

THE FOLLOWING CLASSES MEET EVERY WEDNESDAY
BEGINNING March 7, 2018
(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

AEROBICIZED FITNESS BEGINNER – W6

M. Negre

An aerobic, body sculpting workout including fun, low-impact aerobic dance moves to improve cardio-respiratory endurance, as well as exercises to firm and strengthen the upper body, abdominal area and legs. Class begins with warm-up and ends with a relaxing cool-down. Wear non-restricting clothing; bring light weights (optional), water bottle and a floor mat.

Miller School – Cafeteria I

6:30-7:30 P.M.

10 weeks, starts March 7, 2018

Fee: \$63 (Non-Residents \$66)

BODY SCULPTING – W14

B. Casper

Get fit with resistance dynabands and into shape with free-weights to increase muscle & bone strength, promote core conditioning & endurance while improving balance & posture. Bring a sticky mat and hand-held weights for this total body workout. Wear comfortable exercise clothes and fitness shoes. Dynabands will be provided. This class may not be suitable for beginners. **AFAA certified inst.**

Cafeteria – Middle School (4/25 class in H.S. cafeteria 2)

7:30-8:30 P.M.

10 weeks, starts March 7, March 21 2018

Fee: \$74

CARDIO KICKBOXING – W23

M. Negre



This beginner cardio workout will increase your heart rate and blood circulation, burning excess calories and ultimately toning virtually all areas of your body. Feel better and empowered by punching, kicking and stepping into a healthy new body. Improve your balance, core and metabolism as well. Give yourself a chance to be stronger, leaner and more confident! Register early to reserve your spot!

Miller School – Cafeteria I

7:30-8:30 P.M.

10 weeks, starts March 7, 2018

Fee: \$63 (Non-Residents \$66)

CHINESE & JAPANESE CUISINE – W5

Learn authentic Chinese and Japanese cooking, simplified in each lesson, using fresh, local in-season ingredients. Instructor demonstration with some hands on student participation. We'll explore dishes offered in restaurants as well as authentic home cooking! After each lesson we dine together on creation. It's a popular choice and class size is limited so register early! Total materials fee of \$24 (\$6/wk) due at first class to instructor

Room 103 – High School

4 weeks, starts March 7, 2018

M. Hsieh



7:00-9:00 P.M.

Fee: \$35 (Non-Residents \$38)

GENEALOGY SERIES – W4A & W4B

A. Lauriano

Make the MOST out of the many resources that are now available to people today who are interested in tracing their genealogy. These resources are often confusing, leading to brick wall obstacles. Our instructor, whose passion is connecting people with their family history, will help you crack to code! You'll 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 learn how to write your family history for future generations to enjoy!

BEGINNER GENEALOGY Getting Started, How to Navigate Key Websites and Procuring Secondary Records

Room 114 – Middle School

7:00-9:00 P.M.

3 classes, March 7, 14, 21, 2018

R15A Fee: \$60

INTERMEDIATE GENEALOGY – Finding women's maiden names, procuring military records, procuring foreign records from American soil

Room 114 – Middle School

7:00-9:00 P.M.

3 classes, April 11, 18, 25, 2018

R15B Fee: \$60

ITALIAN INTERMEDIATE VI – W17- New!**J. Bertolino**

This is a continuation of our beginner & Intermediate classes but also appropriate for students with knowledge to that level. The course will cover and review grammar, conversational exercises, some reading and discussion to facilitate proper usage of the spoken language. We will continue to use text *Parliamo Italiano* (any edition, author: Suzanne Branciforte).

Room 104 – High School
10 weeks, starts March 7, 2018

7:00-8:30 P.M.
Fee: \$70 (Non-Residents \$75)

KNITTING FOR BEGINNERS – W16**P. Dudek**

Knitting is an age-old art which is both relaxing and rewarding! Take advantage of this unique opportunity to learn the basics and more, and go from novice to knitter! We boast small class environment and no prior experience is required! Learn how to cast on, the knit and purl stitches, and how to combine them. Our experienced instructor will show you how to create basic patterns (like stockinette, seed and rib), “cast off” and “weave in” your ends to create a complete knitted project! Bring: one ball of worsted-weight light color yarn, set of straight knitting needles size 8 and a tapestry needle (for weaving in ends). Class limited to 8 students.



Lib/Media Conference Room – High School
6 weeks, starts March 7, 2018

7:00-9:00 P.M.
Fee: \$52 (Non-Residents \$55)

DIGITAL PHOTOGRAPHY I – AN INTRODUCTION – W25**G. Potanovic**

This is a 2-week introductory class where you will learn both the terms of digital photography and basic functions of your digital camera. Whether you own a simple “point & shoot” or want to learn more about the many additional functions of your digital SLR camera, everyone is welcome. Bring your notebook to the first class and your camera and questions to second class. Class size is small in order to provide individualized ‘hands on’ instruction, demonstration and the opportunity for you to ask the questions you need answered in order to feel more confident about using your camera. Students who complete this class are encouraged to sign up for Digital Photography 2 – Lighting & Composition.



