

REGISTRATION PROCEDURES:

You may register NOW for any class.

To register by phone: Call 718-796-4724 or 718-796-4882 Monday through Friday between 10:00 AM and 3:00 PM.

To register by mail: Complete the mail-in registration form. You may pay with check, money order, or with a MasterCard, Visa, Discover or American Express card. Mail registrations must be received by September 27, 2018. Be sure to include your total payment. Each registration must use a separate registration form (form may be duplicated).

To register in person: You may register in person Monday - Friday between 10:00 AM and 3:00 PM.

To register by Fax or email: For credit card payments only, fax your completed registration form to 718-796-0414, or email the completed form to rccbbronx@gmail.com.

This just in: Register online through our website, www.riverdalecommunitycenter.org

TRANSPORTATION: The Center is easily reached via the #10 bus. The northbound bus stops at 235th Street and Henry Hudson Pkwy. Walk across the overpass that goes above the parkway. Proceed one block west to Independence Ave. Make a right and walk one block to West 237th Street. The main entrance to the Center, which is located in MS/HS 141, is on 237th St. just west of Independence Ave.

The southbound #10 bus stops in the service lane of the Parkway at 237th St.

GENERAL INFORMATION

Classes meet once a week: Fall term begins October 2, 2018. Many classes are limited, so register early.

FEES: All Costs are listed in the course description and include materials, except where noted.

** There is no per class registration fee. **

Fees can be paid by cash, check, money order, MasterCard, Visa, American Express, or Discover.

All checks and money orders are payable to Riverdale Community Center, Inc. THERE WILL BE A CHARGE OF \$30 FOR ANY DISHONORED CHECK.

DISCOUNTS: A \$10 discount is offered to any one person taking two or more classes. Immediate family members of a paid registrant can receive a family discount of \$10 per person, per class. Senior citizens (65 and older, with ID) will still be eligible for a 20% discount on course fees. Discounts do not apply to those classes specified in the individualized course description.

REFUNDS: If a class is cancelled due to insufficient registration, refunds will be made two weeks after the semester begins. There are no refunds for teacher absences; make-ups will be arranged. Requests for refunds must be made in writing and received before the first day of class for full refund, and before the second class for a 50% refund. There are no refunds for requests made after the second class.

INSTRUCTORS: May be changed at the discretion of RCC.

CLOSINGS: In case of severe storms, classes may be cancelled and no make-ups will be provided. Call 718-796-4724 for information regarding closings, or log on to www.wor710.com for a list of closings.

PHOTOS: RCC reserves the right to use photographs and videos taken during class time for publicity purposes.

ADA ACCESSIBILITY: The Center is accessible to all. Please call prior to arrival.

NOTE: If you are registering for classes that require physical activity, please consult with your doctor before the first day of class.

Fall 2018 Calendar

In Person Registration:

Tuesday, Sept 25 & Wednesday, Sept 26
6:30pm – 8:30pm

Tuesday class dates:

October 2, 9, 16, 23, 30
November 6, 13, 27
December 4, 11

Saturday class dates:

October 6, 13, 20, 27
November 3, 10, 17
December 1, 8, 15

No classes November 20 and November 24

Riverdale Community Center
660 West 237th Street
Bronx, NY 10463

Non-Profit Org.
U.S. POSTAGE
PAID
Bronx, N.Y.
Permit No. 928



Fall 2018



RIVERDALE COMMUNITY CENTER



Courses and Activities for the community

660 West 237th Street Bronx, NY 10463

Call now to register

718-796-4724 or 718-796-4882

www.riverdalecommunitycenter.org

TUESDAY EVENING ADULT COURSES

All classes meet for 10 weeks, beginning October 2, 2018 unless otherwise specified.

COMPUTERS

1. BEGINNER MICROSOFT OFFICE FOR PC's - This is an introduction to the Microsoft Office Suite. Explore the Windows platform. Become familiar with the various applications, including Word, Publisher, Excel, etc.
7:00 PM - 8:30 PM COST: \$195

2. BELLY DANCING - Get in touch with your inner rhythm through the graceful moves of this sensual Middle Eastern dance. Class explores techniques such as isolations, undulations, & travel steps. Experienced instructor Noora e-Shams teaches you to use muscles you never knew you had. It promotes flexibility. Soon you will be able to shimmy across the dance floor!
7:00 PM - 8:00 PM COST: \$165

