104 – High School

7:00-8:30 P.M.

10 weeks, starts March 5, 2020 (3/5 class in M.S. 114) Fee: \$74 (Non-Residents \$78)

SPANISH – INTERMEDIATE II – R21

M. Moreau

Why not leap into learning more Spanish by immersing yourself in a step beyond the Intermediate Spanish course? This course will enhance your vocabulary, sharpen your listening and comprehension skills and improve your ability to write in the native language. Most importantly, the course will concentrate on dialoguing, as well as participating in classroom discussion.

Room 118 – Middle School

7:00-8:30 P.M.

8 weeks, starts March 5, 2020 Fee: \$62 (Non-Residents \$66)

YOGA HATHA WITH MARIE – R19

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



The goal of yoga is the union and health of the body, mind and spirit. This traditional yoga class integrates posture (asanas), breathing techniques (pranayama) and deep relaxation for the whole being. Relieve tension without strain. Class is open to men and women, beginners as well as intermediate. Wear loose clothing; bring towel, mat or blanket. **Register early!**

Cafeteria I – Miller School

7:00-8:30 P.M.

8 weeks, starts March 19, 2020

Fee: \$62