

THE FOLLOWING CLASSES MEET EVERY TUESDAY
BEGINNING March 5, 2019
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

ART OF CHINESE CALLIGRAPHY & JAPANESE KANJI – T7

M. Hsieh

This workshop will give both the artist and the novice a new technique while introducing the student to the beauty of Chinese Calligraphy and Japanese Kanji brush and ink writing. The proper use of the bamboo brush and how to form basic brush strokes while learning the different writing styles of calligraphy will ultimately create something *beautiful* and perhaps be helpful in other brush art forms! Student will receive his/her own goat hair brush pen, black ink refill & container plus two high quality rice papers to practice during each class session, for a one-time fee of \$7 to instructor at first class. Please join us for this unique opportunity not offered elsewhere in the county!



Room 102 – High School

7:00-8:30 P.M.

6 weeks, starts March 5, 2019

Fee: \$56

CARDIO SCULPT – T23

B. Casper

Let's get moving with traditional low impact aerobics! Break a sweat & improve your cardiovascular health with easy to follow energetic basic dance choreography to gain a broad and general fitness. Bring hand held weights for basic toning exercises. Wear comfortable exercise clothing & fitness shoes. AFAA certified instructor.

Cafeteria I – Miller School (4/2 and later in HV Rear Gym)

6:30-7:30 P.M.

10 weeks, starts March 19, 2019

Fee: \$76

CHINESE LANGUAGE – T8 – New!

M. Allen

Satisfy your personal desire or business need to learn the Chinese language! This instructor has many years of experience teaching at a college level program of Chinese language instruction. Multiple strategies such as interactive exercises, short plays, hand-outs to introduce phonetics, daily expressions and cultural information will be utilized towards learning Mandarin Chinese with the goal of carrying out simple daily conversation. A unique course! Don't miss out!

Room 216 – High School

7:00-8:30 P.M.

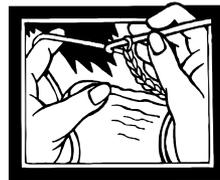
8 weeks, starts March 5, 2019

Fee: \$72

CROCHET FOR BEGINNERS – T6

J. Neumann

This course is for any student who is interested in learning how to crochet. You will learn the basic stitches of crochet such as a chain stitch and a single crochet. We will be making a hat and scarf set. Please bring two crochet hooks size "N" and "P" and three balls of light colored #6 yarn 6 oz each (such as Lion Brand yarn Wool-Ease Thick and Quick) to the first class. Instructor will continue with students who have already taken course and who wish to learn more. Class is limited to 8 students so that individual attention may be given.



Room 118 – Middle School

6:30-8:30 P.M.

6 weeks, starts March 5, 2019 (no class 4/9)

Fee: \$64 (Non-Residents \$66)

(Tuesday)

DRAWING FOR ENJOYMENT – BEGINNER – T16

P. Corelli

If drawing is something you've always wanted to learn or improve on, register for this course geared toward the beginner. Topics include exercises in light, shading, shapes, composition & perspective. Bring a pad (9x12 or larger) to first class. Short list of additional materials will be given during course. 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.

6 weeks, starts March 5, 2019

Fee: \$80 (Non-Residents \$84)

FIT WALK – T24

B. Casper

It's 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 Cardio Sculpt class for a solid Tuesday workout! **AFAA certified instructor.**

Cafeteria I – Miller School (4/2 and later in HV Rear Gym)

7:30-8:30 P.M.

10 weeks, starts March 19, 2019

Fee: \$76

FRENCH FOR BEGINNERS – T4A

Parlez-vous Francais? Learning a new language is great exercise for the brain! This light introduction to a beautiful romance language will help you in travel, emergency situations, or in fulfilling a lifelong dream to learn French. Vocabulary, grammar and simple conversational phrases for everyday situations will be covered. Review of past material, as well as new material, will be covered, so this class is appropriate for beginners to repeat.

D. Norceide



Room 131 – High School

6:00-7:25 P.M.

8 weeks, starts March 5, 2019

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

FRENCH II – T4B – New!

D. Norceide

This course will give you the opportunity to continue to a higher level of the French language. We continue to build the basic elements for practical dialogues, conversation, extended vocabulary, more advanced grammar rules and improvement on pronunciation with the goal of greater fluency.

Room 131 – High School

7:35-9:00 P.M.

8 weeks, starts March 5, 2019

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

GENEALOGY, EXPLORE YOUR ROOTS – T12 – New!

A. Lauriano

With the emergence of genetic testing, genealogy has become a hot topic again! Resources are often confusing, seemingly misleading and end up at brick wall obstacles. With first hand guidance by our instructor, you will learn how to procure records with limited family info, learn how to find & intensify your search by finding the unusual and forgotten documents and ultimately be prepared to begin to write your family history for future generations to enjoy!

Getting Started: How to Navigate Key Websites and Procure Secondary Records

Room 114 – Middle School

7:00-9:00 P.M.

2 weeks, starts March 12, 2019

Fee: \$60

(Tuesday)

KEYBOARDING (TYPING) – T30

A. Campbell

Now more than ever, being able to type with proficiency is essential in order to get the most out of the internet, computers and to communicate with the world in general! Learn to type in the most effective way. With a little practice, you'll be flying through the keyboard! This course runs two times a week on Tuesdays and Fridays to make the most of training your muscle memory. Text book is *Mastering Computer Typing: ISBN-10: 0547333196/ISBN-13: 978-0547333199*, best to wait to purchase until notified that you've been accepted and course will convene.

