

## THE FOLLOWING CLASSES MEET EVERY MONDAY

BEGINNING March 5, 2018

(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

### BASIC CORE & MORE – M36

B. Casper

Target your torso and back with exercises to strengthen core postural and back muscles combined with effective basic floorwork to tone upper and lower body. A total conditioning workout utilizing exercise bands, hand-held weights and your own body weight. Bring a mat and hand-held weights. Exercise bands will be provided or bring your own. **AFAA certified instructor.**

Cafeteria – Middle School

7:30-8:30 P.M.

10 weeks, starts ~~Mar 5~~ March 19, 2018 (4/9 and later in HV Rear Gym)

Fee: \$74

### FIT WALK – M3

B. Casper

This is 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 Basic Core & More class for a solid Monday workout! **AFAA certified instructor.**

Cafeteria – Middle School

6:30-7:30 P.M.

10 weeks, starts ~~Mar 5~~ March 19, 2018 (4/9 and later in HV Rear Gym)

Fee: \$74

### GUITAR LESSONS BEGINNER I – M4A

B. Emch

Is it time to do something you've always wanted to do? Begin the rewarding process of becoming a guitar player! This introductory class will focus on playing technique, with an appropriate amount of fret-board basics and simple music theory to build a solid music foundation. We'll cover stretching exercises, proper playing position, playing notes and chords, using a pick, playing to time, strumming technique, common chord progression, simple songs, scales, using a capo and practice techniques. Class limited in size, so please register early. Bring your own guitar.

Music Room – Miller School

Age 18 and older

7:00-7:55 P.M.

8 weeks, starts March 5, 2018

Fee: \$78

### GUITAR LESSONS BEGINNER II PROGRESSIVE – M4B

B. Emch

This course is a continuation for all who have already taken the introductory "Guitar Lessons" for adults or for those who have taken another beginner level course and are already in the process of developing basic BEGINNER guitar skills and music knowledge. Areas to be covered include new chords and chord progressions, playing popular songs, scales, introduction to lead play & finger style and playing in different keys. Bring your own guitar, tuner & capo. Class is limited in size so please register early.



Music Room – Miller School

Age 18 and older

8:05-9:00 P.M.

8 weeks, starts March 5, 2018

Fee: \$78

### ITALIAN ADVANCED VI – M16 - New!

J. Bertolino

A continuation for those who have taken our previous advanced courses or for someone who has studied Italian to this level and wants to further their knowledge. The course will cover grammar, conversational exercises, some reading and discussion to facilitate proper usage of the spoken language. We will continue to use the *Parliamo Italiano* (any edition, author: Suzanne Branciforte) text book.

Room 104 – High School

7:00-8:30 P.M.

10 sessions, starts March 5, 2018

Fee: \$70 (Non-Resident \$75)

**LINE DANCING FOR BEGINNERS – M5A, M5B****P. Alfonso**

Students are welcome to register for one hour or both depending on your level and desire to dance, dance and dance! **\*\*Bring water bottle and please wear leather sole or smooth bottom no scuff shoes.\*\* Register early!**

**Basic Beginner** – Come out and join the fun. Learn (or brush up on) the shuffle, grapevine and more, then put them together into dances. No partner needed!

**Cafeteria 2 – High School (4/16 & 5/14 in Cafeteria 3) 7:00-8:00 P.M.**

**10 weeks, starts March 5, 2018 (no class on 3/26) M5A Fee: \$41**

**Beyond Basic** – You already know and are comfortable with the basic steps of shuffle, grapevine and jazzbox and are ready for more! It's time to move to the next level, learn more steps and more dances. Make new friends, no partner needed!

**Cafeteria 2 – High School (4/16 & 5/14 in Cafeteria 3) 8:00-9:00 P.M.**

**10 weeks, starts March 5, 2018 (no class on 3/26) M5B Fee: \$41**

**MICROSOFT EXCEL INTRO – M2****J. Gartner**

In this introductory course you will learn to manage and analyze your data with this powerful and easy-to-use spreadsheet program. Class participants will create worksheets and workbook files, enter and edit data, work with formulas, PMT, sort, and data filter functions, calculate values and charts. Student must be familiar with using PC. Class limit 15. Microsoft 2003 used plus crossover info to updated versions.

**Room 219 – High School 6:30-8:30 P.M.**

**8 weeks, starts March 5, 2018 Fee: \$83**

**TAI CHI FOR BEGINNERS – M18****TBA**

Learn and follow the ancient, graceful movements of Tai Chi, a gentle, low impact workout perfected in China over 2,500 years ago! Begin with gentle stretching to increase energy and support the functioning of your body. Learn exercises to develop strength in tendons and bones, in this integrated mind/body course creating balance and energy to sustain a healthy immune system. Decrease stress, improve posture and slow the aging process! Course is suitable for adults of all ages.

**Cafeteria – Middle School 7:00-8:30 P.M.**

**8 weeks, April 9, 2018 Fee: \$64**

**TENNIS INDOORS - M20A, M20B****H. Edelstein**

Make no mistake, tennis is a life-long endeavor which people can learn at any age. Our certified instructor with over 15 years of experience teaching tennis is also a tournament player and will cover all strokes and aspects of play. Net play, practicing strokes and volleys to improve your game, no matter your level. Bring your own racket and wear sneakers. You must be 18 years or older. **Be sure to REGISTER NOW**, there are only 6 spots per class.

**Front Gym – Middle School**

**M20A BEGINNER – No prior experience 7:30 – 8:15 P.M.**

**M20B ADVANCED BEGINNER – Some experience a must 8:20 – 9:05 P.M.**

**8 weeks, starts Monday, April 9, 2018 Fee: \$76**

**VOLLEYBALL - EXPERIENCED– M8****M. Feinman**

A class for experienced volleyball players who have mastered the fundamentals of the game and are capable of bumping, setting, spiking, and serving consistently. Players will engage in competitive play with other players experienced in organized play following standard game rules. Players should exhibit a level of play which does not impede nor detract from the higher level of group play. This program is recommended for intermediate and higher levels and therefore is not suited for beginner players. MUST be 18 years or older - **NO EXCEPTIONS WILL BE GIVEN!**

**Gym – High School 7:30-9:30 P.M.**

**8 weeks, starts April 9, 2018 Fee: \$71**

**YOGA BACK THERAPY – M23**

**M. Gartshore, E- R.Y.T.**

The emphasis here is on improving back health. From the lower back to the back of the neck, these postures are tailored to relax and strengthen. Using breath to enhance the effect of the posture, we will use gentle restorative postures to increase flexibility and overall health of the back and spine. This is an all level class. No previous yoga experience is necessary. Dress comfortably for easy movement and bring a mat. Prior to beginning any courses involving physical activities we advise you to consult your doctor.

**Main Gym – Highview School  
8 weeks, starts April, 9, 2018**

**7:00-8:00 P.M.  
Fee: \$46**

**ZUMBA – M24**

**S. Miner-Berger**

Like to Latin Dance? Feel you would like to lose weight? Combine the two by learning this popular weight loss/aerobic craze. Zumba mixes Latin dance moves with basic exercise moves. No dance experience required. Bring water & mat for cool down.

**Gym – Miller School  
8 weeks, starts April, 9, 2018**

**6:30-7:30 P.M.  
Fee: \$64 (Non-Residents: \$68)**