

**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

<b>COURSES OFFERED</b>		
(See description under day offered)		
Aerobicized Fitness Beginner	ML	Wednesday
Art of Chinese Calligraphy/Japanese Kanji	H.S.	Tuesday
Ballroom Dancing	H.S.	Friday
Basic Core & More	HV	Monday
Body Sculpting	M.S.	Wednesday
Bus Trips	P. 21 - <b>New!</b>	Bus Trips
Cardio Kickboxing	ML	Wednesday
Cardio Sculpt	ML	Tuesday
Computers:		
Keyboarding (Typing)	M.S.	Tues & Friday
Microsoft Excel Intro.	H.S.	Monday
Microsoft Excel Intermediate	H.S.	Monday
Microsoft Word for Beginners	M.S.	Tuesday
Crochet for Beginners	M.S.	Tuesday
Drawing for Enjoyment - Beginner	H.S.	Tuesday
Drawing for Enjoyment - Intermediate	H.S.	Thursday
Driver Education – Insurance Reduction	H.S. – P. 3	Various
Driver Education – New Driver Training	H.S. – P. 13	Info TBA
English for Speakers of Other Languages	P. 15	Info
Fit Walk	HV	Monday
Fit Walk	ML	Tuesday
Guitar Beginner I and II	ML	Monday
High School Equivalency	P. 12	Info
Hiking Rockland & Surrounding Area	H.S. - <b>New!</b>	Thurs/Sunday
Hiking : Moderate to Experienced	H.S. - <b>New!</b>	Thurs/Sunday
Holiday Cooking, Drama Free!	H.S. - <b>New!</b>	Monday
Knitting for Beginners	H.S.	Wednesday
Language:		
French for Beginners	H.S.	Tuesday
Italian Language – Advanced VII	H.S. - <b>New!</b>	Monday
Italian Language – Beginner IV	H.S. - <b>New!</b>	Thursday
Italian Language – Intermediate VII	H.S. - <b>New!</b>	Wednesday
Spanish For Beginners	H.S.	Tuesday
Spanish - Intermediate	M.S. - <b>New!</b>	Wednesday
Line Dancing for Beginners	H.S.	Monday
Line Dancing for Seniors Beginner	H.S.	Saturday

Mastering Gym Equipment	H.S. - <b>New!</b>	Tuesday
Meditation	M.S. - <b>New!</b>	Wednesday
Open Gym	M.S.	Tuesday
Photography I – Digital	H.S.	Wednesday
Photography 2 – Lighting & Composition	H.S.	Wednesday
Photoshop	H.S.	Thursday
Piano	M.S.	Monday
Pilates Beginner	M.S.	Wednesday
Resilience Stress Management	M.S. - <b>New!</b>	Tuesday
Retirement Survival	H.S.	Wednesday
Rockland County Concert Band	H.S.	Tuesday
Square Dancing	M.S.	Tuesday
Tai Chi For Beginners	M.S.	Monday
Tennis Indoors	M.S.	Monday
“Unlearning” Stress, Guilt and Worry	H.S.	Tuesday
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 with Marie	ML	Thursday
Yoga for Seniors	H.S.	Saturday
Zumba	ML	Monday

<b>HIGH SCHOOL : The only entrance in the evening will be through the front doors. Parking is available in the front of the building.</b>
<b>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.</b>
<b>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.</b>
<b>HIGHVIEW SCHOOL: Entrance through front right door or rear entrance.</b>

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