DANCE

3. LET'S DANCE - Learn to dance with a partner. Tango, Swing, Salsa and more. Be able to use these steps, lead and follow for your next big party. No experience necessary, but bring a partner. Soon you'll be dancing like stars!
8:00 PM - 9:00 PM COST: \$195

HEALTH AND WELLNESS

4. OSTEO YOGA – Yoga plus a whole lot more. Participants will safely learn how to move on their mats and these moves will help with everyday living activities. Focus is on strength, flexibility, and balance. It is restorative yet challenging. Learn how your breath is the source of all healing; a bone strengthening class that is invaluable. Taught by Laura Fisher. Bring your own mat and towel.
6:30 PM - 7:45 PM COST: \$200

5. PILATES FUSION - A new take on your traditional Pilates class, set to pumped-up music and focusing on toning more than just your abs but also your arms, back, and legs too! No experience necessary, all levels welcome!
6:45 PM – 7:45 PM COST: \$165

6. CPR – This course is designed for the lay rescuer. It is a simplified CPR course that teaches how to perform the basic skills of CPR to save a life in a respiratory or cardiac emergency. First Aid will teach how to control bleeding and stabilize an injury until EMS arrives. Lay rescuer CPR is most often needed for teachers, construction workers, general workplace, etc.
Four Tuesdays (10/2, 9, 16, 23)
6:45 PM – 8:15 PM COST: \$85

LANGUAGE

7. INTERMEDIATE SPANISH – This course is designed for students who previously enrolled in Spanish Basics. It explores the language in greater detail and will bring your skills to the next level.
6:30 PM – 7:45 PM COST: \$200

8. SPANISH BASICS - This course teaches you the entry-level tools needed for effective communication within the Latino community. Spanish is a useful and fun language to learn. It is the official language in over 20 countries and is spoken by more than 120 million people worldwide. Fact: By learning Spanish, you can increase your earning potential, expand your knowledge base, and better understand and communicate with others.
7:45 PM - 9 PM COST: \$200

THE ARTS

9. PIANO - Always wanted to play the piano? This course covers the basics: note reading, rhythm, & hand position on piano/ keyboard. Students will learn several pieces in various styles. Get your fingers moving in solo & ensemble playing. Taught by a Juilliard graduate.
6:45 PM - 8:15 PM COST: \$200

10. LIFE DRAWING & PAINTING - Paint professional live models and still life set ups in this 2-hour session focusing on aspects of light, value, & color using painting techniques. Some drawing experience is recommended. Students supply their own materials.
7:00 PM – 9:00 PM COST: \$220

LEISURE ACTIVITIES

11. THE ROOTS OF THE BRONX - This course reveals the fascinating story of the origins of the Bronx, from the time of the Native Americans to 1841. It examines the periods of exploration, colonization, the revolution, and the early republic, disclosing how much today's Bronx and the development of the nation, the state, and the city owe to the borough's heritage from this era. The seminar is led by Lloyd Ultan, educator, author, and Bronx Borough Historian. No discounts apply.
Five Tuesdays (10/2, 9, 16, 23, 30)
7:00 PM- 8:00 PM COST: \$100

12. THE CREATION OF THE MODERN BRONX - This class recounts the story of the emergence of today's urbanized and diverse Bronx that began in 1841. It follows its path through the periods of immigration, suburbanization, industrialization, urbanization, "the Bronx is burning," and its remarkable renaissance. No discounts apply.
Five Tuesdays (11/6, 13, 27; 12/4, 11)
COST: \$100

SPECIALIZED PREPARATION COURSES

All classes are taught by licensed, certified teachers. Class size is limited to provide individualized instruction. Classes held on Saturday and/or Tuesday. Students should bring a snack.

The Riverdale Community Center prides itself on its past success in test preparation

13. 7TH GRADE PRE-HIGH SCHOOL PREP - For current 7th graders who plan to take specialized high school entrance exams (SHSAT's) in 8th grade. Intensive skills reinforcement in all content areas including English (vocabulary, reading comprehension, essay writing, etc.) & core math skills {decimals, fractions, exponents, etc.)
Eight Tuesdays (10/2, 9, 16, 23, 30; 11/6, 13, 27)
6:30 PM - 8:30 PM COST: \$275

14. 8TH GRADE SPECIALIZED HIGH SCHOOL ADMISSIONS TEST PREP - (SHSAT) - This course provides intensive instruction in math and English to prepare for the recently redesigned NYC Specialized HS Exams. Logical Reasoning or Scrambled Paragraph questions have been replaced by SAT-like revising/editing questions. The test will also include grid-in (open-ended) math questions.
3 Tuesdays (10/2, 9, 16) 6:30 PM – 8:30 PM
2 Saturdays (10/6,13) 9:00 AM - 12 PM COST: \$255

15. SAT PREPARATION: EVIDENCE-BASED READING AND WRITING & MATH - Our prep course has been modified to meet the changes made to the exam. The Evidence-Based Reading and Writing portion covers questions associated with the passage given and will assess whether or not you understand information and ideas in the text and are able to analyze the author's use of persuasive language.