**Room 226 - Middle School (no class 4/9)
9 weeks, starts March 5, 2019 (18 sessions)**

**6:15-7:15 P.M.
Fee: \$50 (Non-Resident \$54)**

MAH JONGG BEGINNER – T9

L. Meehan

Learn why this beautiful tile game has maintained its popularity for centuries, bringing together a community of friends across different cultures and ages. Students will be taught the *AMERICAN* version of the game! Have fun, make friends and stimulate your mind. (To achieve uniformity, only Nat'l Mah Jongg League rules will apply.) Materials required: 2019 National Mah Jongg League card available online at www.nationalmahjonggleague.org (or call 212 246-3052) or from many local stationery stores.

**Library Conference Room – High School
8 weeks, starts April 9, 2019**

**7:00-9:00 P.M.
Fee: \$81**

MASTERING GYM EQUIPMENT – T3 – New!

C. Slaybaugh



Many people either use equipment incorrectly or don't know where to begin!! Before you can get fit and feel stronger you must learn proper technique. Take the first step towards better health! With this course, you'll become familiar with how to use equipment and how to maximize your workout in a nurturing environment. This class focuses on creating fitness plans that adhere to the principles of exercise. Participants will be taught proper weight training techniques to improve muscular strength and endurance. In addition, participants can try treadmills, stationary bicycles, elliptical trainers and steppers to improve cardiovascular conditioning. Learn the most effective way to improve your health!

**Fitness Center – High School Lower Level (Rear)
8 weeks, starts March 5, 2019**

**6:00-8:00 P.M.
Fee: \$60**

MICROSOFT WORD FOR BEGINNERS – T31

A. Campbell

Often times one of the most fundamental requirements for employment is familiarity with this most useful program, Microsoft Word. Learn how to create, edit, save and print documents using a variety of tpestyles and graphics. Other Word tools such as spellcheck, thesaurus, colored fonts and more! Prerequisite: **Students MUST have basic knowledge of computers (such as how to logon and use email) and be proficient with keyboard/using the mouse (selecting/highlighting, scrolling, drag/drop).**

**Room 226 - Middle School
9 weeks, starts March 5, 2019 (no class 4/9)**

**7:30-9:00 P.M.
Fee: \$72**

(Tuesday)

OPEN GYM – T15

Participate in pick-up games of full court basketball in a competitive, yet friendly atmosphere. Teams will vary each time. Pre-registration a MUST and open to all students aged 18 and older. Limit 20 players so register early or risk being closed out. Bring water and small towel, if desired.

Front Gym – Middle School
10 weeks, starts April 2, 2019

E. Zlotogura



7:45-9:45 P.M.
Fee: \$70

**CALL (845) 627-9860 FOR INFORMATION ON OUR
H.S. DRIVER EDUCATION SENIOR LICENSING
PROGRAMS BEGINNING IN SEPTEMBER, FEBRUARY
AND JUNE.**

(Tuesday)

ROCKLAND COUNTY CONCERT BAND

L. Zaidan

A band of over 45 musicians provides an opportunity to learn ensemble playing in a friendly atmosphere! The volunteer band performs ten to twelve concerts per year in addition to regular, weekly, two-hour rehearsal-lessons. If you played fairly well in high school or college, dust off your instrument and join in; musicianship comes back fast! For more info leave your name, number and type of instrument you play on the **Music Line – 429-1096** or you may email us at band@RCCBNY.org. You will receive a reply directly from the RCCB.

Music Room – High School
Ongoing program – Tuesdays

8:00–10:00 P.M.
No Fee

SPANISH FOR BEGINNERS – T21

P. Sancy

Whether you are taking a trip abroad or have the occasional need as a nurse, officer, EMT, or in your daily life to speak Spanish, you will learn basic vocabulary, grammar and usage for practical dialogues and conversation. Some cultural information will be shared to round out your beginner use of the Spanish language.

Room 138 – High School
8 weeks, starts March 5, 2019

7:30 – 9:00 P.M.
Fee: \$60 (Non-Residents \$64)

**UNLEARN STRESS, GUILT AND WORRY...
...ENJOY LIFE! - T1**

D. DiBenedetto

The secret to life is to enjoy the passage of time. We could all use reminders on how to lower our stress and bring more JOY into our lives! Our exploration has no bounds - physical, spiritual, psychological and social techniques will be discussed. These methods are proven. Together, we will let go of self-defeating energies and make our lives lighter and more enjoyable. Please join us!

Room 132 – High School
6 weeks, starts March 5, 2019

6:30 – 8:00 P.M.
Fee: \$39 (Non-Residents \$42)

YOGA HATHA BEGINNER TO INTERMEDIATE – T18

L. Cali



The ancient science of yoga is the union of the body, mind and spirit. This “traditional” yoga class integrates postures (asanas), breathing techniques (pranayama) and yoga nidra (deep relaxation and healing visualization) for the whole being. Liberate yourself as you relieve tension without strain. Linda, with over 35 years of yoga teaching experience and also a licensed massage therapist with the ability to address your concerns. Instruction ends at 8:45 PM. Final 15 minutes reserved for questions/discussion. Suitable for beginners or intermediate. No previous experience necessary. Wear loose clothing and bring towel, mat or blanket. Must be 18 years or older.

Cafeteria – Middle School

5 weeks, starts March 5, 2019, now on Tuesday!

7:00-9:00 P.M.

Fee: \$46

SMOKING IS NOT PERMITTED IN ANY OF THE SCHOOL BUILDINGS OR GROUNDS

BUILDING EVACUATION DRILLS:

ALL persons associated with adult education programs are required
by law to participate fully in emergency drills.