

# (THE FOLLOWING CLASSES MEET EVERY MONDAY

**BEGINNING March 4, 2019**

**(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)**

## **BASIC CORE & MORE – M36**

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 (4/1 and later in HV Main Gym)**

**10 weeks, starts March 18, 2019**

**B. Casper**

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

**Fee: \$76**

## **FIT WALK – M3**

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 (4/1 and later in HV Main Gym)**

**10 weeks, starts March 18, 2019**

**B. Casper**

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

**Fee: \$76**

## **GUITAR LESSONS I BEGINNER – M4A**

Is it time to do something you've always wanted to do? Begin the rewarding process of becoming a guitar player! This introductory class will focus on playing technique, with an appropriate amount of fret-board basics and simple music theory to build a solid music foundation. We'll cover stretching exercises, proper playing position, playing notes and chords, using a pick, playing to time, strumming technique, common chord progression, simple songs, scales, using a capo and practice techniques. Bring your own guitar. Class limited in size, so please register early.

**Music Room – Miller School**

**8 weeks, starts March 4, 2019**

**Age 18 and older**

**7:00-7:55 P.M.**

**Fee: \$80**

**B. Emch**

## **GUITAR LESSONS III KEYS AND CAPOS – M4B – New!**

A new, first time course! Are you ready to learn to play your favorite songs with those unfamiliar chords? Do you want to know more about musical keys, using a guitar capo, and how they go together? If yes, this course is for you. The class will cover intro to scales, the concept of keys, common chord combinations, and how to use the capo with common chords to play your favorite songs. The class is intended for students that have previous experience playing the guitar and are comfortable with common cords including G, C, D, Em, F, Am, Dm, A and Bm. The class offers a combination of instruction and group play, with an increased focus on instruction compared to Guitar lessons Beginner I and II. Additional topics may be covered as time permits, including chord construction, playing songs with multiple voicings, and intro to creating guitar riffs. Bring your own guitar, tuner, and capo. Class is limited in size so please register early!

**Music Room – Miller School**

**8 weeks, starts March 4, 2019**

**Age 18 and older**

**8:05-9:00 P.M.**

**Fee: \$80**



(Monday)

**COOKING, DRAMA FREE! – M14 – New!**

**J. Fraser**

Relieve your kitchen stress, guided by a chef with professional experience in the restaurant business. We'll prepare a variety of various courses imparting kitchen tips, planning skills and time management tools with the goal of making your meal more relaxed for you! "Knowledge is the key to losing your fear!" Some hands-on preparation and we partake of our own culinary creation. Material fee of \$6/class (total \$24) due at first class to instructor. Class size is limited.

**Room 103 – High School**

**7:00-9:00 P.M.**

**4 classes, starts March 4, 2019**

**Fee: \$40 (Non-Resident \$43)**

**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 sessions, starts March 4, 2019**

**Fee: \$72 (Non-Resident \$76)**

**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 4, 2019**

**M5A**

**Fee: \$42**

**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 4, 2019**

**M5B**

**Fee: \$42**

**MICROSOFT EXCEL INTRO – M2**

**J. Gartner**

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 2016.



**Room 219 – High School**

**6:30-8:30 P.M.**

**8 weeks, starts March 4, 2019**

**Fee: \$85**

The only obstacle between you and achieving your goal  
is taking the step to register!

Please don't hesitate – register today!

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

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

**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 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**

**7:00-9:00 P.M.**

**4 sessions, starts April 1, 2019**

**Fee: \$120**

## **TAI CHI FOR BEGINNERS – M18**

**E. D’Urso**

Whether your goal is to improve your physical and mental health or to simply add an exercise routine, our beginner Tai Chi can help you to achieve this! Tai Chi is well known to reduce the harmful effects of stress, relieve chronic pain and to help you build greater balance, energy and power. Our instructor has over two decades of experience in teaching martial arts and specializes in Resilience Training.

**Cafeteria – Middle School**

**8:00-9:00 P.M.**

**8 weeks, starts April 1, 2019**

**Fee: \$50**

## **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**

**7:45–8:30 P.M.**

**M20A BEGINNER – No prior experience**

**8:35–9:20 P.M.**

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

**8 weeks, starts, April 1, 2019**

**Fee: \$77**

## **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 1, 2019**

**Fee: \$72**

Prepare for a new job or career, meet people with similar interests, “CRUSH” a life-long goal... These are just a few reasons why people take adult education courses!

(Monday)

### **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.

**Rear Gym – Highview School**  
**8 weeks, starts April 1, 2019**

**7:00-8:00 P.M.**  
**Fee: \$48**

### **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.

**Gym – Miller School**  
**8 weeks, starts April 1, 2019**

**6:30-7:30 P.M.**  
**Fee: \$66 (Non-Residents: \$70)**