The math portion tests your ability to use reasoning and critical thinking to solve problems. Concepts covered include algebra, problem solving, data analysis, passport to advanced math.
Seven Saturdays (10/6, 13, 20, 27; 11/6, 13, 27)
9:00 AM -12 PM COST: \$330

Please note: RCC Preparation classes are for the serious student. Any disruptions to the class may result in removal of student.
SEMINARS & WORKSHOPS

SEMINARS & WORKSHOPS

16. PLANNING FOR THE FINANCIAL WELFARE OF A DISABLED CHILD OR ADULT – Topics covered include Supplemental Security Income (SSI); Social Security Disability Income (SSDI); Medicare, Medicaid; Special Needs Trusts; Asset allocation; Insurance. No discounts apply.

Tuesday, 10/23
7:00PM – 8:15 PM COST: \$30

17. FINANCIAL FOCUS FOR MILLENNIALS – This seminar will cover the following: How to prepare a budget; Spending and savings habits; Portfolio management; Proper allocation of a retirement plan; Home Purchase – Mortgage types; Rent / Buy a home; Life Insurance/Health Insurance; The Financial Markets. No discounts apply.

Tuesday, 10/30
7:00PM – 8:15 PM COST: \$30

18. REAL ESTATE SEMINAR

"Buying a Coop? Find it, Love it, Make your Deal!" Please join our panel of industry professionals as we discuss everything you need to know about buying a coop apartment from start to finish. If you're ready to buy, thinking about it, or even just curious, we'll be glad to guide you through the process and help you prepare for this important purchase. No discounts apply.

Tuesday, 10/16, 7:00 PM – 9:00 PM COST: \$50

SATURDAY MORNING COURSES

All classes meet for 10 weeks, beginning October 2, 2018 unless otherwise specified.

CHILDREN'S COURSES (Ages 7-12, except where otherwise noted)

PLEASE NOTE: In order to adhere to Center policy and because of liability issues, parents are not allowed to sit in on children's classes. You may bring your child to class, and then wait elsewhere until they are dismissed.

ACADEMIC SUPPORT English & Language Arts (ELA) and Math

19. TUTORIAL IN READING, GRADES 2 – 5 - For students having difficulty meeting grade requirements, this course features a nurturing environment to aid learning. The small class allows for individual attention. The instructor focuses on skills assessment, improvement in decoding, comprehension, and identifying the main idea.

9:00 AM – 10:30 AM COST: \$200

20. BASIC MATH SKILLS GRADES 2 – 5 - For students having difficulty meeting grade requirements, course features a nurturing environment to aid learning. Small class setting allows for individual attention. Instruction focuses on fundamental skills, basic operations, fractions, measurement, pattern relationships, graph/table analysis, & word problems, operations with fractions, decimals, percentages, expressions, number theory, and geometric reasoning.

10:30 AM – 12 PM COST: \$200

21. MATH TUTORING (Middle School) – This class is designed to provide support for students in grades 6, 7, 8 who may be struggling with mathematical concepts or operations, or just need extra support to boost mathematical skill sets.

5 Saturdays (10/6, 13, 20, 27; 11/3)
10:00 AM – 12 PM COST: \$135

LEISURE ACTIVITIES

22. KARATE FOR KIDS - American-Te Goju-Ryu is an eclectic martial art with Okinawan Goju-Ryu Karate as its foundation, incorporating a wide variety of techniques from Judo, Jujitsu, Aikido, Karate-Do, Dong Soo Do, Kempo, Kung-fu and Kobudo. The result of this style of martial arts, combines the hard techniques of Karate and soft techniques of Aiki-Jujitsu.

9:00 AM – 10:30 AM COST: \$180

23. CHESS – Chess is a fun game which most children enjoy. In this class, we will learn the moves and values of the chess pieces, and move on to advanced tactics, pattern recognition, and how to attain checkmate. Students will develop important individual decision-making and problem-solving skills in varied activities including group discussion and supervised play. Students are encouraged to learn at their own pace, and beginning and more advanced players, from ages 7 to 12, are welcome. The class is taught by experienced chess teacher Grandmaster Michael Rohde. We are looking forward to inspiring a new generation of chess players!