Room 219 - High School
2 weeks, March 7 & 14, 2018

7:00-9:00 P.M.
Fee: \$48

PHOTOGRAPHY 2 - LIGHTING & COMPOSITION – W26**G. Potanovic**

Take your photography to a new level! This 5-week class combines lecture, demonstration, discussion about the work of master photographers, weekly photo assignments and an on location class photo-shoot with the instructor. Students are expected to have already completed Digital Photo 1 or have a good basic understanding of how to operate their camera. Weekly photo assignments provide an opportunity to explore your personal vision, using your camera as a tool for communication and expression. Class size is limited to 8 to allow for individualized attention and discussion – so please register early! This class is led by a local and national award-winning professional commercial photographer with over 30 years experience.

Prerequisite: Digital Photography 1 Intro Class or a good understanding of basic camera operation.

Room 219 - High School **4/14 ON LOCATION!**
5 sessions, starts March 21, 2018 (no class 4/4)

7:00-9:00 P.M.
Fee: \$120

PHOTOSHOP – W19**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 May 2, 2018****Fee: \$99****PILATES - BEGINNER – W3****B. Casper**

Relax. Relieve stress. Enjoy mindful breathing that leads movement in a practical approach to the exercises created by *Joseph Pilates*. This introductory class for novice and intermediate students focuses on TOTAL body conditioning from the inside out. Learn proper breathing technique for core stabilization, muscle balance & body alignment. Gain strength & flexibility while maintaining fluidity & grace. Bring a sticky mat. Wear comfortable fitness clothing. **AFAA certified instructor.**

Cafeteria – Middle School (4/25 class in H.S. cafeteria 2)**6:30-7:30 P.M.****10 weeks, starts March 7, March 21 2018****Fee: \$74****PROTECTING YOUR ASSETS – W22****M. Greenberg, Esq.**

Learn how to legally avoid estate taxes and debilitating nursing home costs, as well as how to keep family assets from ending up in the wrong hands, all without surrendering control. We'll cover how to pass assets to children free of estate taxes and how to avoid problems that can arise in the probate process. How Trusts and other estate planning documents (Will, Living Will, Health Care Proxy and Power of Attorney) can be used to accomplish these goals will also be discussed.

Reduced fee to sign up with spouse: 2nd person pays \$10/\$12 Non-Resident.**Room 131 – High School****7:00-8:30 P.M.****1 class, March 7, 2018****Fee: \$20 (Non-Residents \$24)****VOLLEYBALL – RECREATIONAL - W8****C. Potenza**

Teams will be formed each session for co-ed, recreational and fun competition! No spiking but plenty of movement and exercise! The emphasis is on exercise and team play, making this course appropriate for a wide range of ages! Register with a friend! **Class Limit 28. Must be 18 years or older. NO EXCEPTIONS.**

Gym – High School**Fee: \$71****8 weeks, starts April 11, 2018****7:30 – 9:30 P.M.****WATERCOLOR – BEGINNER I & BEGINNER II****J. Elliot**

Add vibrant color to your life by either learning the basic techniques of watercolor or by improving your existing level to render still lifes, landscapes and 'the figure'. This is a composite course geared to both beginners (with some drawing skills) and more experienced students.

WATERCOLOR – BEGINNER I - W11A

The first three weeks introduces new-comers to the preliminaries such as color mixing, paint application techniques, etc. This segment is intended to provide sufficient background for the true beginner. Beginner materials provided - fee directly to instructor - \$10. **Just show up and paint!**

Important information is covered in the first class so attendance is a must.

Room 110 – High School**7:00-9:00 P.M.****3 weeks, starts March 7, 2018****Fee: \$25 (Non-Residents \$28)****WATERCOLOR – BEGINNER II – W11B**

Next, the experienced watercolor students looking to increase their painting time may continue on with this 8 week course where they will receive instruction specific to their skill level. General material list provided upon registration. Additional \$16 material fee to instructor for class specific materials supplied by instructor. This is a course which students often repeat over and over to enhance their painting skills.

Room 110 – High School**7:00-9:00 P.M.****8 weeks, starts March 28, 2018****Fee: \$59 (Non-Residents \$64)**

YOGA, HATHA BEGINNER TO INTERMEDIATE – W18**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 experience teaching yoga is 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.

**Main Gym – Highview School
8 weeks, starts April 11, 2018**

**7:00-9:00 P.M.
Fee: \$71**