

THE FOLLOWING CLASSES MEET EVERY THURSDAY
BEGINNING March 15, 2018
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

DRAWING FOR ENJOYMENT - R6

P. Corelli

If drawing is something you've always wished you were better at, register for this course geared toward the beginner. Topics include exercises in light, shading, shapes, composition & perspective. A list of materials to bring to class will be provided prior to course start. Our goal is to help you draw for relaxation with results that will give you great satisfaction!

Room 110 – High School

6 weeks, starts March 15, 2018

7:00-9:00 P.M.

Fee: \$78 (Non-Residents \$84)

HIKING ROCKLAND & SURROUNDING AREAS

– R20 – New!

S. Mason

K. McGuinness

Explore off-the-beaten-path parts of Rockland and surrounding natural areas. Learn about the history as well as plants and animals of these areas. Beginner hiking with similar difficulty to the previous "Hiking the Long Path" series (generally 3 miles or less), venturing to spectacular trails right in our local area all within a 30 minute drive of Nanuet!! Participants should be physically fit but not necessarily experienced hikers. Some uneven terrain, so wear appropriate footwear. Bring water and a snack. Each hike will take approximately 3 hours with numerous stops for discussion and Q & A by members of the NY/NJ Trail Conference. Class will meet once on 3/29/18 in H.S. library for one hour at 7PM to discuss hikes. Hikes will be on Sundays 4/8, 4/15..

Class March 29, 2018 in H.S. Library/Media Center

2 Hikes, Sunday, April 8 & 15, 2018

Hikes 8:30-11:30 A.M.

Fee: \$25

HIKING TO THE HIGH POINTS – R25 - New!

S. Mason, K. McGuinness

These hikes will bring somewhat greater challenge to more able hikers. Explore some of the most scenic and interesting places in Rockland and surrounding areas combining hiking with introduction to history, plants and animals along the paths. We'll take a faster pace and a little more strenuous routes than previous "Hiking the Long Path". Participants should be physically fit and have some hiking experience as we'll cover some rocky and steep terrain over 3-5 miles. Your efforts will be rewarded with stunning views and unique places that you cannot reach by car!. Appropriate footwear required. Bring water and a snack. Hike will take approximately 3-4 hours with numerous stops for discussion and assistance from members of the NY/NJ Trail Conference. Class will meet once on 3/29/18 in H.S. library for one hour at 7PM to discuss hike. Hikes will be on Sunday 4/22/18 & 4/29/18.

Class March 29, 2018 in H.S. Library/Media Center

2 Hikes Sunday, April 22 & 29, 2018

Hike 8:30A.M. - Noon

Fee: \$30

ITALIAN BEGINNER III - R17- New!

J. Bertolino

This is a continuation of our beginner course but also appropriate for students with limited beginner knowledge of the language. 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

10 weeks, starts March 15, 2018

7:00-8:30 P.M.

Fee: \$70 (Non-Residents \$75)

MAC FOR BEGINNERS – R2 - New!

M. Glisci

This course is for Mac users of all ages who want to make better use of their Apple computer. Lessons consist of understanding Mac Layout, managing your files, documents and applications. You will learn basic essentials to using Mac applications such as Mail, Contacts, Calendar and Safari. After this course, it will be a breeze to browse through your Mac, accessing settings, using *Finder* and more. Participants: optionally may bring your own device, MacBooks, or MacBook Airs or follow along with instructor presentation instead.

Room 132 – High School

6 weeks, starts March 15, 2018

7:00-8:00 P.M.

Fee: \$40

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. Final 15 minutes reserved for questions/discussion. 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
8 weeks, starts March 15, 2018**

**7:00-8:30 P.M.
Fee: \$58**