

THE FOLLOWING CLASSES MEET EVERY WEDNESDAY
BEGINNING October 3, 2018
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

AEROBICIZED FITNESS BEGINNER – W6

M. Negre

An aerobic, body sculpting workout including fun, low-impact aerobic dance moves to improve cardio-respiratory endurance, as well as exercises to firm and strengthen the upper body, abdominal area and legs. Class begins with warm-up and ends with a relaxing cool-down. Wear non-restricting clothing; bring light weights (optional), water bottle and a floor mat.

Cafeteria I – Miller School

6:30-7:30 P.M.

10 weeks, starts October 3, 2018

Fee: \$65 (Non-Residents \$68)

BODY SCULPTING – W14

B. Casper

Get fit with resistance dynabands and into shape with free-weights to increase muscle & bone strength, promote core conditioning & endurance while improving balance & posture. Bring a sticky mat and hand-held weights for this total body workout. Wear comfortable exercise clothes and fitness shoes. Dynabands will be provided. This class may not be suitable for beginners. **AFAA certified inst.**

Cafeteria – Middle School

7:30-8:30 P.M.

10 weeks, starts October 3, 2018

Fee: \$76

CARDIO KICKBOXING – W23

M. Negre



This beginner cardio workout will increase your heart rate and blood circulation, burning excess calories and ultimately toning virtually all areas of your body. Feel better and empowered by punching, kicking and stepping into a healthy new body. Improve your balance, core and metabolism as well. Give yourself a chance to be stronger, leaner and more confident! Register early to reserve your spot!

Cafeteria I – Miller School

7:30-8:30 P.M.

10 weeks, starts October 3, 2018

Fee: \$65 (Non-Residents \$68)

ITALIAN INTERMEDIATE VII – W17- New!

J. Bertolino

This is a continuation of our Beginner & Intermediate classes but also appropriate for students with knowledge to that level. The course will cover and review grammar, conversational exercises, some reading and discussion to facilitate proper usage of the spoken language. We will continue to use text *Parliamo Italiano* (any edition, author: Suzanne Branciforte).

Room 104 – High School 10/3 in MS Room 128

7:00-8:30 P.M.

10 weeks, starts October 3, 2018

Fee: \$72 (Non-Residents \$76)

KNITTING FOR BEGINNERS – W16

P. Dudek

Knitting is an age-old art which is both relaxing and rewarding! Take advantage of this unique opportunity to learn the basics and more, and go from novice to knitter! We boast small class environment and no prior experience is required! Learn how to cast on, the knit and purl stitches, and how to combine them. Our experienced instructor will show you how to create basic patterns (like stockinette, seed and rib), “cast off” and “weave in” your ends to create a complete knitted project! Bring: one ball of worsted-weight light color yarn, set of straight knitting needles size 8 and a tapestry needle (for weaving in ends). Class limited to 8 students.



Room 102 – High School

7:00-9:00 P.M.

6 weeks, starts ~~October 3~~, October 10, 2018

Fee: \$54 (Non-Residents \$56)

MEDITATION AND SELF-HEALING PRACTICES – W10 - New! L. Cali

Embrace the universal flow of energy already present within! This course will aid in living a life of peace, health and balance. This is an introduction to the practice of meditation and healing for the serious minded student which can be applied to our daily lives. Techniques such as guided visualization, relaxation techniques, yoga nidra, breath control (pranayama) and an understanding of our energy field and chakras will be experienced. The essence of healing lives within each being. Together we will awaken and share these gifts with each other and the universe. Yoga Nidra is an ancient Yoga Science which is a state of conscious awareness and deep peace. Incorporating these techniques will result in benefits for your body, mind and spirit – Be Happy. “Become the change you seek in the world” – Mahatma Gandhi

Room 244 – Middle School
8 weeks, starts October 3, 2018

7:00-9:00 P.M.
Fee: \$80

PHOTOGRAPHY I – DIGITAL: AN INTRODUCTION – W25 G. Potanovic

This is a 2-week introductory class where you will learn both the terms of digital photography and basic functions of your digital camera. Whether you own a simple “point & shoot” or want to learn more about the many additional functions of your digital SLR camera, everyone is welcome. Bring your notebook to the first class and your camera and questions to second class. Class size is small in order to provide individualized ‘hands on’ instruction, demonstration and the opportunity for you to ask the questions you need answered in order to feel more confident about using your camera. Students who complete this class are encouraged to sign up for Digital Photography 2 – Lighting & Composition.

