

THE FOLLOWING CLASSES MEET EVERY TUESDAY
BEGINNING March 6, 2018
(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 110 – High School

7:00-8:30 P.M.

6 weeks, starts March 6, 2018

Fee: \$54

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 2 - High School (4/10 & later in HV Rear Gym)

6:30-7:30 P.M.

10 weeks, starts ~~Mar 6~~ March 20, 2018

Fee: \$74

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 6, 2018

Fee: \$62 (Non-Residents \$64)

DEMISTIFYING GYM EQUIPMENT – T3

C. Slaybaugh

Perhaps you have it on your mind to join a gym, get fit and feel stronger but don't know the proper use of fitness equipment and so you STILL have not taken the first step towards better health! With this course, you'll become familiar with how to use various 'machines' and maximize your workout in a friendly 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. Class meets **twice a week** on Tues and Thurs.

Fitness Center – High School Lower Level (Rear)

6:00-8:00 P.M.

6 weeks, starts March 6, 2018 (12 sessions - no class 3/8) Fee: \$66 (Non-Res. \$72)



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 2 - High School (4/10 & later in HV Rear Gym)

7:30-8:30 P.M.

10 weeks, starts ~~Mar 6~~ March 20, 2018

Fee: \$74

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 3/27/18)
9 weeks, starts March 6, 2018 (18 sessions)

~~7:00-8:00~~ **6:30-7:30 P.M.**
Fee: \$45 (Non-Resident \$48)

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 to play 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: 2018 National Mah Jongg League card available online at www.nationalmahjonggleague.org (or call 212 246-3052) or from many local stationery stores.

Teacher Breakroom – High School (located across from Lib.)
8 weeks, starts April 10, 2018

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

MICROSOFT WORD FOR BEGINNERS – T31 - NEW!**A. Campbell**

One of the most fundamental and useful programs on the PC is Microsoft Word. Learn how to create, edit, save and print documents using a variety of typstyles and graphics. Other Word tools such as spellcheck, thesaurus, colored fonts and more! Prerequisite: Students must know how to use keyboard and be proficient in using the mouse. Text book is *Microsoft : ISBN-10: 1285093127/ISBN-13: 978-1285093123*, best to wait to purchase until notified that you've been accepted and course will convene. Note: Microsoft 2003 with crossover info to updated versions.

Room 226 - Middle School (No class 3/27/18)
9 weeks, starts March 6, 2018

7:30-9:00 P.M.
Fee: \$70

M1: YOGA NIDRA AND PRANAYAMA – T10A**L. Cali**

This class will introduce you to deep peace and awareness. Yoga Nidra is the conscious awareness of the deep sleep state. Explore this ancient Yoga Science and achieve "Peace". This process lasts approximately 30-40 minutes to achieve maximum results. Students of this science achieve the benefits of relief from tension, anxiety, and stress with the goal of improved health on all levels. This class will also introduce Pranayama practice which is the practice of breath control to still the mind, impart oxygen to the blood refreshing the body with energy and life to every cell. (prana is the life force, yama is the observance of the life force). Please bring a blanket and mat for your comfort. Instructor has over 38 years of experience in this practice. This course can significantly improve what you can gain from our Meditation course (see next course). We recommend pairing these two courses.

Library – 2nd floor – Middle School (class on 3/13 in cafeteria)
4 weeks, starts March 6, 2018

7:00-9:00 P.M.
Fee: \$45

M2: MEDITATION AND SELF-HEALING PRACTICES – T10B**L. Cali**

This course is an introduction to the practice of meditation and self healing for the "serious minded" student, which may be applied to our daily lives. Students will be introduced to self-healing and meditation techniques such as guided visualization, relaxation techniques, breath control, and an understanding of our energy field and chakras. The essence of healing lies within each being. Together we will awaken and share these gifts with each other and the universe. "Become the Change You Seek In the World" – Mahatma Gandhi

The course M1 - *Yoga Nidra and Pranayama* (see previous course) can significantly improve what you gain from the M2 – *Meditation and Self-healing Practices* course. We recommend you pair these courses for maximum benefit.

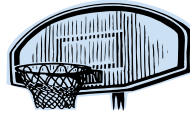
Library – 2nd floor – Middle School (class on 4/17 in room 244)
4 weeks, starts April 10, 2018

7:00-9:00 P.M.
Fee: \$45

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 10, 2018

E. Zlotogura

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

ROCKLAND COUNTY CONCERT BAND - TUESDAYS

A band of approximately 45 musicians provides an opportunity to learn ensemble playing in a friendly atmosphere! The 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.

Music Room – High School
Ongoing program – Tuesdays

8:00–10:00 P.M.
No Fee

L. Zaidan**SPANISH FOR BEGINNERS – T21**

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 6, 2018

7:30 – 9:00 P.M.
Fee: \$58 (Non-Residents \$62)

P. Sancy