

THE FOLLOWING CLASSES MEET EVERY THURSDAY
BEGINNING OCTOBER 4, 2018
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

DRAWING FOR ENJOYMENT - INTERMEDIATE – R6 **P. Corelli**

This course is geared to the intermediate student who has already completed our beginner course. Continued instruction to build on what you've already learned adding multi-media (acrylic/watercolor etc.) to your experience! We build on what you've learned in our beginner class (see Monday courses). Topics include exercises in light, shading, shapes, composition & perspective. Our goal is to help you draw for relaxation with results that will give you great satisfaction! **Expanded to 8 weeks!**

Room 110 – High School

7:00-9:00 P.M.

8 weeks, starts October 4, 2018

Fee: \$86 (Non-Residents \$88)

HIKING ROCKLAND & SURROUNDING AREAS **S. Mason**
BEGINNER – R20 – New! **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 2.5-3 hours with numerous stops for discussion and Q & A by members of the NY/NJ Trail Conference. Class will meet once on 10/4/18 in H.S. room 214 for one hour at 7PM to discuss hikes. Hikes will be on Sundays 10/7, 10/14. Depending on your level of fitness, you may consider doing some "pre-training" such as stairs and neighborhood walks – always consult your doctor first.

Class October 4, 2018 in H.S. Room 214

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

2 Hikes, Sunday, October 7 & 14, 2018

Fee: \$25

HIKING ROCKLAND & SURROUNDING AREAS **S. Mason,**
MODERATE/EXPERIENCED – R25 - New! **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 focusing on more hiking and less discussion. We'll take a faster pace and a little more strenuous route than beginner course above. 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 rests and breaks for brief discussion from members of the NY/NJ Trail Conference. Class will meet once on 10/4/18 in H.S. room 214 for one hour at 7PM to discuss hike. Hikes will be on Sunday 10/21/18 & 10/28/18. Depending on your level of fitness, you may consider doing some "pre-training" such as stairs and neighborhood walks – always consult your doctor first.

Class October 4, 2018 in H.S. Room 214

Hike 8:30A.M. - Noon

2 Hikes, Sunday, October 21 & 28, 2018

Fee: \$30

ITALIAN BEGINNER IV - 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

7:00-8:30 P.M.

10 weeks, starts October 4, 2018

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

PHOTOSHOP – R15**G. Potanovic**

Learn how to retouch, rotate, crop and resize your digital photos, make color and brightness adjustments, create photo composites, remove unwanted objects, create layers and masks, add type with special effects and more. This class will provide classroom lessons and instruction on the basic features of Photoshop on our school computers, with emphasis on students practicing at home using their own Photoshop or Photoshop Elements. Class limited to 8 students to allow for individual attention. There is a \$15 materials fee paid directly to instructor at first class.

Room 219 – High School**7:00-9:00 P.M.****4 weeks, starts October 11, 2018 (no class 10/25)****Fee: \$99****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****7:00-8:30 P.M.****8 weeks, starts October 4, 2018 (11/15 class in MS Caf.)****Fee: \$60**