Room 219 - High School **EARLY START**
2 weeks, September 26 & October 10, 2018 ~~Oct 3~~



7:00-9:00 P.M.
Fee: \$50

**PHOTOGRAPHY 2 – DIGITAL:
LIGHTING & COMPOSITION – W26**

G. Potanovic

Take your photography to a new level! This 5-week class combines lecture, demonstration, discussion about the work of master photographers, weekly photo assignments and an on location class photo-shoot with the instructor. Students are expected to have already completed Digital Photo 1 or have a good basic understanding of how to operate their camera. Weekly photo assignments provide an opportunity to explore your personal vision, using your camera as a tool for communication and expression. Class size is limited to 8 to allow for individualized attention and discussion – so please register early! This class is led by a local and national award-winning professional commercial photographer with over 30 years experience.

Prerequisite: Digital Photography 1 Intro Class or a good understanding of basic camera operation.

Room 219 - High School
5 sessions, starts October 17, 2018

7:00-9:00 P.M.
Fee: \$120

PILATES - BEGINNER – W3

B. Casper

Relax. Relieve stress. Enjoy mindful breathing that leads movement in a practical approach to the exercises created by *Joseph Pilates*. This introductory class for novice and intermediate students focuses on TOTAL body conditioning from the inside out. Learn proper breathing technique for core stabilization, muscle balance & body alignment. Gain strength & flexibility while maintaining fluidity & grace. Bring a sticky mat. Wear comfortable fitness clothing. **AFAA certified instructor.**

Cafeteria – Middle School
10 weeks, starts October 3, 2018

6:30-7:30 P.M.
Fee: \$76

RETIREMENT SURVIVAL WORKSHOP – W12
PLANNING WITH CONFIDENCE!

L. Rosenwasser

Deciding whether to retire is both a financial and a personal decision. Not only is it important to be financially able to retire, it's also important to know how you want to live the next part of your life. We will be addressing common questions such as: Do I have enough money to retire? Should I retire or continue working? Should I relocate or stay where I am? This fast moving seminar will be taught by a former college professor with over 35 years of retirement planning experience. **Register with a friend or spouse. 2nd enrollee fee is \$10 when registering together!**

Room 118 – Middle School
October 3, 2018

7:00-9:00 P.M.
Fee: \$15

SPANISH - INTERMEDIATE – W21 - New!

M. Moreau

Do you have some beginner knowledge of Spanish but want to learn more? Then this is the course for you! You will increase your basic vocabulary and grammar skills along with building on your ability to converse and communicate more fluently. Pronunciation will be emphasized along with an introduction to idioms. Information on culture will also be provided.

Room 124 – Middle School
8 weeks, starts October 3, 2018

7:00 – 8:30 P.M.
Fee: \$60 (Non-Residents \$64)

WATERCOLOR – BEGINNER I & BEGINNER II

J. Elliot

Add vibrant color to your life by either learning the basic techniques of watercolor or by improving your existing level to render still lifes, landscapes and 'the figure'. This is a composite course geared to both beginners (with some drawing skills) and more experienced students.

WATERCOLOR – BEGINNER I - W11A

The first three weeks introduces new-comers to the preliminaries such as color mixing, paint application techniques, etc. This segment is intended to provide sufficient background for the true beginner. Beginner materials provided - fee directly to instructor - \$10. **Just show up and paint!**

Important information is covered in the first class so attendance is a must.

Room 110 – High School **OCT 3 in MS Room 104
3 weeks, starts October 3, 2018**

7:00-9:00 P.M.
Fee: \$27 (Non-Residents \$30)

WATERCOLOR – BEGINNER II – W11B

With the experienced gained in Beginner Watercolor, students looking to increase their painting level may continue on with this 8 week course where they will receive instruction specific to their skill level. General material list provided upon registration. Additional \$16 material fee to instructor for class specific materials supplied by instructor. This is a course which students often repeat over and over to enhance their painting skills.

Room 110 – High School
8 weeks, starts October 24, 2018

7:00-9:00 P.M.
Fee: \$62 (Non-Residents \$65)

VOLLEYBALL – RECREATIONAL - W8

C. Potenza

Teams will be formed each session for co-ed, recreational and fun competition! No spiking but plenty of movement and exercise! The emphasis is on exercise and team play, making this course appropriate for a wide range of ages! Register with a friend! **Class Limit 28. Must be 18 years or older. NO EXCEPTIONS.**

Gym – High School
8 weeks, starts ~~October 3,~~ October 10, 2018

7:45–9:45 P.M.
Fee: \$72