Four Saturdays, (10/13, 20 27; 11/3)
10 AM – 12 PM COST: \$100

THE ARTS

24. CLASSICAL BALLET - The technique taught in class is based on the Cecchetti method, with an emphasis on proper anatomical alignment, musicality, artistry, and enjoyment of ballet We will learn short, choreographed dances with classical ballet steps and improvisation, which will culminate in an informal showing of class work for friends and family.

9:00 AM - 10:30 AM COST: \$200

25. GUITAR - Learn simple chords for playing and singing. Taught by a professional musician and composer. Bring your guitar.
10:30 AM - 12:00 PM COST: \$200

26. PIANO - Students will learn the basics of keyboard technique, rhythm, note reading, & how to make a beautiful sound on the instrument. Each student will learn several short pieces suited to his/her skill level. Total beginners, as well as those with some experience, are welcome. Taught by a Juilliard graduate.

9:00 AM -10:30 AM COST: \$200

SPORTS CLINIC

27. BASKETBALL (AGES 7- 13) - Will teach and develop basketball skills. Participants will be taught defensive techniques and learn dribbling, passing, and shooting fundamentals The program provides a safe, welcoming environment where kids can enhance their skills, gain confidence & have fun.

9:00 AM – 10:30 AM COST: \$200

28. TENNIS (AGES 7-9) - Children learn the game of tennis, which is a lifelong sport. They practice forehand, backhand, volleys, overheads, and serves. They learn court positioning, racquet grips, correct stances and movements on the court. Children learn in small groups. Enrollment is limited.

9:00 AM-10:30 AM COST: \$200

29. TENNIS (AGES 10-13) - Children learn the game of tennis, which is a lifelong sport. They practice forehand, backhand, volleys, overheads, and serves. They learn court positioning, racquet grips, correct stances and movements on the court. Children learn in small groups. Enrollment is limited.

10:30 AM – 12 PM COST: \$200

30. FENCING – Students will learn the fundamentals of fencing as they develop hand-eye coordination, general fitness, agility, confidence, focus & self-control. It emphasizes the importance of working together while fostering the child's ability to think individually and critically. Equipment is provided.

10:30 AM - 12 PM COST: \$270

COURSES FOR TEENS & ADULTS (13+) unless otherwise noted

HEALTH & WELLNESS

31. IYENGAR YOGA - Based on the teachings of BKS Iyengar, this school of yoga has been called intelligent, accessible, and transformative. Whether you are an absolute beginner or an experienced practitioner, Abbey will instruct your asana studies in a safe and yet challenging way. Please wear leggings or shorts and have an empty stomach. Props provided, although you may prefer your own mat.

9:00 AM- 10:15 AM COST: \$170

32. YOGA-LATES - Connect with your personal "powerhouse". This class combines the core strengthening moves of Pilates with the flexibility and balance of yoga. You are sure to be challenged - safely. The class is perfect for individuals who need to increase bone strength. Bring your own mat and towel. Taught by Laura Fisher, certified personal trainer and Hatha Yoga instructor.

10:30 AM – 11:30 AM COST: \$165

33. SELF-DEFENSE TECHNIQUES (Ages 16 and up) -

This is not a martial art, but we do borrow techniques from various martial arts. We stay away from fancy stuff. It is best to keep it simple and direct. Plus, what you can do as a teen you may not be able to do when you're 80-something. So, efficiency, practicality and a high probability of success under extreme stress is what we focus on. Generally speaking, the skills trained can be developed by virtually anyone. It doesn't matter if you are a woman or a man, old or young, athletic or somewhat out-of-shape.

10:30 AM - 12 PM COST: \$200

THE ARTS

34. LIFE DRAWING & PAINTING - (must be 18 or older) Sketch, paint professional live models in the 2-hour session focusing on aspects of light, value, form, composition, anatomy, and color. All levels welcome, beginner to pro. Student supply their own materials.
10:00 AM - 12 PM COST: \$220

35. GUITAR - Learn simple chords for playing and singing. Taught by a professional musician and composer. Bring your guitar.
9:00 AM - 10:30 AM COST: \$200

36. PIANO - This class is suitable for beginners and those with some experience. Learn basic keyboard technique, note reading, and musicianship as a group and also with one-on-one teaching. Students will be able to master short pieces.

10:30 AM - 12 PM COST: \$200