

**THE FOLLOWING CLASSES MEET EVERY TUESDAY**  
**BEGINNING March 3, 2020**  
**(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 helpful in other brush art forms! A one-time material fee of \$8 is due to instructor at first class to cover cost of all needed supplies. Join us for this unique opportunity not offered elsewhere in the county!



**Room 104 – High School**  
**5 weeks, starts March 3, 2020**

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

**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**  
**10 weeks, starts March 17, 2020**

**6:30-7:30 P.M.**  
**Fee: \$78**

**CONQUER THE GYM – T3 – New!**

**C. Slaybaugh**

Conquer your fear of going to the gym in this small class with individualized attention. Our instructor has designed the course to help you become more comfortable with gym equipment and machines. You will learn the proper techniques to avoid getting hurt, while improving your strength and endurance. There is nothing better than seeing your body change and improve, as you become stronger and more flexible. Join and gain the confidence desired to begin a workout plan. Sign up with a friend!

**Fitness Center – High School Lower Level (Rear)**  
**8 weeks, starts March 3, 2020**

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

**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**  
**6 weeks, starts March 3, 2020**

**7:00-9:00 P.M.**  
**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.**

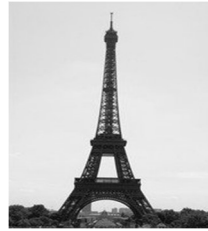
**Cafeteria I – Miller School**  
**10 weeks, starts March 17, 2020**

**7:30-8:30 P.M.**  
**Fee: \$78**

### **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**  
**8 weeks, starts March 3, 2020**

**6:00-7:25 P.M.**  
**Fee: \$67 (Non-Residents \$70)**

### **FRENCH II – T4B – New!**

This course will give you the opportunity to continue learning French to a higher level or reacquaint yourself if you have studied French before. Perhaps you took French in high school and want to brush up for a trip abroad! Join this class for many reasons with the goal of greater fluency, which comes with exposure and practice!

D. Norceide

**Room 131 – High School**  
**8 weeks, starts March 3, 2020**

**7:35-9:00 P.M.**  
**Fee: \$67 (Non-Residents \$70)**

### **iPAD & iPHONE, LEARNING TO LOVE IT – T5**

With the iPad and iPhone we have in our hands an incredibly powerful tool, but without the knowledge of how to navigate these features you'll be no closer to exploring the world and universe at your fingertips. This course will guide you through an overview plus such things as using apps, using settings to your advantage, icons, camera, calendar, iMessages and more!

C. O'Connor

**Room 133 – High School**  
**6 weeks, starts March 3, 2020**

**6:00-7:30 P.M.**  
**Fee: \$51**

### **iPHONE CAMERA, USE IT LIKE A PRO – T10**

Take STUNNING photos with your iPhone! Next, your instructor, with over 30 years as a professional photographer, will guide you through all the camera settings so you may use your iPhone camera like a pro. You'll be introduced to the best apps to turn your photos into works of art suitable for framing. Bring your charged phone and a notebook!

R. Laird

**Room 132 – High School**  
**5 weeks, starts March 3, 2020**

**7:00-9:00 P.M.**  
**Fee: \$78**

### **KEYBOARDING (TYPING) – T30**

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 available online USED (price range \$4-\$10): *Mastering Computer Typing: ISBN-0: 395-71406-0 (Red cover)*; best to wait to purchase until after notified that you've been accepted and course will convene.

A. Campbell

**Room 226 - Middle School (no class 4/21 & 4/24)**  
**9 weeks, starts March 3, 2020 (18 sessions)**

**6:15-7:15 P.M.**  
**Fee: \$52 (Non-Resident \$58)**

### **MICROSOFT POWERPOINT 2016 FOR BEGINNERS – T31 – New!**

Powerpoint is one of the most widely used presentation software programs. In this course, you'll learn the tools needed to engage your audience and enhance your message through slide show templates as well as development from scratch. Learn how to incorporate text, art and images and how to apply transitions and animation to get your message across most effectively! Only requirement is student MUST have basic knowledge of computers such as logging on and being proficient with keyboard /using the mouse (selecting/highlighting, scrolling, drag/drop).

A. Campbell

**Room 226 - Middle School (no class 4/21)**  
**10 weeks, starts March 3, 2020**

**7:30-9:00 P.M.**  
**Fee: \$82**

(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. Class size is limited, so register early or risk being closed out. Bring water and small towel, if desired.

**Front Gym – Middle School**  
**10 weeks, starts April 7, 2020**

**E. Zlotogura**



**7:45-9:45 P.M.**  
**Fee: \$72**

### **ROCKLAND COUNTY CONCERT BAND**

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](mailto: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**

**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 3, 2020**

**7:30–9:00 P.M.**  
**Fee: \$62 (Non-Residents \$66)**

**P. Sancy**

**PARKING FACILITIES:** Parking is available  
in parking lots adjacent to each building.

Please do not park in the fire zones of the buildings.

Illegally parked cars risk police department summonses  
and/or towing. Thank you for your cooperation!